

Research
Team
Receives
Aging Grant

PAGES 9



United Way
raised
\$19.1 Million
in 2016

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OHH nurse a Fisher of Men

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February 2017

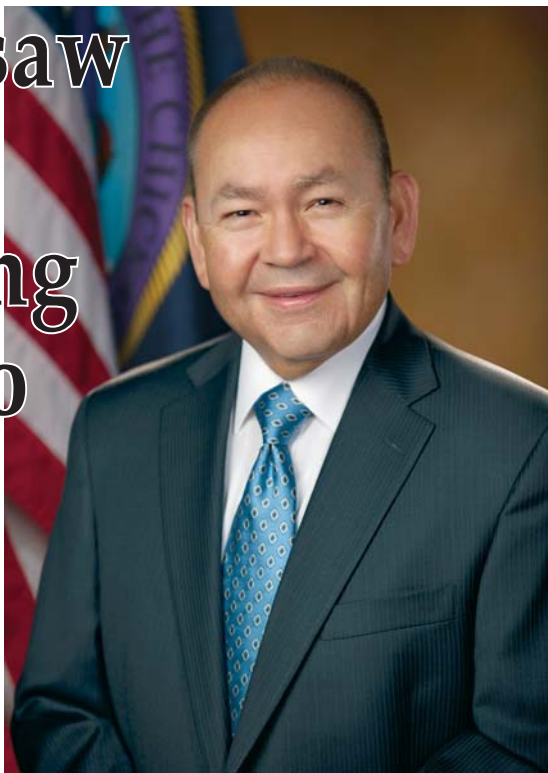
Vol. 19 Issue 2

Locally Owned and Published Each Month
By Metro Publishing L.L.C.

Chickasaw Nation breathing life into Lake Texoma

At 71, Chickasaw Nation Gov. Bill Anoatubby is still focused on bringing Oklahomans economic prosperity.

by Bobby Anderson, Staff Writer



Ask Chickasaw Nation Gov. Bill Anoatubby what he's most proud of during a term of office that dates all the way back to 1987 and you'd better pull up a chair.

The bright-eyed, beloved 30th governor of the 12th-largest tribe in the U.S. oversees nearly 14,000 employees, more than 300 tribal programs and services and more than 100 tribal businesses.

The latest in that line is a joint venture that should breathe new life into the surrounding Lake Texoma area and Southeastern Oklahoma in the heart of Chickasaw Country.

Late last year the state of Oklahoma and the Chickasaw Nation announced plans to develop a resort hotel and other amenities at Lake Texoma.

It's an effort to resurrect a failed project that aimed at privatizing the state resort 10 years ago when it was sold to out-of-state investors.

The project excites Gov. Anoatubby on multiple levels.

"This development is another component of our economic development initiatives designed to have a positive impact on the state and local economy," Gov. Anoatubby said. "It will directly employ dozens of local residents in a number of occupations. We believe it will also have a



Oklahoma Heart Hospital South's Shawn Watts, RN, traveled to one of the most dangerous regions in Mexico during a November medical mission trip.

story and photos by Bobby Anderson, Staff Writer

The state of Guerrero, Mexico is a juxtaposition of two worlds.

The resort city of Acapulco, backed by the Sierra Madre Del Sur mountains spills into the Pacific Ocean.

Cliff divers entertain throngs of sunbathing tourists daily plunging some 136 feet into the crashing waves below.

But travel a few miles in any direction and you run the risk of becoming entangled in the violence and death associated with what you might expect from Mexico's heroin capital.

Oklahoma Heart Hospital RN Shawn Watts walked that fine line a few weeks ago, going on a medical mission trip that provided help and hope for hundreds of families.

Watts realized the world is a very different place outside the walls of Oklahoma Heart Hospital South.

An outdoor covered basketball court served as the mission trip's staging ground surrounded by a dense urban population eager to seek medical care.

Watts served as triage nurse sending patients to either a dentist, optometrist, pharmacist, family practice doctor or pediatrician based on their needs.

"They're so worry about their kids staying healthy they wanted their kids to get vitamin shots and even antibiotics when it wasn't appropriate," Watts said.

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MISSION

Continued from Page 1

At OHH all Watts has to do is walk into a supply room to get whatever he needs to take care of patients.

"They gave me a box of IV catheters, tubing and medication," Watts said. "It's field medicine. That's exactly what it is."

Fifteen minutes away was storied Acapulco.

"You hear that and think 'Oh, how nice.' It's not," Watts said. "In Mexico they develop a resort community and you go two miles beyond and it's gone. That whole culture is gone. You have true Mexico. They have chickens hanging for sale gutted in the streets. They burn their trash in the streets at night."

"Fish are laying out all day long for sale not even iced in

the market. You drive whatever direction you want to. It's just the culture."

So Watts assumed when he arrived he'd bunk up in a corner in someone's house on the floor.

Little did he know he would find a resort hotel room for \$43 a night.

People from all over would line up early in the morning to catch the clinic as it opened. Some rushed out the door without even taking their morning medication.

"I would check their blood pressure and it would be 180/110," said Watts, who traveled with the medical-based Fishers of Men. "We couldn't tell if their medicine was working for them."

Multivitamin IV solutions, or banana bags, flowed freely for most of the day as the group did what it could for whomever showed up.

Despite residents not always having access to medical care or the medicines they needed, Watts said the culture had a few things working for it.

"You have no choice but cardiac health there because everything was uphill and you walk to everything," Watts said. "These little old ladies their blood pressure was well controlled just on basic medicines. They didn't use medications like we do. They used medicines that were more basic, been around for years and didn't require monitoring afterwards. Long-term they weren't the best but they were the most practical for that area."

Diabetes, malnourishment and dehydration were all issues.

In the hot Mexico sunshine, Watts would go through 6-7 bottles of water daily with no access to a restroom.

"We left there at 6 p.m. and we all went to the restroom after that," Watts said.

The days flowed for Watts.

"I triaged them so fast that I made the doctors and the dentists mad because I set up extra lines," Watts laughed. "I had a couple CNAs with me

and we did blood pressure, scales, temperatures, measurement. I started slotting them so fast the director of the mission board said 'You come back. You organize. You're good. You get everything done. You come back.'"

That's no surprise. ER, ICU and now CCU at Oklahoma Heart Hospital have been Watts' sandbox for the past 17 years.

His first calling was in applied ministry as a youth minister in an inner city.

He started doing home health on the side.

"It flowed," Watts said. "I became an aide and did home health for four years and went to nursing school and worked three jobs during that."

He would go to class for three hours and see patients on his lunch break before repeating the cycle in the afternoon.

"I love it. It just fits," Watts said. "I've tried to slow down and thought about an office job since I'm 50. I just don't have the gears for it."

That's a good thing not only for the people of Oklahoma City but the residents of Guerrero as well.

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LIFE

Continued from Page 1

kind of ripple effect which will strengthen existing businesses in the area as well as bringing other new businesses to the area as a result of increasing the number of visitors to the area."

"Tourism affects businesses from gas stations and convenience stores to restaurants, sporting goods stores, fishing guides, antique shops and farmers' markets – and the list goes on."

The initial plans call for the Chickasaw Nation to construct a three-story hotel, a restaurant and gift shop, a casino featuring up to 300 electronic games and as many as 10 lakefront fishing/boating cottages.

The project covers 50 acres of lakefront property, overlooking Lake Texoma and the historic Roosevelt Bridge. It also involves about 11.5 acres of land acquired by the Commissioners of the Land Office (CLO) from the Oklahoma Department of Tourism and Recreation.

"We believe this new development will help launch a transformation of this area into a major tourism and recreation attraction," Gov. Anoatubby said. "This is an incredibly beautiful area with so much to offer, it is really exciting to think of the long-term impact this project could have on the area."

Gov. Anoatubby envisions the project as the kind of place seniors can take their families. There's something for everyone.

The hotel will include a lounge and meeting rooms, an outdoor pool and recreation area, a fitness center, gift shop, restaurant and a business center, he said.

The development will be off U.S. 70, across from the Chickasaw Pointe Golf Course near the site of the old Lake Texoma State Lodge. Preliminary plans allow for future expansion of the hotel and the construction of additional waterfront cottages.

Gov. Anoatubby said the state has so much to offer with its natural beauty. It's one

of the reasons the tribe has invested in the state through its Adventure Road program, which highlights different areas up and down I-35.

Designed to bring more tourism to Oklahoma, the Adventure Road initiative generated more than 385,000 new trips to the area last year alone, bringing in approximately \$647 million in spending from March to September, according to Gov. Anoatubby.

The tribe is also investing in a new information center in Tishomingo, closely located to Lake Texoma which will complement the project.

It's another feather in the cap of an already stellar career.

"Our mission is to enhance the quality of life of the Chickasaw people so it is gratifying to see the results of our efforts," Gov. Anoatubby said. "Many of our services are designed to offer opportunities to pursue a higher education, advance in one's career, or start a business."

There are countless examples of Chickasaws who have seized

those opportunities and achieved success.

"It is gratifying to see Chickasaws who have utilized tribal services, make it a point to come back home to work for the tribe."

Oklahoma Governor Mary Fallin said she has been a long-time believer in the potential of the Lake Texoma area to be an economic driver in Oklahoma.

