

Council of the Blind presents Coping with Vision Loss Seminar

A special day long seminar will help persons losing their sight or blind and their families and friends. The Heartland Council of the Blind will present the Coping with Vision Loss Seminar on Saturday, August 19, 2017 in Oklahoma City.

Vice President of the Heartland Council of the Blind is Sandi Webster of Oklahoma City who lost her vision in 2002. Sandi said the seminar will provide essential tools and encouragement for persons losing their vision and their families and friends. "These people go through the stages of grief, but there is help," Sandi said.

A previous seminar participant says she used the provided helps right away. "It was like attending a one stop shop. We met Vision, Mobility and Technology Specialists and were introduced to Support Systems. Break-out sessions are: Advocacy, Training for Family/Friends, Just for Men, Just for Women, Technology, Deaf/Blind Information and Visual Services Information. Cost of \$20 for the seminar includes lunch, a Resources Notebook and a CD. Registration forms are available at www.hcbokc.org. Or register by calling Heartland Council of the Blind President Frances Poindexter at 405-642-1068. Registration must be received by Wednesday, August 16th. The seminar will be at the New Hope United Methodist Church at 11600 N. Council Rd., OKC, from 9 AM to 4 PM. Check-in begins at 8:30 AM.



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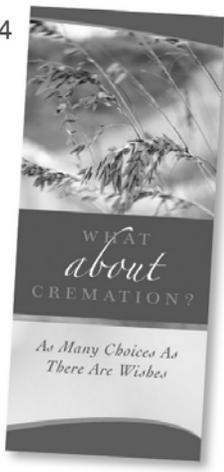
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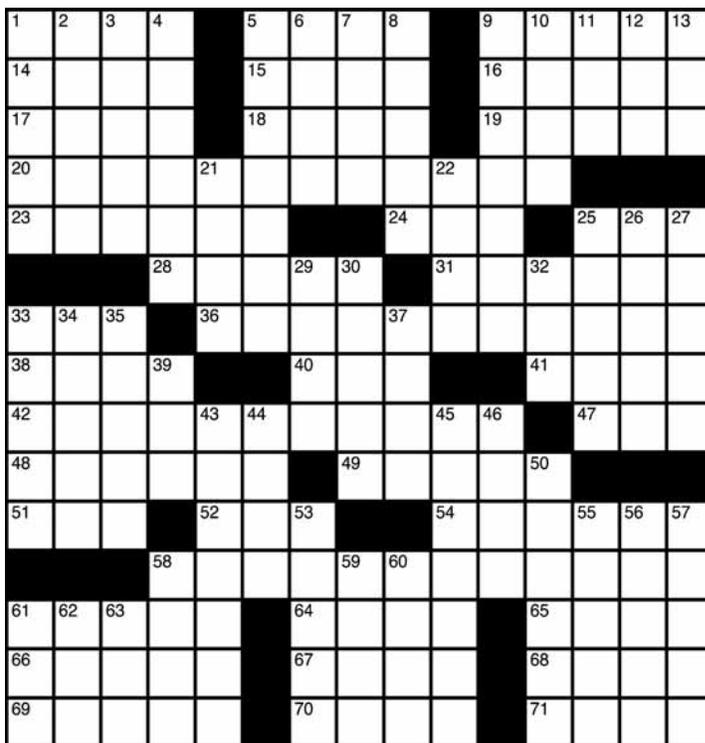
Across

- 1 "The Aviator" actor Alan
- 5 Subtle attention-getter
- 9 Charge the quarterback
- 14 Enter
- 15 Indian princess
- 16 Haunting
- 17 Boot out
- 18 ___ before: deadline words
- 19 Gone up
- 20 Photo caption for Condoleezza with a bowl of pintos?
- 23 Take for granted
- 24 Neptune's domain
- 25 White lie
- 28 Fillable flatbreads
- 31 Ultimatum words
- 33 "___ as directed"
- 36 Photo caption for Chris with a sandwich bun?
- 38 Headlights-in-fog effect
- 40 Put on television
- 41 Film spool
- 42 Photo caption for NFL Hall of Famer Sam with a pastry shell?
- 47 Farm pen
- 48 Joins
- 49 Uncomplaining type
- 51 Chewie's shipmate
- 52 Like many a morning coffee: Abbr.
- 54 Fake

- 58 Photo caption for Kevin with his Easter basket?
- 61 Jeweler's unit
- 64 Fat used in baking
- 65 Bellini's "Casta diva," e.g.
- 66 Love
- 67 Not busy
- 68 Become softened by cuteness
- 69 Study aids
- 70 Whole bunch
- 71 Canonized mlles.