"This project will create jobs and revenue for southern Oklahoma while at the same time maintaining the beauty of the site," said Fallin. "The Lake Texoma lodge and golf course for many years were a top tourist attraction in the region. This hotel and commercial development will be the catalyst to stimulate significantly greater economic development in the future. I appreciate Governor Anoatubby's vision and willingness to partner with the state of Oklahoma to continue our joint efforts focusing on tourism in this beautiful and strategically located part of our state."

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Published Each Month by
Metro Publishing, L.L.C.

www.seniornewsandliving.com

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OPINION

THE SAVVY SENIOR

Dear New,

Medicare currently covers a wide array of free preventive and screening services to help you stay healthy, but not all services are completely covered.

You also need to be aware that the repeal of the Affordable Care Act (aka Obamacare) - which helps financially support Medicare - may very well cause these free preventive services to be eliminated in the future. But in the meantime, here's how it works.

Free Preventive Services

Currently, most of Medicare's preventive services are available to all Part B beneficiaries for free, with no copays or deductibles, as long as you meet basic eligibility standards. Mammograms; colonoscopies; shots against flu, pneumonia, and hepatitis B; screenings for diabetes, depression, and heart conditions; and counseling to combat obesity, alcohol abuse, and smoking are just some of Medicare's lengthy list of covered services. But to get these services for free, you need to go to

Dear Savvy Senior,

Does Medicare cover 100 percent of all preventive health care screenings? I'm due to get a colonoscopy and a few other tests, but I want to find out if I'll have to pay anything before I proceed.

New to Medicare

a doctor who accepts Medicare "on assignment," which means he or she has agreed to accept the Medicare approved rate as full payment.

Also, the tests are free only if they're used at specified intervals. For example, prostate cancer PSA tests, once every 12 months for men over 50; or colonoscopy, once every 10 years, or every two years if you're at high risk.

Medicare also offers a free "Welcome to Medicare" exam with your doctor in your first year, along with annual wellness visits thereafter. But don't confuse these with full physical examinations. These are prevention-focused visits that provide only an overview of your health and medical risk factors and serve as a baseline for future care.

For a complete list of services along with their eligibility requirements, visit Medicare.gov and click on the "What Medicare Covers" tab at the top of the page, followed by "Preventive & screening services."

Hidden Costs

You also need to know that while the previously listed Medicare

How Medicare Covers Preventive Health Services

services are completely free, you can be charged for certain diagnostic services or additional tests or procedures related to the preventive service. For example, if your doctor finds and removes a polyp during your preventive care colonoscopy screening, the removal of the polyp is considered diagnostic and you will likely be charged for it. Or, if during your annual wellness visit, your doctor needs to investigate or to treat a new or existing problem, you will probably be charged here too.

You may also have to pay a facility fee depending on where you receive the service. Certain hospitals, for example, will often charge separate facilities fees when you are receiving a preventive service. And, you can also be charged for a doctor's visit if you meet with a physician before or after the service.

To eliminate billing surprises, talk to your doctor before any preventive service procedure to find out if you may be subject to a charge and what it would be.

Cost Sharing Services

Medicare also offers several

other preventive services that require some out-of-pocket cost sharing. With these tests, you'll have to pay 20 percent of the cost of the service, after you've met your \$183 Part B yearly deductible. The services that fall under this category include glaucoma screenings, diabetes self-management trainings, barium enemas to detect colon cancer, and digital rectal exams to detect prostate cancer.

Medicare Advantage Members

If you have a Medicare Advantage plan, your plans are also required to cover the same free preventive services as original Medicare as long as you see in-network providers. If you see providers that are not in your plan's network, charges will typically apply.

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.

WALL STREET JOURNALIST PEGGY NOONAN TO LECTURE AT OKC TOWN HALL FEBRUARY 16

Widely admired columnist for the Wall Street Journal and best-selling author Peggy Noonan will lecture on "A Morning With Peggy Noonan" at OKC Town Hall on Thursday, February 16 at 10:30 at St. Luke's United Methodist Church, 222 NW 15. Noonan was a special assistant to Presidents Ronald Reagan and George H.W. Bush and wrote many well-known speeches.

Noonan is a best-selling author of eight books on American history and culture and is a former producer for CBS News. The National Journal dubbed her political column indispensable to an understanding of the presidential year. Forbes magazine called her "principled, perceptive, persuasive and patriotic." This lively lecture will provide the audience with an insight to the

Washington political scene and a glimpse of what to expect from the newly elected President Donald Trump and Congress.

Tickets are available at the door for \$25. New subscribers can purchase tickets for \$50 for Noonan and the remaining two lectures featuring Ted Fishman speaking on "China, Inc. The Graying of the World & Friendship" March 16 and Joshua Landis speaking on "Syria and the Middle East" April 20. For ticket information call 405-202-4262 or email patti@prbraydesigns.com. Luncheon with the speaker immediately follows the lecture at St. Luke's Christian Life Center for \$17. For luncheon tickets call 405-755-2362 or email okbean@cox.net. Visit okctownhall.com for updated information.

A Chance to Change Has Moved!

By Emily D. Lammie, Director of Community Engagement

After almost 27 years of operation in the iconic building on Classen Boulevard and I-44, A Chance to Change opened its doors at 2113 W. Britton Road. Since 1979, the agency has helped guide individuals and families to recovery from behavioral health and substance use disorders. This move has made it possible to enhance the addiction and behavioral health services the agency provides.

Thursday, January 12, 2017, A Chance to Change along with the Northwest Chamber of Oklahoma City held an official ribbon cutting and open house. Additional photos, photo descriptions, and interviews are available upon request.

The new building space has not come without growing pains, however. "We are thrilled to be able to truly become a full service counseling agency in this new location. We understand that many of our clients are in some of their darkest hours, insecure, and struggling for normalcy. Uprooting our location, although much needed and very improved, can be extremely stressful. The construction, décor, and facilities were all designed with our community in mind. From soothing wall colors, to comfortable chairs, the warmth and care our clients felt in the Classen location is still very much a part of the new building space," said Janienne Bella, Chief Executive Officer.



Long-Term Care Ombudsmen to the Rescue!

Are you confused and overwhelmed by long-term care living options? Don't know where to start in seeking residential senior care? Wondering about the different types of care and costs? Ombudsmen Services to the rescue!

Ombudsmen Services are here as a resource to help families navigate the often complex network of senior care options available in the State of Oklahoma, but specifically in Oklahoma City and surrounding areas housed in the Areawide Aging Agency advancing the independence of Older and now younger adults since 1973. The Ombudsman Program can help those considering independent living, assisted living, memory care, residential care, or care for individuals with intellectual disabilities within long term care, and find the best solution for their specific situation.

Have you said to yourself, where do I even begin? What is the difference between independent living, assisted living, memory care and long term care? How will we pay for this? Are there services to help pay if our loved ones money runs out? Is there financial help for veterans and their spouses? My loved one experiences some confusion, do they need memory care? How do we learn more about Dementia and Alzheimers? What are the best communities for my needs and situation?

Ombudsman can give insight to what will work best for your loved ones having to face long-term care solutions to provide the best answers to care needs with no

fees attached. We are a resource agency funded through federal and state entities. Our Ombudsmen have visited and toured every community in the four county area we serve, including Oklahoma County, Cleveland County, Canadian County and Logan County. We have done routine visits and handled concerns from residents and their families, and brought resolution often times in the approximately 145 facilities housed in these four counties. We have spoken with and talked to the directors, met with the nursing staff, spoken with social services and activity directors to advocate on the behalf of residents for the best quality of life for all residents.

Helping residents and their families is our mission, and making life better for residents are the goals we seek to endeavor. If we need to refer to other state agencies we are able to help with those services as well. No matter how tough the request or situation, Ombudsmen will do whatever we can to help. It is an honor to serve those who are in need of long-term care services in the communities in which we serve others, and help them get the quality of care they should rest in peacefully.

Call us at Areawide Aging Agency 405-942-8500 and ask to speak with one of our Ombudsman Supervisors for information and resources. Also, if you are interested in joining our team as a volunteer we are seeking individuals who would like to volunteer for our Ombudsman Program. Give us a call!

Oklahoma Insurance Department to Host Town Hall Meetings on Health Care Reform

The Oklahoma Insurance Department will host a series of town hall meetings across the state to discuss health care reform. Citizens are encouraged to attend and offer their suggestions.

"With the imminent repeal of Obamacare we have a golden opportunity to fix this broken system," said Oklahoma Insurance Commissioner John D. Doak. "We want to hear from Oklahomans to learn what changes they'd like to see when it comes to health care. Our goal is to have an open forum to discuss innovative ideas and solutions going forward. We will take those reform recommendations to federal lawmakers so our voice is heard when the replacement plan is put together."

Those who cannot attend in person may submit their feedback online at www.oid.ok.gov.

January 30 - Durant, Southeastern Oklahoma State University, Hallie McKinney Building Ballroom, 416 University Blvd. from 12:00 to 2:00 p.m.

January 31 - Tulsa, Tulsa Central Library, 400 Civic Center from 12:00 to 2:00 p.m.

February 6 - Norman, Norman Public Library, 225 N. Webster Ave. from 11:30 to 2:30 p.m.

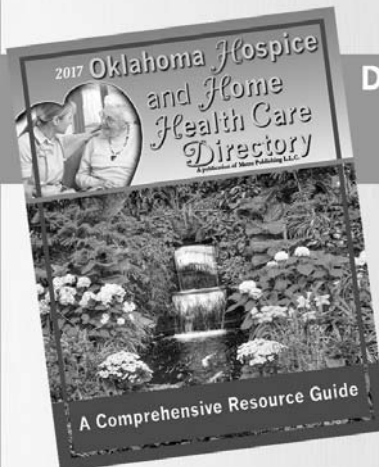
February 6 - Oklahoma City, Francis Tuttle Technology Center, Portland Campus, 3500 NW 150th St. from 5:30 to 8:30 p.m.

February 7 - Bartlesville, Bartlesville Public Library, 600 S. Johnstone Ave. from 2:00 to 4:00 p.m.

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.

Oklahoma Hospice and Home Health Care Directory

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Nichole Harvey, RN, and team manager for all the burn and wound services of the Paul Silverstein Burn Center, often hears back from patients about the positive difference the nursing staff made in their lives.

HOPE

Continued from Page 6

these patients. They feel like their patients are not feeling better and they're sad."

"So there's that battle, and when we see them come back and say, 'Thank you' — you know it was worth something."

Nurses help each other by exhausting all of their frustrations by verbally coming to Harvey or another friend on staff. To say it out loud through the process of debriefing helps the burn nurses to cope.

"Sometimes they think they are hurting the patient," she said.

But being a burn nurse also reaps with feelings of validation by knowing they have benefited humanity. At the end of the day they know they've done something that day to help someone, sometime during the day, Harvey said.

"I think it takes a specific type of nurse. I think they need to be diligent, tough in pushing the patients, and being able to stomach a lot of the wound dressing changes, I think is a big aspect," she said.

The nursing staff is constantly communicating to patients and their loved ones what to expect. What to do when they leave is vital knowledge, she said.

"We actually have an old fire bell from one of the museums donated. It symbolizes back when they didn't have fire alarms on the truck. They had different bells for ringing they would use to tell everyone where they were in the process of a fire," she said.

The bell at the burn unit symbolizes a fire is nearly extinguished but work remains.

"Every time a burn patient leaves we have them ring the bell," Harvey said. "And that says we got most of this done, but you still have a lifetime of work to do in front of you."

Education helps patients and families move beyond the psychological wound itself.

Harvey is wise to rejuvenate and find joy in life not only at work but during moments of leisure. She especially enjoys spending time with her family and their animals.

"I like art and music; doing things around the house," she said.

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Big cabbage leads to big rewards for Moore third grader

Sawyer Hamel discovered his green thumb by growing a cabbage from a small seedling to a head large enough to feed a family. All the third graders in his class received cabbage seedlings from Bonnie Plants, an Alabama based company, to develop a love of gardening. His teacher, Shawna Hughes, has had her classes participate in the cabbage growing program for five years.

"Kids look forward to it. The program really extends learning beyond the classroom," Hughes said and added, "It's so important for kids to know where food comes from."

Hamel's faithful care for his cabbage seedling resulted in a prize winning vegetable. His

name was submitted to Bonnie Plants, along with a photo of him with his 15 pound cabbage, and he was selected as the Oklahoma state winner. His school, Wayland Bonds Elementary in Moore, arranged an assembly for third and fourth graders in his honor where he received a \$1,000 scholarship from Bonnie Plants. He also received a plaque signed by Oklahoma Secretary of Agriculture Jim Reese.

Ag in the Classroom (AIRC) coordinators Cheri Long and Melody Aull attended the assembly representing the Oklahoma Department of Agriculture, Food and Forestry (ODAFF). They presented the book "Katie's Cabbage" to Hughes and provided Specialty Crop



Third grader Sawyer Hamel received a \$1,000 scholarship from Bonnie Plants for growing a big cabbage from a small seedling. Celebrating his achievement are (L-R) Ag in the Classroom coordinators Melody Aull and Cheri Long, teacher Shawna Hughes and Bonnie Plants station manager Shawn Beam.

Activity Books for all of her students. The AIRC program is coordinated jointly by ODAFF, the State Department of Education and Oklahoma State University

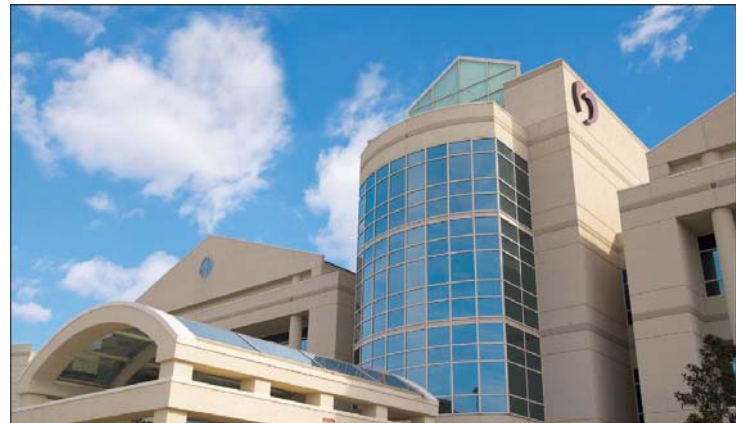
to promote agricultural literacy in grades pre-K through 12. More information can be found

See HAMEL Page 11



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HEALTH

OMRF part of research team that receives \$9 million aging grant

story and photos provided

The National Institute on Aging has awarded a \$9 million grant to the Oklahoma Medical Research Foundation and three other institutions to study age-related muscle loss.

This collaborative effort is headquartered at the University of Michigan and includes OMRF, the University of Liverpool (U.K.), and core facilities at the Oklahoma Health Sciences Center. Over the five-year grant, OMRF scientist Holly Van Remmen, Ph.D., will receive \$2.1 million to research mechanisms of sarcopenia, a disease in which the body loses skeletal muscle mass.

"Every institution involved is using the same model system and has the same basic questions about sarcopenia, but each of us has our own expertise and our own toolbox, so to speak," said Van Remmen. "By combining different approaches, we can hit a problem from several directions."

In her laboratory at OMRF, Van Remmen will study mice that exhibit muscle wasting and weakness. "We believe that neurons and muscles play a

coordinated role in age-related muscle loss, and that this process may be initiated by certain highly reactive oxygen radicals," she said.

Van Remmen's hope is that by pinpointing the triggers for sarcopenia, researchers may ultimately devise ways to disrupt the process.

The new grant is the third five-year grant for the four institutions, who have been working together for a decade to understand why the muscles atrophy as they age.

"We've had a good run of publications come out of this partnership, and it's exciting to have earned a third round of funding. It certainly speaks to the progress we're making," said Van Remmen, who holds the G.T. Blankenship Chair in Aging Research at OMRF. "By better understanding these basic mechanisms, we can know where to target interventions. You have to know what is going wrong before you can treat a condition, and we are looking for the answers."

The grant, 5P01 AG051442-01A1, is funded by the NIA, a part of the National Institutes of Health.



Oklahoma Medical Research Foundation scientist Holly Van Remmen, Ph.D.

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or sneeze in a certain church in Omaha, Nebraska!

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SBT Of all the words in the English language, the word set has the most definitions!

HEALTH

NRH has new weapon in war on infection

by Bobby Anderson
Staff Writer

Norman Regional Health System Infection Prevention Specialist Julie Smith, RN, MS, CIC has a new ally in the war on germs in her health system.

Actually, she has four new allies and not one of them is over four-foot tall.

Norman Regional Hospital recently invested more than \$400,000 in new Xenex Germ-Zapping Robots, which have been credited by other healthcare facilities across the U.S. for helping reduce infection rates.

"We've begun to see an impact already," Smith said. "Your typical day-to-day cleaner doesn't clean

C-diff spores so you have to use special cleaners such as bleach, which is the only thing that works. This will kill the C-diff spores and it cleans the air.

"We have already seen a decrease in hospital-acquired infections."

Think R2D2 with the ability to emit UV light 10 times brighter than the surface of the sun.

Norman Regional has four new pulsed xenon ultraviolet (UV) disinfection robots that will enhance patient safety by destroying the microorganisms that cause hospital acquired Infections (HAIs).

These robots use UV light technology to quickly disinfect an enclosed space. The Germ-Zapping



Infection Prevention Specialist Julie Smith, RN, MS, CIC, has a new weapon in the war on infection at the Norman Regional Health System.

Robots emit a blast of UV light in just 5-10 minutes. The germicidal UV light disinfects a variety of areas and surfaces including bedrails, tray tables, machines, monitors,

Depending on the size of the room, the Xenex robots can disinfect

See INFECTION Page 11

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HAMEL

Continued from Page 8

about Ag in the Classroom at www.agclassroom.org/ok.

"Ag in the Classroom lessons and activities help students and teachers participate in experiential hands-on learning about the food and fiber industry in Oklahoma," said Auffer. "Oklahoma has a diverse agriculture industry that includes commodities and specialty crop production. Bonnie Plants third grade cabbage program provides an excellent experience for students to grow their own cabbage which is a specialty crop grown in Oklahoma."

Shawn Beam represented Bonnie Plants at the assembly and noted that more than 200 schools participate in the program designed to grow the next generation of gardeners. Beam is the station manager for the Bonnie Plants greenhouse operation in Whitesboro, Texas. His company has delivered more than 14 million cabbage plants nationwide and he encourages all Oklahoma third grade teachers to sign up for free cabbage plants at www.bonnieplants.com.