Down

- 1 Greek marketplace
- 2 Jazzman Armstrong
- 3 Spinal column components
- 4 Poker dealer's request
- 5 Characterized by
- 6 Material for some castles
- 7 Supercilious sort
- 8 Runs out of gas
- 9 "The Natural" author
- 10 Luau keepsakes
- 11 1040-reviewing org.
- 12 ___ score
- 13 Path to enlightenment
- 21 "The Kite Runner" boy
- 22 Really long time
- 25 Arctic ice phenomena
- 26 Land in a river
- 27 Beer ___
- 29 Military sch.
- 30 Decides not to go to
- 32 Goof up
- 33 "Yep"
- 34 Steamy setting
- 35 Pixielike
- 37 Stuck in ___
- 39 Many a time, poetically
- 43 Fizzes up
- 44 Fraction of a min.
- 45 Word seen on cornerstones
- 46 Come across
- 50 Bath & Body Works products
- 53 Plays a round
- 55 Everglades wader
- 56 Physically well-coordinated
- 57 Exams for legal wannabes, for short
- 58 Like floors without rugs
- 59 Pusher catcher
- 60 Vicinity
- 61 Item in a food drive donation
- 62 Brouhaha
- 63 Go bad



Answers on page 29

Positive Change Reaches OK Communities through Great American Cleanup

In the culmination of a three-month environmental effort, the numbers are in, and the hard work of Oklahomans has proven to pay off once again.

For the fifteenth consecutive year, Keep Oklahoma Beautiful (KOB) took part in the nation's largest cleanup, sponsored by Keep America Beautiful. Volunteers from all over America participate in the Great American Cleanup (GAC), and each year, Oklahomans do their part to keep the state beautiful. Since 2010, Oklahoma has had 100 percent county participation, and this year was no exception. From March 1 to May 31, over 46,000 volunteers and participants fought dirty to keep Oklahoma clean.

Organizations that register for the GAC in Oklahoma receive free trash bags, gloves, vests, water and more. In addition, 36 organizations received cash grants and 11 received

equipment grants.

Since 2002, the GAC in Oklahoma has collected over 214 million pounds of litter and debris. Just this year, Oklahoma communities cleared over 3,500 miles of roadways, shorelines and hiking trails. Nearly 192,162 pounds of hazardous waste and electronics and 13,142 tires were collected, helping to protect our environment as well as keep it clean.

The Great American Cleanup is far more than a cleanup effort, however. Communities across the state participate in beautification projects, planting gardens and restoring buildings. This year, communities planted over 7,300 flowers, seedlings, shrubs and trees and painted or renovated 35 buildings.

GAC events have the power to

See CHANGE Page 21



Pictured above are volunteers with the Enid 4-H group.



Pictured left are volunteers with Ardmore Beautification Council.

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Health Officials Warn Residents of Heat-Related Illnesses

Summer is heating up, and as temperatures rise, so does the risk of heat-related illness. Each year, approximately 620 people die from heat-related illness in the United States.

The Oklahoma State Department of Health (OSDH) reminds residents that heat-related illness can range from heat rash, heat cramps and heat exhaustion to hyperthermia (overheating) and heat stroke. Heat stroke occurs when the body is unable to cool itself sufficiently, and it often results in severe organ damage or even death.

It is important to recognize the signs of heat exhaustion and heat stroke and act quickly.

Heat Exhaustion

- * Heavy sweating
- * Weakness
- * Cold, pale, clammy skin
- * Fast, weak pulse
- * Nausea or vomiting
- * Fainting

- * Muscle cramps
 - * Headache
 - * Feeling dizzy
- Heat Stroke**
- * Body temperature of 103 degrees or higher
 - * Hot, red, dry or moist skin
 - * Rapid and strong pulse
 - * Headache
 - * Nausea
 - * Feeling confused
 - * Feeling dizzy
 - * Unconsciousness

A heat stroke is a medical emergency. If any signs are recognizable, call 911 immediately and move the person to a cooler environment. Reduce the person's body temperature with cool cloths or even a bath.

The OSDH offers the following safety tips for preventing a heat-related illness: Stay indoors. Stay in an air-conditioned place. If your home is not air-conditioned, visit the mall or public library, or contact

the local health department for the location of a heat-relief shelter in the area.