INFECTION

Continued from Page 10

keyboards and computers.

"We've taken the approach that patients come first," Smith said. "That's our main stance. If it takes a little longer to turn over the room then we're going to do it. It's the right thing to do."

The technology also provides a total kill of the Ebola and Zika viruses.

It has shown impressive declines in a number of organisms at various hospital sites around the country including:

*70% reduction in ICU C. diff infection rates

*53% reduction in C. diff infection rates

*57% reduction in MRSA infection rates

*100% elimination of VRE in isolation rooms

"The Xenex LightStrike, no-touch disinfection system uses pulses of full spectrum UV light to fuse the DNA of organisms. Once the organism's DNA is fused it can no longer replicate or mutate, and is no longer infectious," said Clyde Brawner, Director of Environmental Services at Norman Regional.

Two robots will be stationed at

Norman Regional Hospital and two will be at the Norman Regional HealthPlex. After a housekeeper has completed the process of cleaning a room which includes removing trash and wiping surfaces with a disinfectant, the robot will be wheeled into the room to begin its work. The robot uses intense bursts of UV light to disinfect high-touch areas in patient rooms and operating room suites.

It can also be used to disinfect other areas such as utility closets, waiting rooms and more.

"The UV robots are another way that Norman Regional is making patient safety a priority," said Darin Smith, Pharm.D., Vice President of Quality and Performance Improvement. "It's both important and necessary to have multiple methods of effective disinfection in our arsenal to protect patients, visitors, and healthcare staff."

Xenex's patented Full Spectrum pulsed xenon UV room disinfection system is used for the advanced disinfection of healthcare facilities. Due to its speed and ease of use, the Xenex system has proven to integrate smoothly into hospital existing disinfection operations.

Norman Regional Health System is a multi-campus system that

serves the healthcare needs of south central Oklahoma.

Norman Regional Hospital is licensed for 324 beds and offers a full range of services including emergency care, oncology, an intensive care unit, surgery and more.

The Norman Regional HealthPlex campus is licensed for 136 beds and features the services of cardiovascular, spine and orthopedics, women's and children's and more. The Norman Regional HealthPlex is also the home of the Chest Pain Center and the HealthPlex Heart Hospital.

It has grown to employ more than 2,700 people and have 356 physicians credentialed on the Medical Staff.

The burden of treatment costs has shifted from insurers and CMS to hospitals.

Centers for Disease Control and Prevention (CDC) statistics show that in the United States, one in 25 patients will contract an HAI while in care, with close to 75,000 of these patients dying annually.

CDC figures also show that HAIs cost the United States healthcare industry upwards of \$30 billion dollars.

Feb/Mar AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Feb 7/ Tuesday/ Norman/ 9 am - 3:30 pm/ 307-3176/ Palinsky

Norman Regional Hospital - 901 N. Porter

Feb 8/ Wednesday/ Edmond/ 9 am - 3:30 pm/ 340-1975/ Harms

Touchmark - 2801 Shortgrass

Feb 10/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards

SW Medical Center - 4200 S. Douglas, Suite B-10

Feb 13/ Monday/ Okla. City/ 9 am - 3:30 pm/ 752-1200/ Palinsky

Epworth Villa - 14901 N. Pennsylvania Ave.

Feb 15/ Wednesday/ Okla. City/ 9 am - 3:30 pm/ 605-6900/ Palinsky

Grand Tapestry - Quail Springs - 14201 N. Kentucky

Feb 24/ Friday/ Okla. City/ 9 am - 3:30 pm/ 691-4091/ Palinsky

Mercy Health Center - 4300 W Memorial Rd, Room A/B

Feb 27/ Monday/ Shawnee/ 9 am - 3:30 pm/ 818-2916/ Brase

Shawnee Senior Center - 401 W. Bell St.

Mar 2/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Edwards

Integrus 3rd Age Life Center - 5100 N. Brookline

Mar 4/ Saturday/ Sulfer Okla./ 9 am - 3:30 pm/ 1-580-622-3016/

Pickle, Murray County Exten. - 3490 Hwy 7 West - Sulfer, Okla.

Mar 8/ Wednesday/ Edmond/ 9 am - 3:30 pm/ 210-6798/ Palinsky

AARP State Office - 126 N. Bryant

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



Hance touched so many lives in his short 20 years. Skydiving and scuba-diving were ways Hance experienced some of the highest and deepest wonders of this world. He loved spending time with friends and family outdoors hiking, rock climbing, camping, biking, running and going to the lake. Hance was a proud Christian. He loved worshiping God through camps, as well as serving, ushering and even speaking at church.

Hance was attending the University of Utah on a full NROTC scholarship and was looking forward to serving our country, when his life was tragically taken by a drunk driver. His family knew that he would want to help others through organ donation.

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TRAVEL/ ENTERTAINMENT

Reflections On A Visit To Cuba: Part One

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

What is it about a destination that you are forbid to visit that makes it that much more interesting? Just say "no" and the object or experience is on the top of your bucket list. For decades Cuba was out of bounds for United States visitors, unless you were with some special cultural program or association. Not the case today, as Cuba has been opened up to American tourists.

You hear all the time to hurry up and go to Cuba before it changes. Changes, meaning bright fancy new hotels and resorts, over shadowing the quaint colonial town. Cuba has been open to international businesses for decades, and yet when visiting today, you see very little recognizable modern infra structure. Why has not the international community invested in Cuba with tourist amenities? One reason might be that Cuba still all the whole, does not allow ownership of property. Who wants to invest in property that they do not own? Until this Cuban policy changes, Cuba will not quickly be spoiled by outside developers.

So there is no real need to hurry up and see Cuba. As a slowly developing country, Cuba is stymied in the atmosphere and development of the 1950's. The classic cars that are the icon of Cuba today is still in abundance and for a fee you can ride around the streets in one, or have your photo made by one. The fee you pay may help the up keep of these classic 1950's and 60's cars.

And while there are horror stories of tourists booking their own rooms in hotels without the expected tourist amenities, right now it might be best to book a cruise as your floating hotel and see several Cuban cities, not just Havana. This can be accomplished with Fathom Cruises. They promote their cruises as interaction with the locals through preplanned tours taking you either in a walking tour of an area with stops at local pre-approved locations, or a bus tour visiting several approved tourist spots. They promote interaction

with the locales, but on a recent tour the time restrains for personal interaction was minimal.

One such attraction was visiting a concert of local singers in a classic Cuban auditorium set up just for visiting tourist. The music was enjoyable but the scheduled interaction time with the local singers was nonexistent, and the tour was hustled out of the auditorium. No reason was given just that we had to move on. This was the case on many tours. I'm not sure this was a government mandated restriction, more like poor planning on the part of the local tour operator, and an over scheduled day. Being only the eighth American cruise ship to arrive in Havana may be the answer. While the tour guides were always congenial their Spanish accents and lack of professional tour guide experience was less than optimum. While the tour guides were officially trained and licensed by the government, they need more experience in their chosen field. This, hopefully, will be remedied with more practice, and then reflected in generous tipping.

Of course you don't go to Cuba expecting the Little Cuba neighborhoods of Miami, but you do expect to have an enjoyable, pleasant and memorable experience. What you may bring back from Cuba is only a glimpse of the architecture which needs renovating and preservation, a few grand plazas, and food while edible, not especially memorable. Even the Cuba Libre, the iconic rum and coke drink, may be watered down.

Well known for its gourmand cigars, you will no doubt be escorted to an approved tobacco shop. We were advised to look for the official cigar stamp/label on the cigars we purchased as there may be some offered that are not official Cuban cigars. Now with trade agreements open on Americans buying and bring back Cigars, the Cigar trade for tourist might be diminishing, but probably



not anytime soon. While the prices are premium in Cuba, the price offered by your bell person at Miami Hotels behind the counter were doubled, and perhaps that might change with the free import restriction lifted..

Another commerce challenge is that Cuba has two currencies, one for locals and one for tourists. That may hinder you once you have exchange your dollars in to tourist dollars, and find that the store you happened upon or street vendor only takes local currency. Exchanging money in Cuba is quite simple and except if there is a line, very efficient, friendly and fast.

As with any tropical destination in a developing country, don't expect air conditioning, bring your own bottled water on tours, protect yourself with sunscreen and an ugly wide brimmed hat. And in a group of tourists don't be surprised to be approached by semi well-dressed pan handlers, either giving

you a sob story ("My wife is very sick, expecting a child and I am out of work") or simply a hand out for you to fill. We were discouraged to give in to our humanitarian instincts, as this would only encourage the population to do likewise. A simple no or wave of the hand, or such is sufficient to dismiss the well intentioned local.

These reflections of my recent trip is not to discourage your interest, but just to report that Cuba is still a developing country for tourists and there is no need to rush to see it. Any booked tour of Cuba is an adventure, and as with any adventure you may find the summer heat and glaring sun a challenge. Going with Fathom Cruises (<https://www.fathom.org/cruise-to-cuba/>) may add the convenience with amenities that are good fit for senior travelers. More about a Fathom cruise next month.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

<http://realtraveladventures.com/author/zinn/>

www.seniornewsandliving.com - www.martinitravels.com

DHS marks 40 years of improving mobility for seniors and individuals with disabilities Program seeks applicants

The Oklahoma Department of Human Services (DHS) provided more than 7.8 million miles of rides to Oklahomans last year through its Section 5310 transportation program. The federally funded Section 5310 capital assistance grant allows DHS to contract with nonprofits and certain eligible governmental entities to provide up to 85% of the cost of vehicles to transport Oklahomans over 65 years of age or who have disabilities.

"This program helps keep people connected with their community," said Lance Robertson, division director for DHS Aging Services. "Nearly 600,000 riders were able to take more than 1.4 million trips in the last year alone thanks to this program."

The program includes sufficient funding to assist in purchasing about 52 vehicles a year, with 580 grant-purchased vehicles on the road today. The program has 160 sub-recipients covering 85 percent of counties in Oklahoma. DHS is actively looking for agencies meeting the program's criteria that have a need to replace vehicles or receive new vehicles.

Entities interested in learning more can review the program's management plan online at www.okdhs.org or call Patricia Heer at (405) 522-6683.

SWMC Congratulates Doctors for being selected as Best in the Specialty of Neurology

The Best Doctors in America List includes the nation's most respected specialists and outstanding primary care physicians in the country. These are the doctors that other doctors recognize as the best in their fields. They cannot pay a fee and are not paid to be listed and cannot nominate or vote for themselves. It is a list which is truly unbiased and respected by the medical profession and patients alike as the source of top quality medical information.

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St. Mary's, Enid Awarded Advanced Certification

St. Mary's Regional Medical Center today announced it has earned The Joint Commission's Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement and is the first medical facility in the state to achieve this certification.

The advanced certification is for Joint Commission-accredited hospitals, critical access hospitals and ambulatory surgery centers seeking to elevate the quality, consistency and safety of their services and patient care.

St. Mary's underwent a rigorous onsite review in October when Joint Commission experts evaluated compliance with advanced disease-specific care standards and total hip and total knee replacement requirements, including orthopedic consultation, and pre-operative, intraoperative and post-surgical orthopedic surgeon follow-up care.

"Achieving Advanced Total Hip and Total Knee Replacement Certification recognizes St. Mary's Regional Medical Center's commitment to provide care in a safe and efficient manner for patients," said Patrick Phelan, interim executive director, Hospital Business Development, The Joint Commission. "The advanced certification will help St. Mary's better provide coordinated and comprehensive care to patients undergoing a total hip or total knee replacement."

"St. Mary's is pleased to receive advanced certification from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added Stan Tatum, CEO of St. Mary's Regional Medical Center. "We look forward to improving patient safety and quality of care for the increasing number of patients undergoing total hip or total knee replacement surgery and are grateful for the leadership provided by our orthopedic surgeons, Dr. Edgar Fike, Dr. David Keller and Dr. Tim Teske in achieving this certification."

St. Anthony Hospital Appoints Chad Borin, D.O., as Chief of Staff

Chad Borin, D.O., has been appointed Chief of Staff for St. Anthony Hospital.

Dr. Borin is board certified in emergency medicine. He obtained his undergraduate degree at Southeastern Oklahoma State University in medical biology. He then went on to complete his medical degree from Oklahoma State University College of Osteopathic Medicine. Following his medical degree, Dr. Borin completed an emergency medicine internship at Tulsa Regional Medical Center, and an emergency medicine residency at Integris Southwest Medical Center.

Dr. Borin is the Medical Director of St. Anthony Hospital Emergency Services, as well as an active member of the Medical Executive Committee. He is the first osteopathic physician and first emergency physician to become Chief of Staff. He will serve a two-year term and will be succeeded by



Chad Borin, D.O., Chief of Staff for St. Anthony Hospital.

Chief of Staff Elect Gregory McKinnis, M.D. in 2019.

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COMMUNITY

Nurse leads rural health center

by Bobby Anderson, Staff Writer

As AllianceHealth Seminole's Chief Executive Officer, Debbie Hancock, RN, MSN has learned to always carry a set of scrubs with her just in case.

High heels, slacks and pearls are generally the order of the day but then again, like every nurse knows, things tend to hit the fan when you least expect it.

But it's not a big deal for the 17-year nursing veteran who feels as comfortable in the boardroom as she does in the emergency room.

"It's a smaller hospital than the one I came from and there's really a family atmosphere. Most of the people that work here have

worked here forever and that's dedication right there," Hancock said. "They want to work here. They want to be here."

"The people here just make it," Hancock continued. "They're proud of their hospital. They're proud of their community. They could go anywhere but they choose to be here."

Hancock has served the Seminole population as AllianceHealth Chief Nursing Executive for more than half a year.

She came from a similar role in Texas at Hill Regional Hospital.

Looking to make a move to get closer to her grandchildren, Hancock was able to move from a



Debbie Hancock, RN, MSN, serves AllianceHealth Seminole as the Chief Nursing Executive.

seven-hour-drive to her grandkids in Wichita, Kansas to just three hours.

The experience of a rural hospital is a new one for Hancock, who leads a facility licensed for

WEARING LOTS OF HATS

See CEO Page 17

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Innovative Solutions Needed to Fix America's Health Insurance Problem

Oklahoma Insurance Commissioner John D. Doak is offering innovative ideas on health insurance to national leaders. Doak responded today to a request from U.S. House Majority Leader Kevin McCarthy asking for recommendations as lawmakers move forward with the repeal of the Affordable Care Act.

"If the Affordable Care Act is repealed, we should take this as an opportunity to do something different, something that works," Doak said. "Unlike other lines of insurance, the hands of the health insurance industry have been tied by the law, unable to grow and innovate. Now is the time to open the market to see what can be done to provide greater access to affordable health insurance for everyone."

One of Doak's suggestions to House Leader McCarthy includes examining the use of microinsurance. This type of insurance focuses on the low-income population and has been successful in countries like India. Doak included research from David M. Dror, Chairman of the Micro Insurance Academy, on how microinsurance could work in the United States.

Other ideas from Doak include:

Permitting sale of insurance across state lines under state regulatory enforcement.

Adopting policies that expand the use of health savings accounts coupled with more affordable, high-deductible health plans.

Allowing states to enact new health reforms at the grade-school level that incorporate physical fitness and nutrition programs to deter preventable illnesses.

Letting states determine the age at which a child can remain on his or her parent's group health plan.

Enacting legislation that protects consumers from unfair balance billing and surprise billing from individual providers like anesthesiologists, radiologists or medical service companies such as air ambulance and imaging providers.

Allowing states to pursue innovative health care delivery mechanisms including, but not limited to, telemedicine and the expansion of the technologically-based Project ECHO® for rural America.

The Oklahoma Insurance Department and Commissioner Doak will be holding town hall meetings throughout the state to talk with Oklahomans about healthcare reform. The dates and locations of those meetings will be announced at a later date.

CEO

Continued from Page 16

32 beds. Her last hospital in Texas had more than a 130-bed capacity.

"With it there's more challenges here because you wear more hats. You're responsible for more because you don't have the people," says Hancock, who's worked a couple days each week on the floor for the past few weeks.

On given days, Hancock has found herself serving as the emergency room director or the medical-surgical director.

There's no flex pool or staffing office to call up when someone is sick.

And the small town of Seminole isn't one that's attracting a lot of medical professionals.

"We try to breed them from within," said Hancock, whose hospital sits a stone's throw away from Seminole State College. "You have to have people with a different mindset."

That means showing people that they have ownership of the hospital and their individual unit. After all, they are there to make a difference and stepping up to a leadership role can often be the best and fastest way to improve outcomes.

So far, Hancock has been amazed by staff that have shared leadership roles among them.

"In a bigger hospital you have so many other people you can lean on to take care of things," Hancock said. "Here you have to lean on nurses that you have."

That's why, on occasion, she ditches her desk, puts on her scrubs and hits the floor.

"I see what they're going through and the struggles that they do have," Hancock said. "When they tell me we can't do that when I work down there with them I find out why."

THE VISION AHEAD

The wheels are already in motion at AllianceHealth Seminole, which is working to expand offerings.

"I want to see it grow. We have new programs, a sleep lab that's opening and we're working on chest pain accreditation," Hancock said.

February is the expected chest pain accreditation timeline. Soon

after the hospital will pursue stroke certification.

"All of AllianceHealth is working towards the same goals and initiatives," Hancock explained. "It's important for us to be able to meet our goals. It makes it easier on our nurses when we transfer. When we have the same chest pain and stroke protocols it's an easy transfer."

"I just want to see us grow and get the people in place that need to be here."

She has a feeling most of the pieces are already in place. A couple more hires and she expects a full staff.

Mentoring and moving up within are the order of the day as is Hancock's willingness to accept suggestions from staff.

"Our goals are the same, it's just how we get there," Hancock said. "We're excited. Good things are happening here."

AllianceHealth Seminole currently serves more than 30,000 residents in Seminole County and the surrounding area. Seminole is a licensed acute care hospital with two large operating suites, one endoscopy suite, one post anesthesia recovery room, and 32 private rooms. AllianceHealth Seminole began serving the community in October 2007.

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BBT Saturday mail delivery in Canada was eliminated by Canada Post on February 1, 1969!

BBT In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!