Stay hydrated. Increase your fluid intake to two to four glasses (16-32 ounces) of cool fluids every hour. If you are on water pills or restricted fluid limit, consult a physician first. Avoid liquids which contain alcohol or large amounts of sugar; they contribute to the loss of more body fluid. Very cold drinks can cause stomach cramps and should be avoided as well.

Dress appropriately. Wear lightweight, light-colored, loose-

fitting clothing as well as sunscreen with SPF 15 or higher and broad spectrum or UVA/UVB protection.

Closely monitor those who are more vulnerable. Infants, children, people older than 65 years of age, those with mental illness, outdoor workers, athletes and those with physical illnesses such as heart disease or high blood pressure should be closely observed.

Never leave anyone in a vehicle. Never leave anyone, especially children and the elderly, in a parked vehicle, even if the windows are cracked.

CHANGE

Continued from Page 20

bring communities together, with over 700 groups teaming up this year. 4-H clubs, civic organizations, FFA programs, businesses, chambers and municipalities worked together with the unified goal of keeping Oklahoma clean. The collaboration is 100 percent statewide, and Keep America Beautiful has recognized KOB several years in a row for their complete county participation.

"The KOB GAC is our signature program for which we are recognized nationally for having at least one community in all of our 77 counties participate," said Jeanette Nance, KOB Executive Director. "It speaks volumes when we can be the facilitators for communities to come together for a beautiful cause."

The GAC in Oklahoma not only makes municipalities more beautiful, but also unites community members.

"Community cleanups are a really fun way to volunteer," said Wanda Gray, coordinator for the INCA-RSVP cleanup in Tishomingo. "What's better than spending a couple hours with family, friends,

and neighbors making your home a better place? Our volunteers are uniting through community service, responsibility, and sharing of the natural environment to help drastically improve the quality of their communities."

This annual program in Oklahoma strives to strengthen communities, all while keeping this state more eco-minded and environmentally friendly. KOB maintains the belief that unity through community improvement has the power to make positive change. "For us, the Great American Cleanup is so much more than a series of litter pickups or community improvement projects," said Brenda Russell, with the Twin Cities Revitalization Project. "It is our opportunity as a community to come together and truly showcase that we as a whole are greater than the sum of our parts."

Keep Oklahoma Beautiful is a statewide nonprofit with a mission to empower Oklahoma citizens to preserve and enhance the state's natural beauty and ensure a healthy, sustainable environment. To learn more about their programs, visit keepoklahomabeautiful.com.

Oklahoma Arts Council Seeks Nominations for 42nd Annual Governor's Arts Awards

The Oklahoma Arts Council is seeking nominations for the 42nd Annual Governor's Arts Awards through September 12. The awards recognize individuals and organizations whose contributions to the arts have had an impact in communities, schools, or across the state. The awards will be presented by the Governor during a special ceremony at the state Capitol in the spring.

Awards are presented in several categories:

The Governor's Award - recognizes individuals for longtime leadership and significant contributions to the arts across Oklahoma.

Arts in Education Award - recognizes an individual, organization, school, educator or group for their outstanding leadership and service in the arts benefiting youth and/or arts in education.

Business in the Arts Award - recognizes businesses/corporations who exhibit outstanding support of the arts in Oklahoma. This award was created in memory of Earl Sneed, prominent arts advocate.

Community Service Award - recognizes individuals for significant contributions to the arts in specific Oklahoma communities in the areas of leadership and volunteerism.

Media in the Arts Award - recognizes an individual member in the media who demonstrates commitment to the arts in Oklahoma documented through public awareness support and fairness, initiative, creativity and professionalism in reporting. This award was created in memory of Bill Crawford, veteran professional journalist.

George Nigh Public Service in the Arts Award - recognizes an Oklahoma government official for outstanding support of the arts. The category was named in honor of former Oklahoma Governor George Nigh.

Nominees must be current residents of the State of Oklahoma and living in Oklahoma full time, or organizations/businesses that work in and for the benefit of Oklahoma. Previous recipients of The Governor's Award are not eligible. Honorees will be selected by the Governor's Arts Awards Selection Committee, which is comprised of members of the Governor-appointed Oklahoma Arts Council board and may include past Governor's Award recipients.

An online nomination form and a downloadable nomination form are available at arts.ok.gov. Deadline for submissions is Tuesday, September 12, 2017.