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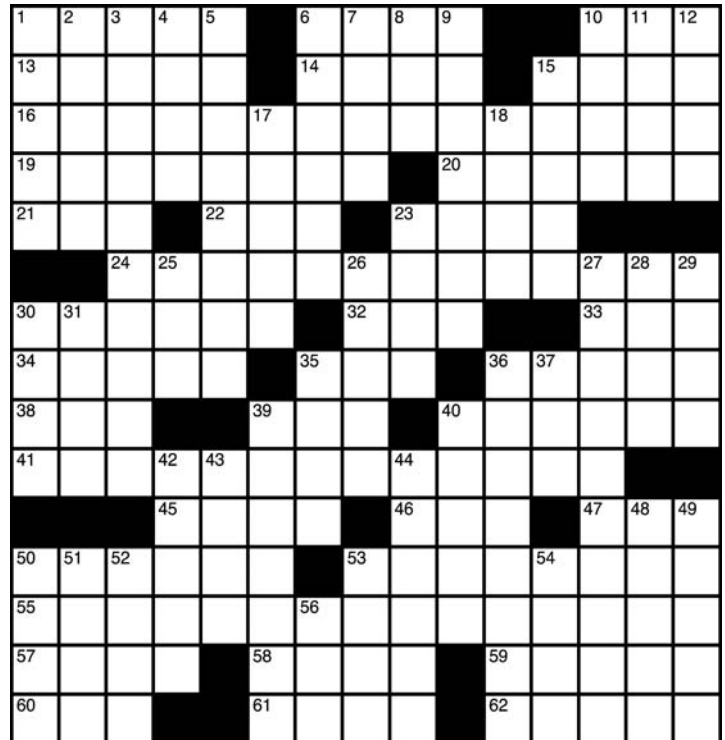
- 1 Year in which Salieri was born
6 Spunkmeyer of cookie fame
10 Sports ____
13 Key artery
14 Seattle's ____ Place Market
15 Hazmat suit hazard
16 Nail the Miley Cyrus impression?
19 "Madam Secretary" star
20 "Family Feud" source
21 Stately tree
22 "... ____ the set of sun": "Macbeth"
23 Disney title girl from Hawaii
24 Permanently deleted electronic message?
30 Cinch
32 "Ah, broken is the golden bowl! the spirit flown forever!" poet
33 GPS suggestion
34 Prod
35 Michaels et al.
36 End notes?
38 Pay extension?
39 It goes around in winter
40 Antarctic transport
41 Minor trade adjustment?
45 Majestic quality
46 Playboy nickname

Down

- 47 Kentucky Colonels' org.
50 "The Caine Mutiny" Oscar nominee
53 Genealogical record
55 "The spasm preceded the other symptoms, Doc"?
57 Used to be
58 Hendrix hairdo
59 Royal ____: scheduled
2016 British Open site
60 Unmatched
61 The Taj Mahal, e.g.
62 Garden plant that thrives in shade

way

- 26 Low grade
27 Fox commentator who was the 1992 N.L. Rookie of the Year
28 Singer James
29 Try
30 Self-appointed expert
31 Online TV giant
35 Moreover
36 Common liquor purchase, once
37 Scary squeezer
39 Homburg, for one
40 Nobel, for one
42 "... ____ when that happens"
43 Buster?
44 Tough syndicate
48 Get drunk
49 Insurance giant
50 USAF stealth plane
51 Due
52 Prepare, as for action
53 Chicken ____
54 Early copter
56 One may be a CPA



Answers on page 25

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405-376-2872

www.arborhouseliving.com

Oklahoma Excellence in Agriculture Awards Nominations Sought



Dr. Clint Roush, the 2016 winner of the Governor's Outstanding Achievement Award in Agriculture, and wife Pam Steiner Roush are shown at their home near Arapaho.

Oklahoma has a rich agricultural history thanks to dedicated farmers. In 1998, the Governor's Outstanding Achievement Award in Agriculture was created to recognize those who have helped lead the industry while demonstrating exemplary personal values and pursuing agricultural achievements in Oklahoma. Through Feb. 10, the Oklahoma Department of Agriculture, Food and Forestry (ODAFF) is accepting nominations for a total of four Oklahoma Excellence in Agriculture Awards.

The award winners will be announced at a recognition ceremony on March 29, 2017 at the state capitol as part of the state's annual Oklahoma Ag Day celebration.

Examples of eligible agriculture enterprises for the Governor's Outstanding Achievement Award in Agriculture nominee are: livestock and crop production, agribusiness, forestry, horticulture and nursery management. In addition to considering the nominee's production agriculture involvement, the application also recognizes leadership in agricultural and state organizations as well as additional awards and honors. The winner will be someone with at least 25 years in agriculture who derives the bulk of his or her income from agriculture or

has retired from an agricultural enterprise.

Previous award-winners have represented different areas of Oklahoma as well as a variety of agricultural groups and commodities. Past recipients have guided their families and communities to success by excelling as dairymen, cattle ranchers, pork producers, wheat farmers, conservationists and educators. Uniting previous Hall of Fame inductees is their service to their communities in addition to their contribution to the agriculture industry.

In addition to the Governor's Outstanding Achievement Award in Agriculture, ODAFF also presents the Agriculture Environmental Stewardship Award, Outstanding Legacy in Agriculture Award and Outstanding Public Service in Agriculture Award. The Legacy in Agriculture Award is the only one strictly for posthumous nominees.

Governor Fallin's Agriculture Environmental Stewardship Award recognizes Oklahoma agriculturalists who are leaders in developing and adopting outstanding environmentally innovative agricultural practices. This award

See NOMINATIONS Page 22

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Walking into Iris is like walking into a beautiful single-family home. With an elegant great room adjoining an open-concept kitchen and dining area, residents have the opportunity to interact with cooks as meals are prepared, share stories at the dinner table, or relax in a spacious setting. The kitchen is traditionally known as the heart of the home, and at Iris Memory Care it serves as the heart of their community!

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Would You Like to Join Our Airport Information Team?

Our Travelers Aid airport program is now accepting applications for information booth volunteers. Serving as an airport volunteer is a great way to meet people, solve problems, and learn about the growing tourism industry in Oklahoma City.

Travelers Aid volunteers staff two information booths at the airport, providing a warm welcome and a big smile to visitors. Our trainers will provide you with all of the resources you need to assist travelers, answer the telephone, offer paging services, provide directions and information, distribute maps and brochures, direct military personnel, and link distressed travelers with social services throughout the community.

We operate one booth on the ticket counter level and one in baggage claim, seven days per week from 10 a.m. to 10 p.m. Typically volunteers work one 4-hour shift per week, but our schedule is flexible!

"My wife and I have always believed in volunteering as a way of showing respect for those who have helped us in the past and to, in turn, do good for others. Working at the airport is a wonderful experience. You never know whom you will meet or what kind of situation you will encounter. You meet and help people from literally all over the world," says John Fink, an eight-year airport volunteer veteran. "Volunteering is a privilege and a very rewarding experience."

Anyone who likes to meet people, solve problems, answer questions, and work in a dynamic environment should contact Megan Chapman, Travelers Aid Volunteer Coordinator, at (405) 486-0619 or mchapman@upwardtransitions.org for more information.

Researchers find that a "good guy" has a darkside



Oklahoma Medical Research Foundation scientist Darise Farris, Ph.D.

The Rheumatology Research Foundation has named Oklahoma Medical Research Foundation scientist Darise Farris, Ph.D., as a recipient of its Research Foundation Innovative Research Award.

The award will provide Farris with \$400,000 in funding over a two-year period to continue promising research in understanding the origins of the autoimmune disease Sjogren's syndrome.

Sjogren's syndrome is a painful autoimmune disease in which a person's immune system attacks the body's own moisture-producing glands, inhibiting the ability to produce tears or saliva. The most common symptoms include severe dry eyes and dry mouth, as well as arthritis, fatigue and others.

The disease is believed to affect as many as 3 million people in the United States and, like many autoimmune diseases, disproportionately affects women by a 9-to-1 ratio. There is no known cure and current treatments only address symptoms, not the root cause.

In her lab at OMRF, Farris is trying to identify the proteins in patients that are causing the abnormal autoimmune response in the glands that produce tears and saliva.

"We know that Sjogren's selectively attacks these glands, but nobody understands why those glands are targeted," said Farris. "We believe there are unidentified salivary gland antigens, which are

proteins that are the target of an immune response."

Farris is currently pursuing two related paths of Sjogren's research.

First, her lab is attempting to identify the proteins that incite the disease. Using special tools, scientists have isolated specific receptors from immune cells called T cells from the salivary tissue of Sjogren's patients. They have isolated the immune cell receptors that directly touch the unknown proteins, and they hope to use them to explain why salivary tissues are targeted in the disease.

If this work is successful, it could provide the knowledge needed to better identify individuals who either have Sjogren's syndrome or are susceptible to the disease.

The second aim is to follow up on the discovery of a relationship between the degree of activation of those T cells and reduced saliva production. Farris said. "We think this might lead to an understanding of why saliva production is defective in these patients," said Farris.

The award was a result of research published with colleagues at OMRF in the journal JCI Insight. Farris earned her Ph.D. in immunology at the University of Oklahoma Health Sciences Center and has spent 18 years at OMRF researching Sjogren's and other autoimmune diseases.

"This award is very exciting for us because it's going to permit us to follow up on what we believe to be

See DARKSIDE Page 22

Our Classifieds Get Results!

SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE			
<p>Don Wallace Amazed At Response to Ad in Senior News and Living</p> <p>"Yes, I still go fishing. Each year Pat and I escort a group to Sportsman's Lodge in Canada which is August 1-2. I was truly amazed at the response we got when I placed a classified ad in the Senior News and Living monthly newspaper. "It worked well for me." I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012. For a brochure and details about the Canadian trip, call me at 405-470-5106.</p> <p>Don Wallace, The Wallace Wildlife Show</p> <p>FOR SALE</p> <p>Hoveround MPV 4 Power Chair, \$550.00 cash. Firm. Can deliver. 405-606-2748.</p>	<p>FOR SALE</p> <p>CEMETERY LOTS. 2nd & 3rd Circle, located south of Memorial Cemetery, Line Road, Garden of the Cross, 4 spaces. A.R. O.H. Section 4, lot 18. 1/2 acre. 405-767-1656.</p> <p>Obtain C-Pap Masks and Supplies from Home Care Medical. 4401 South Walker, OKC 73148. Insurance, Medicare and Medicaid Accepted.</p> <p>RESTHAVEN GARDEN OF MEMORIES, DOUBLE LAWN CRYPT. Granite and Granite memorial. Regular price which includes opening and closing, \$10,990.00. Our price, \$6,500. includes everything. 405-387-4831 or 405-406-9046.</p>	<p>HELP WANTED</p> <p>Senior caregivers needed for fellow seniors to provide companionship and care. Transportation Required. Please call to learn more. (405) 259-9155.</p> <p>SERVICES</p> <p>SENIOR FRIENDLY REALTOR. Home Selling made easy FREE no obligation consultations. Tonya Yarema (405) 990-6181 Metropolitan Real Estate "Buying or Selling... call me!"</p>	<p>PRICE PER 25 WORDS</p> <p>1 Month.....\$14.95 3 Months.....\$29.55 6 Months.....\$42.12</p> <p>Classified ads are prepaid only. Deadline is second Friday each month.</p> <p>ADD A PHOTO, ONLY \$5 MORE!</p> <p>Send ad and payment to: Senior News and Living, 4501 N. Classen Blvd. Ste 106 Oklahoma City, OK 73118</p> <p>TRAVEL</p> <p>Travel Tours • 211 May St. Wagoner, OK (918) 465-4595, 1-800-331-3192</p> <p>Kincaid Tours • 929 S. Country Club Road El Reno, OK 72099 (405) 324-8888</p>

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Bettie Conn

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Mary Jo Lofgren

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Sharon Carr, RN

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DARKSIDE

Continued from Page 20

a fruitful line of investigation," said Farris.

"It will allow us a bigger budget to collect needed data in order to answer these pressing questions and work toward solutions for patients suffering from this painful

disease." The Rheumatology Research Foundation was created by the American College of Rheumatology and is based in Atlanta, Ga.

"Dr. Farris' research uses cutting-edge molecular tools to probe the causes of Sjögren's disease that could lead to innovative therapies," said OMRF Vice President of Research Rodger McEver, M.D.

NOMINATIONS

Continued from Page 19

will highlight the efforts of an Oklahoma agriculture producer who is a steward of the environment and is dedicated to conserving the natural resources of Oklahoma while helping to ensure a continued supply of food and fiber.

Governor Fallin's Outstanding Public Service in Agriculture Award honors an individual who has made outstanding contributions of public service to Oklahoma agriculture. The recipient will be someone who works diligently to improve public perception of agriculture in Oklahoma. The recipient should be a person who has given time and talent unselfishly to advance the Oklahoma agricultural industry.

Governor Fallin's Outstanding Legacy to Agriculture Award posthumously honors someone who made significant life-long

contributions to Oklahoma agriculture. The unique or extraordinary contributions the individual made to Oklahoma serve as a role model for the agriculture industry.

"The Oklahoma Excellence in Agriculture Awards give us the opportunity to recognize those individuals who have made a positive and lasting impact on agriculture in our state," said Oklahoma Secretary of Agriculture Jim Reese.

The deadline for all nominations is 5 p.m., Friday, Feb. 10. The recipients will be selected by a committee of representatives from agricultural commodity organizations and farm and ranch organizations. Any questions regarding the nomination procedure or completion of the official nomination form can be directed to Jason Harvey at (405) 606-1477. The nomination forms can be found at www.ag.ok.gov/odaff-halloffame.htm.

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Don Wallace, The Wallace Wildlife Show
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Call me at 405-470-5106

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	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.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	*			*	*		*	*	*	*		
Savannah House of Moore		Moore	405-378-2500									*				
Savannah House of Norman I		Norman	405-329-2450								*	*				*
Savannah House of Norman II		Norman	405-701-8440								*	*		*		*
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						*		*		*	*	
Grand Tapestry at Quail Springs <i>55+ Active Adult Rentals</i>	140	OKC	405- 605-6900	www.tapestryokc.com								*	*	*	*	*
Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	www.meridiansenior.com	*	*	*	*	*		*	*	*	*		

Note: This guide does not represent a complete listing of facilities. Only those advertising in this publication are shown. Call us at 405-631-5100 to be included.

**To Advertise Your
Business in the next issue**

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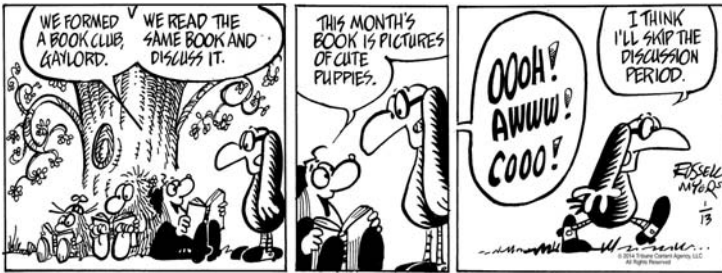
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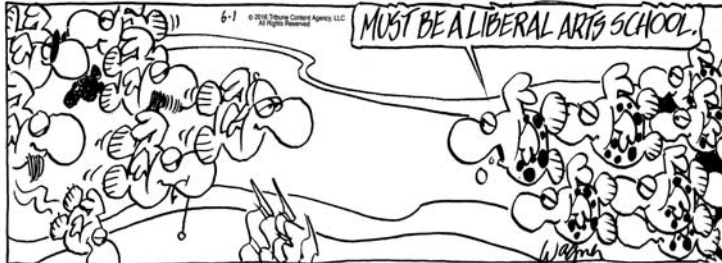
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Broom Hilda

By Russell Myers

**Animal Crackers**

By Fred Wagner

**Gasoline Alley**

By Jim Scancarelli



Grant Program Helps Increase Quality of Care for Nursing Homes Across the State

The care and quality of life for nursing home residents in Oklahoma are improving thanks to projects funded through the Oklahoma State Department of Health's (OSDH) Civil Monetary Penalty (CMP) Fund.

The CMP Fund is made up of fines collected from nursing homes. These funds are redistributed by the Centers for Medicare and Medicaid and a portion of the monies returned to the state to improve nursing home care.

Improvements resulting from the project include a decline in residents with one or more falls with major injury (5.4 percent in September 2015 to 5.2 percent in September 2016) and a decrease in the rate of nursing home residents who showed signs of depression, down to 5.7 percent from 6.5 percent in a 12-month period.

The goals of the CMP Fund Program are to: *Protect the health and property of nursing home residents. *Promote evidence based practices that improve the quality of care and quality of life. *Empower staff through culture change.

Michelle Billings is the Assistant Campus Director of the Lackey Health Center at Baptist Village in Oklahoma City.

"We were involved with a CMP-funded project for improving the quality measures through the Quality Assurance/Performance Improvement (QAPI) process," said Billings. "This program has fine-tuned our QAPI program while providing us the tools and resources to intentionally and methodically discover and improve our quality measures. In fact, our Quality Measure Star Rating increased from four stars to five stars."

One of the more popular programs that received funding from the CMP Fund is the Music for the Ages program. This program helps nursing homes create a certified Music and Memory Program as a non-pharmacological intervention for pain and dementia. Across the state, 50 nursing homes have been recruited for this program with 20 residents in each home getting their own iPods. Nursing home staff is also trained to assist the residents and develop playlists and recruit student volunteers to help the residents with the program.

The next round of project applications is currently being evaluated by the OSDH. Approximately \$2.2 million has been allocated for programs in FY2017. Projects are funded for up to three years with various phases of development and evaluation. The projects selected for funding for FY2017 will be announced in early March.

As of September 2016, seven projects were being funded by the CMP Fund.

Visit <http://cmp.health.ok.gov> for the full report and more information about the CMP Fund.

**JUMBLE**

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

ORRIP

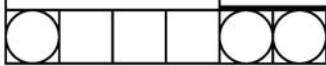


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PHEES



SOUPOR



REPI ME



A: (Answers next month)

January Jumbles: FISHY HOARD CHROME KNIGHT
Answers Answer: Offering their seats to seniors was a —
FORM OF "CHAIR-ITY"

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.