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					*	*	*	*	*	*	*	*	*	*	*	*
Arbor House of Mustang	60	Mustang	405-376-2872	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House of Norman	54	Norman	405-292-9200	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House of Midwest City	58	Midwest City	405-455-3900	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House Reminisce Center	48	Norman	405-310-2499	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Ashton on the Green <i>Independent Living</i>		El Reno	405-262-4700		*						*	*		*	*	*
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.gardensatredingseniorliving.com										*	*	*
Heritage Point of OKC <i>Assisted Living Alzheimer & Memory Care</i>	54	OKC	405-252-8200	www.heritagepointokc.com	*		*	*	*	*	*	*	*	*	*	
Iris Memory Care		Edmond	405-330-2222	www.irisseniorliving.com	*	*	*	*	*	*	*		*			
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	meadowlakesretirementvillage.com	*			*	*	*	*	*	*	*		
Savannah House of Moore		Moore	405-378-2500										*			
Savannah House of Norman I		Norman	405-329-2450								*	*				*
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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						*		*		*	*	
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Caregiver wins award for longevity



Iola Caldwell wins OKALA Caregiver of the Year Award for Longevity two years.

Iola Caldwell springs from hardworking small-town Oklahoma stock. Diligence, meticulousness, and self-sacrifice characterized the lives of her parents, and their values have been passed down undiluted to their daughter. Growing up in Depression-era Oklahoma required a unique kind of personal determination and pride in oneself and in work. Iola's father made hand-crafted leather saddles that still exist. Her mother, in addition to caring for her family, washed dishes in a local restaurant. Iola remembers that her mother always admonished her to "always do your best."

A youth of 82 years, Iola's best includes careful, specialized attention to the laundry of all the residents at Rivermont Gardens Assisted Living. For the last sixteen years, Iola has faithfully treated the residents and families at the Gardens the way she would want to be treated herself. No matter what particular wishes or demands an individual may

have, Iola meets them. Here are some actual, verifiable examples of individual laundry requirements imposed by various residents for whom Iola cares:

One man required that at all times, ten empty plastic (only) hangers were to be left in his closet. Another man insisted that his pants be dried for five minutes, only-no more and no less-and then hung by the cuffs. Two current residents require that their sheets and bedspread be washed bi-weekly only. Another woman wants all her clothes hung on velvet hangers. There are approximately 58 residents in the Gardens, and each one is an individual who receives respect, right down to the way their washcloths are folded. "I have a certain way I like to fold the towels and washcloths," says the Queen of Laundry.

While these demands may seem petty to some, Iola respects the preferences of the people who

See AWARD Page 29

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Veteran Author Celebrates Jubilee Release

By Darlene Franklin

Fifty books in with her latest novel, "Mermaid's Song," historical author Darlene Franklin is still going strong and looking forward to another fifty titles.

"I love finding a historical tidbit and teasing it into a story," Franklin said. "I love growing a story from a character, an idea, a setting, an event. There is never enough time to tell them all."

Franklin recently celebrated her Jubilee title, "Mermaid's Song," with 500 supporters joining her in an online Facebook gathering July 10.

The well-received story is an imaginative retelling of Hans Christian Andersen's classic fairy tale, set on the shores of historic Maine with a shipwrecked Acadian beauty and her rescuer.

Franklin's storytelling career took off in 2005 with "Romanian Rhapsody." Her first historical novella, "Dressed in Scarlet," finished for the 2008 American Christian Fiction Writers Book of the Year award as part of the Barbour novella collection, "Snowbound Colorado."

"That gave me the courage to continue, and the market was wide open," she said.



Darlene Franklin is both a resident of a nursing home in Moore, and a full-time writer.

See BOOK Page 29

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Kathy Ream

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Raymond Leetrammell

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I rode my horse every afternoon around our ranch.



Evelyn Wilcoxson

Visiting my grandfather in Chandler. We would hitch the horse to the wagon and he would give us a quarter for a movie, popcorn, and a coke in town.



Helen LaFevers

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Oklahoma CLICK for Babies Campaign Seeks Local Knitters

The Oklahoma State Department of Health (OSDH) needs your help as we CLICK for Babies. This campaign is to create awareness of the Period of PURPLE Crying to prevent Shaken Baby Syndrome. Frustration with crying infants is the number one trigger for the shaking and abuse of an infant. The OSDH is recruiting crochet artists and knitters to help reach this year's cap goal of 4,300 to spread Shaken Baby Syndrome prevention efforts across the state.

The Period of PURPLE Crying is a time when babies cry more than any other time in their life. It is important for parents to know that it is a normal and healthy part of infancy, that it is not their fault, and that it is not going to last forever. Currently, Oklahoma has 41 birthing hospitals participating in providing new mothers with The Period of PURPLE Crying DVD to educate them on normal crying patterns, how to cope with unsoothable crying, and the importance of never shaking a baby. Along with the DVD, in the months

of November and December, each newborn will receive a purple baby cap as a reminder of the importance of never shaking a baby.

Volunteers are encouraged to knit or crochet newborn baby boy and girl caps of any shade of purple with soft, baby friendly yarn. The caps can have a variety of fun colors and patterns, as long as they are at least 50 percent purple and free of straps, strings or other potential choking hazards. Purple baby caps are accepted year-round. Only caps received by Oct. 1 will make it in this year's hospital distribution.

Purple caps can be mailed to: Oklahoma State Department of Health, ATTN: Maternal and Child Health, 1000 NE 10th St, Oklahoma City, Ok 73117-1299

To obtain patterns for caps, guidelines and "CLICK for Babies" campaign details, visit clickcampaign.health.ok.gov, or call Amy Terry at (405) 271-4471, or email amyt@health.ok.gov. Media inquiries should be directed to Cody McDonell at (405) 271-5601.

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Call for Nominations of Oklahoma Caring Awards

Whether it's for a mother with Alzheimer's disease, an employee with inoperable cancer, or a family overwhelmed by a medical crisis, an estimated 115,000 Oklahomans are caregivers to their sick, infirm or dying loved ones. To honor Oklahoma's spirit of caring for others, Hospitality House, a nonprofit organization providing a home away from home for families caring for loved ones in medical crisis, is inviting Oklahomans to nominate a family member, friend or community member for The Oklahoma Caring Awards. Nominations are open June 12 through July 26.

"In times of crisis, Oklahomans have always been known for their spirit of caring for their communities, neighbors, and strangers," says Toni Moore, President & CEO of Hospitality House. "Hospitality House is excited to recognize those in our state who exemplify this genuine standard of caring. We look forward honoring individuals, organizations, churches, and companies who care for their loved ones, employees, clients, and communities through the Oklahoma Caring Award."

Individuals, churches, and companies from any county in Oklahoma can be nominated in any of the following categories: 1. The Caring Award - Individual Caregiver (any age and any diagnosis) 2. The Caring Award - Small Business (<100 employees) 3. The Caring Award - Large Business (100+ employees) 4. The Caring Award - Church 5. The Caring Award - Healthcare (<100 employees) 6. The Caring Award - Healthcare (100+ employees)

Winners from each category will be honored at the Oklahoma Caring Awards Gala on Sept. 14, and each will receive a \$1,000 award; for the business and healthcare categories this cash prize goes to the non-profit of their choice. To nominate a caregiver go to: <https://form.jotform.us/71294414235150>



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*SLU's Administrator Level 1 course is listed as recommended references on NAB's website.
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For additional info. or questions, please call the OKALA office at (405) 235-5000

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A HELPING HAND ADON PAYS CLOSE ATTENTION TO DETAIL

Victoria Burdine was not raised with her grandparents. They were deceased, she said, regarding her childhood in Louisiana. Burdine always was the family member who cleaned house and cared for elderly people in her neighborhood in a little town named Rayne.

"I enjoyed it," said Burdine, LPN, ADON and wound care nurse at Tuscany Nursing Center in Oklahoma City.

Burdine has been a nurse since 2009 and has always served in long-term care. She was a proud CNA for 15 years. Becoming a CNA was a smooth adjustment for Burdine after cleaning neighbors' homes and running errands at the store for them.