OKLAHOMA'S SENIOR NEWS & LIVING

CLASSIFIED MARKETPLACE

FOR SALE

Arlington Memory Gardens - MWC - 2 spaces, side by side. \$2,400 for both; we pay transfer fee. 405-793-0454

Six lots in Memorial Park, OKC, Section 22. All for only \$5,000.00. Call (405) 341-0951

Arlington Memory Gardens Cemetery Lots, MWC. 2 Burial lots for sale by owner. \$1,200 for both lots or best offer, trades considered. 405-340-5050

Arlington Memory Gardens Cemetery, OKC. 2 spaces. Priced at \$2,395 each. Asking \$3,000 for both. Transfer fees included. 405-650-8957

HELP WANTED

Volunteer Business Counselors Needed in OKC Metro
SCORE needs people with varied business backgrounds to provide counseling & mentoring for start-up and existing small businesses.
www.score.org
or 609-8005

FOR SALE

Arlington Memory Gardens - MWC, Okla. 2 side by side spaces underneath the evergreen tree directly next to Midwest City Blvd. Asking \$5,000. 405-396-3389

Nine lots in Memorial Park, OKC, Section 13. Lot 144 - 3 plots. Lot 145 - 6 plots. \$2,500.00 per plot. 405-626-8162

2 side by side plots at Yukon cemetery. \$1750 each OBO. 405-202-1048

ARLINGTON MEMORIAL GARDENS IN MIDWEST CITY, OK. 3 burial spaces located on the south side of Mausoleum next to road. Priced at \$2,300.00 each or \$6,000.00 for all three. Transfer fee included. Call Mike at 405-406-6333

FOR SALE

Rest easy in beautiful Calvary Cemetery Highway 177 Shawnee, OK. 3 side by side burial plots \$1,000.00. Call (405) 226-4096

2016 Surveyor Travel Trailer. 32' Fiberglass, 2-slide outs, outside kitchen, Queen bed, Hideaway bed, Tagged and under Warranty, \$24,700 OBO. Call: (405) 503-9384

HELP WANTED

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Call Senior News and Living at 405-631-5100 to advertise!

FOR SALE

Arlington Memory Gardens 3 burial lots for sale by owner, \$1,200.00. Per lot or best offer. Next to Mausoleum on South side. Call 405-406-6333

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STREET ADDRESS APT. CITY

STATE ZIP CODE E-MAIL/PHONE

PAYMENT INFORMATION ☐ Check # and Amount Enclosed

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☐ Please bill my Master Card.

CARD NUMBER

EXP. DATE CVV NUMBERS

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MUSTANG, OK 73064. For questions, please call us at 405-631-5100.

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United Way of Central Oklahoma Raises More Than \$19.1 Million in 2016 Campaign



Campaign co-chairs (from left) John and Charlotte Richels, along with United Way president and CEO Debby Hampton and board chairman Larry Nichols celebrate the 2016 fundraising grand total at Snowflake Gala.

United Way of Central Oklahoma celebrated the close of its 2016 fundraising campaign Friday night with its 15th annual Snowflake Gala at the National Cowboy & Western Heritage Museum.

The United Way revealed that a grand total of more than \$19.1 million was raised through more than 600 employee workplace campaigns as well as corporate gifts and thousands of individual donations.

"This year's campaign achieved what was most important — raising the money needed to fund the health and social services programming that supports the well-being of our community," said Debby Hampton, president and CEO of the United Way of Central Oklahoma. "Our 58 Partner Agencies are the best of the best, and funds raised during our campaign will provide much needed support to these organizations."

Representatives from several campaigns that contributed to the larger United Way of Central Oklahoma goal announced their totals before the grand total was revealed:

The Heart of the City campaign raised \$574,222

The State Charitable Campaign totaled \$451,755

The Combined Federal Campaign total was \$2,156,102

Additionally, the United Way of Logan County and United Way of Canadian County raised \$353,145 through their campaigns.

These campaigns combined with the United Way of Central Oklahoma's fundraising efforts to reach the grand total of \$19,100,958 million.

Challenging year

The United Way of Central Oklahoma didn't announce a specific fundraising goal for its 2016 campaign. Instead, the organization set out to raise as much money as possible in a tough economic environment.

Making it to that total was challenging this year, Hampton said, because of the hurting local economy. She credited the campaign's success to Oklahomans' notoriously giving spirit and the hard work of campaign co-chairmen John and Charlotte Richels, two of the area's most notable community leaders.

"We knew going into the campaign that it was going to be a challenging fundraising year," said John Richels, Devon Energy Corp. chairman of the board and

campaign co-chairman. "In difficult economic times like these, central Oklahomans need help from the United Way more than ever and we are very appreciative of the tremendous support the community has shown for the United Way and its Partner Agencies."

The funds raised will be dispersed to the United Way's Partner Agencies through an in-depth allocation process.

Honoring volunteers

With United Way of Central Oklahoma board chairman Larry Nichols as emcee, the organization's annual volunteer awards ceremony preceded the Snowflake Gala. Three Oklahomans were recognized for dedicating their time and talents to helping make the mission of the United Way of Central Oklahoma successful:

Dennis Jaggi, managing partner for EnCap Flatrock Midstream, was presented with the United Way's highest honor, the Richard H. Clements Lifetime Achievement

Award.

Dave Carpenter, American Fidelity Assurance Company president and COO, was honored with the Ray Ackerman Leadership Award.

George Young Sr., Oklahoma State house Representative and CEO of Young Management Consulting, received the John and Berta Faye Rex Community Builder Award.

"These volunteers are pillars of our society and have worked tirelessly toward bettering the health and human services available to those in need in central Oklahoma," Hampton said. "United Way is blessed with an amazing board of directors, campaign cabinet and volunteers who give of themselves with such tremendous generosity, it's truly amazing."

Although the 2016 campaign has ended, the United Way continues to recruit volunteers and raise funds for its community projects and partner agencies year round.

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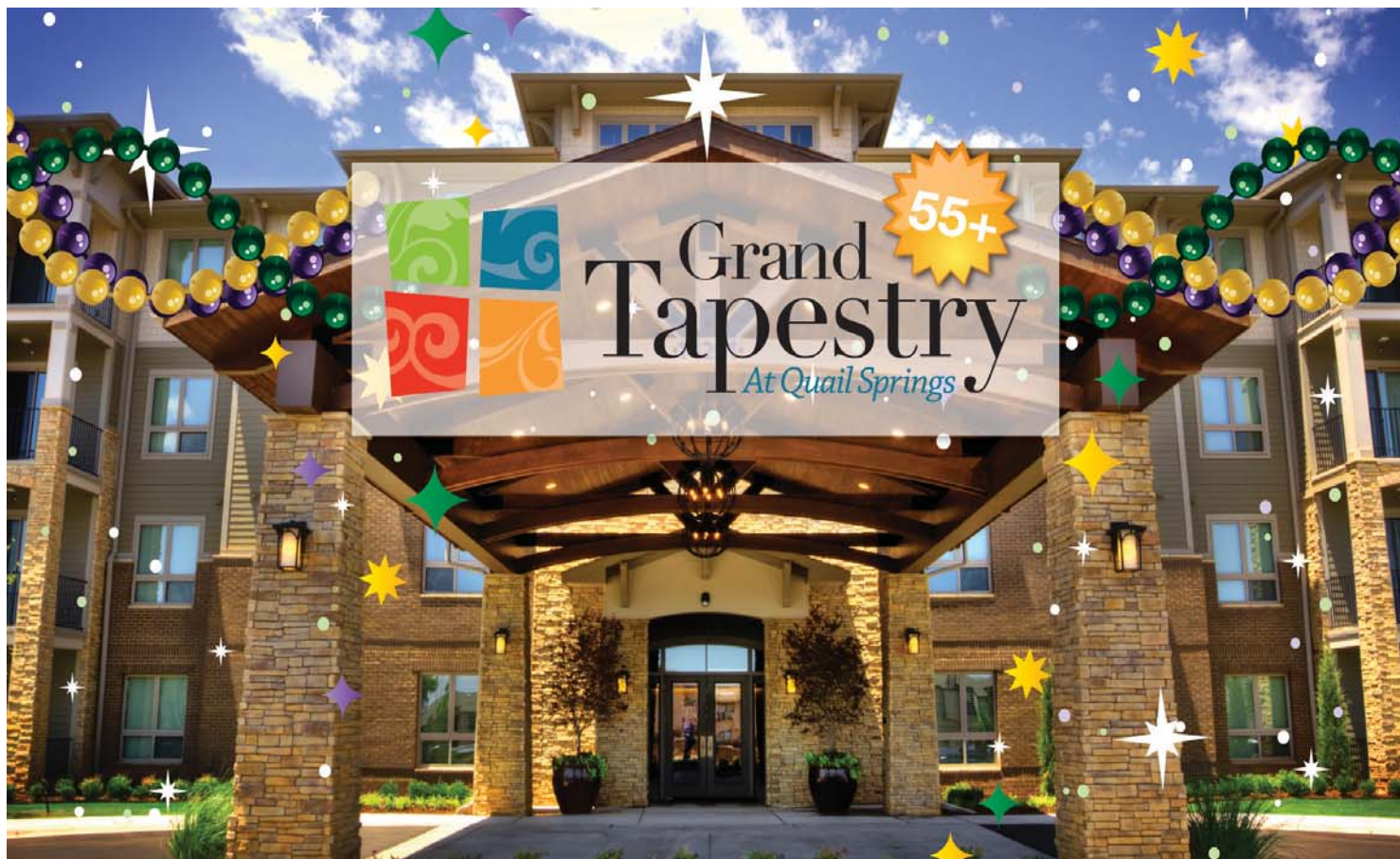
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