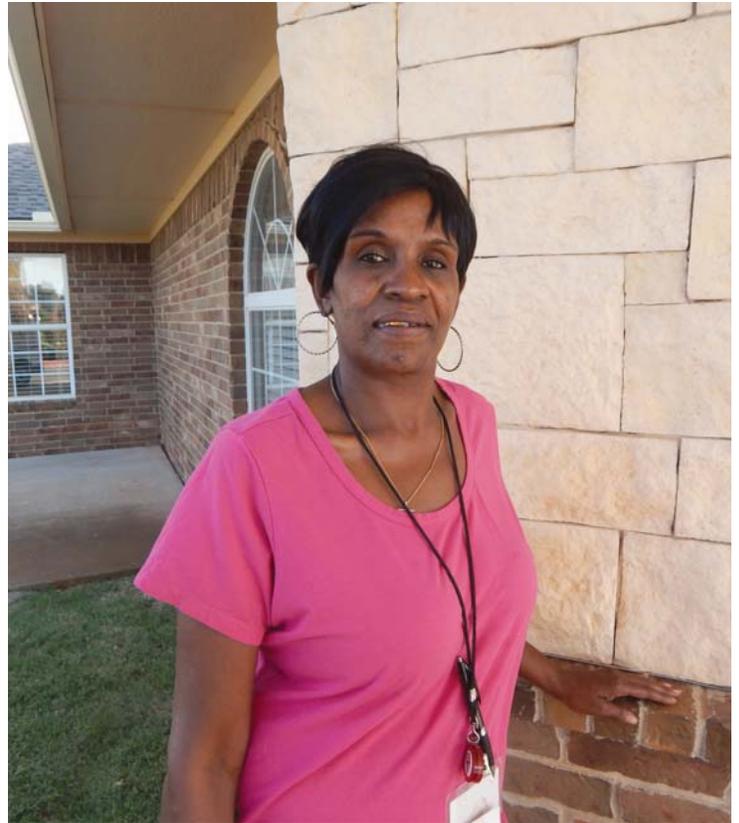
"That's my passion. A grandmother I could talk to

and a grandmother — I didn't have that," she said. "So I take these residents here as my grandparents."

She began working at Tuscany Nursing Center on the day it opened. There was one resident and Burdine was working the night shift, she said. Burdine was the LPN on the floor, and four months later she was asked to become the wound nurse. In early July she added the credential of certified wound nurse to her resume. Certification required rigorous study and taking a test.

"I started at 7 p.m. Sunday night and finished at 3 a.m. in the morning," Burdine said. "So I am a board certified wound nurse."

There were a lot of things
See TUSCANY Page 31



Victoria Burdine is in her niche caring for residents at Tuscany Village Nursing Center.

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TUSCANY

Continued from Page 30

she was already doing as a wound nurse, but she also learned a lot, she said. The extra education was valuable for her and also added job security to her career, she said.

Burdine said she admires that the nursing staff works well together as a team. At 3 p.m. everyday a few of the residents join her in her office for coffee and cookies. She loves it and said there is something about them that reflects her passion for the elderly.

Residents are of all ages. Some of them are in their 30s and 40s and she loves them, too. Some have been in accidents.

"You never know. It's sad. I have a few that's younger than me," she said. "It is true that back in the day our grandparents would be in a nursing home, but these days it's really young people, too."

Burdine said it's important to let the residents have choices. If they don't feel like taking a bath at a certain time they can choose a later time.

"If there are certain things they want to eat - let them do it," she said. "Just give them that freedom of choice. That plays an important role."

Every once in a while Burdine will work in the skilled nursing unit when needed. Skilled nurses need to pay attention to detail and understand their role as a nurse, she said.

"There's some hard work back there," she said.

For long-term care a nurse needs to be compassionate, Burdine continued. Nurses without compassion and a love

for their job will burnout and not make it in the industry.

"I love my job and I'm very compassionate," Burdine said. "There's things I do for a couple of people out of my pocket. Ladies like wigs. They like makeup. Some of them do have family and their family does not come. So I take out of my money and I buy them what they want."

"If you're here for the money it's the wrong place to be."

One of the residents has a 90-year-old mom that called Burdine from Las Vegas. She wanted to say how appreciative she is of Burdine for taking the time for her daughter to pay attention to small things.

"That means a lot," Burdine said. "In my mind, the one thing I keep saying is, 'This may be me one day.' You know I wish somebody would take the time out if that happens to be me."

"I want that same person like I am today to be caring. Take a little minute and just listen."

Burdine tells the CNAs that the residents could be their kids. Across the U.S. nurses and CNAs need to stop what they're caught up in life and pay more attention to detail, she said.

"Just listen because really that's all they want you to do," Burdine said. "So I always say this could be me."

Currently Burdine is also caring for her mother who came to Oklahoma from Louisiana. She visits Burdine in the summertime.

When returning to Tuscany Village her residents are glad to see her. One of the residents called her at home and Burdine was happy to bring her a hamburger.

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