

# SENIOR NEWS & LIVING

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# OK

Information for Oklahoma Seniors

February 2019

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

## Helping the Community

### Senior serves others



At 90, Louise Colbaugh finds joy in helping others in their darkest moments

by Bobby Anderson, Staff Writer

**O**n the darkest days, sometimes all it takes is a single ray of light to turn everything around.

For the last 20 years, Louise Colbaugh, 90, has shined in the Oklahoma City metro, volunteering at metro hospitals.

Colbaugh is closing in on three years volunteering at Community Hospital in south Oklahoma City but before that she gave 17 years at Hillcrest and eventually St. Anthony.

"I enjoyed it," she said of her decades of unpaid service. "I don't know. It's just a way of life after awhile, you get up and go. You don't sit at home and watch television or whatever."

Colbaugh stayed home until almost 45, rearing a son and a daughter before heading out into the workforce.

Her son moved on to the paper products

industry in Houston. Her daughter is close by in Moore and retired herself.

Her great granddaughter has already graduated college and is going on to pursue her degree as a physician's assistant.

Attending graduation for her great granddaughter was a moment she'll never forget.

"Wonderful and proud," beamed Colbaugh, who also has two younger great grandchildren.

After raising kids and before volunteering she went back to school and studied accounting. She worked in the accounting

See HELPING Page 2

## New chapter unfolds in Tealridge history



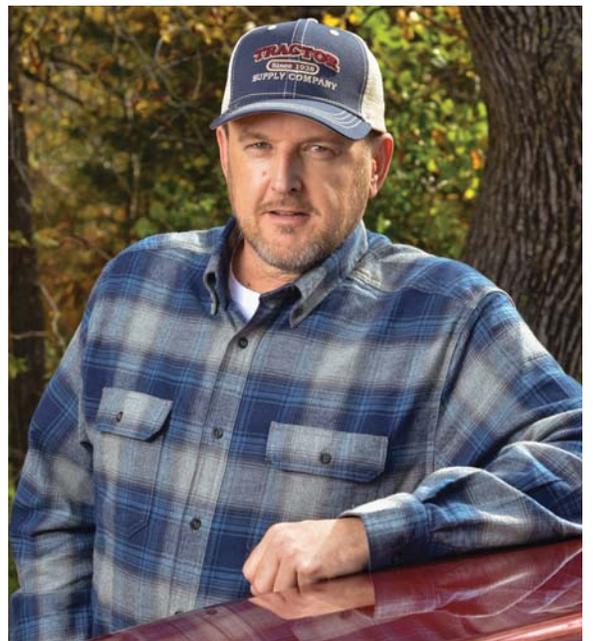
by Bobby Anderson, Staff Writer

A new chapter is unfolding in the Tealridge retirement community history.

Oklahoma Christian University recently sold its Tealridge retirement community located at 2100 NE 140th Street in Edmond to a local group with big plans for this well-known senior living community on the university campus.

See CHAPTER Page 3

## A name for his pain



**Sarcoidosis patient David Key donated blood to the Oklahoma Medical Research Foundation's Saroidosis Unit to make a difference down the line for those suffering with the disease.**

The stabbing pains in David Key's armpits awoke him from sleep one night in 2006. "It was excruciating," said Key, 53, who lives in Oil Center, about 10 miles northeast of Ada.

He cycled through hospitals and clinics, his condition worsening. He developed uncontrollable tremors and neurological problems and gave up his business. After a pair of strokes, he was forced to go on disability. Years passed, yet still he had no answers.

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# HELPING

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department at Shepler's western store.

As her husband's health faltered, she decided she needed better insurance. She worked at Tinker Air Force Base as a civilian in the accounting department, eventually in the AWACs division.

Numbers were numbers, but only a lot more zeroes were at the end of those military budgets.

Colbaugh and her husband celebrated 51 years of marriage before he passed.

"It was bad," she said of the end. "He had so many heart surgeries before he died. They tried to do surgery on him again and he never came out of it."

For most who spend time with a loved one during an extended illness, the hospital would be the last place they would want to spend more time. Too many hours of fear and pain.

Colbaugh ran towards it. "It's just a way of life. It's like another home to me," Colbaugh said. "It gives you a purpose to get up in the morning. You know you're going to meet people and you're going to talk. I just like to

do it." It's an opportunity for Colbaugh to pour into others. She has stories to share. She's felt the same feelings.

"It may be something like getting them a cup of coffee or a warm blanket," Colbaugh explained. "I enjoy doing it and I enjoy talking to the people. It's satisfying I can help people."

"Like I say, it's a way of life for me now."

Colbaugh's journey to Community Hospital began when St. Anthony closed its gift shop. A few of her fellow volunteers made the trip as well.

"Some people they'll sit home and don't do anything and then they wonder why they feel so bad," Colbaugh said. "If they only knew how satisfying it was they would run for it really. That includes men and women. I work with both."

"And there's always somebody coming in and they see what you're doing and they want to volunteer, too, but it's getting farther and farther in between."

Community Hospital has two campuses featuring a comprehensive range of medical services offering nursing care

in a close-knit, compassionate community.

"You get paid. You get paid with gratitude and the thank-you's you get," Colbaugh said. "Men especially say 'thank you for being a volunteer.' That just makes me feel good."

"And Roxy (Kostuck) our manager she is so good to all of us. She has Valentine's parties and she gave me a 90th birthday party and it was wonderful."

She immediately used the gift certificate she received to splurge on a cashmere sweater.

Colbaugh typically volunteers every Monday and Tuesday, coming in at 8 a.m. and working until 2 p.m.

She grabs the cart filled with complimentary items and goes

room to room checking on patients and their families asking if they need anything.

From there she goes to the surgery waiting room.

"I go in and see what I can do for them," she said. "And then I come back and Roxy always has something. I wrap a lot of gifts. They give away so much I can't believe a hospital does that."

As you might expect, Colbaugh is a big fan of volunteering her time. She's quick to share her experience when others ask.

"I would tell them they would appreciate coming up here once they started," Colbaugh said. "It would be good for them and they would get lots of exercise. I think they would love it."

## STRANGE BUT TRUE SO THEY SAY...

**BBT** No piece of square dry paper can be folded more than 7 times in half!

**BBT** A group of geese on the

ground is a gaggle, a group of geese in the air is a skein!

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# CHAPTER

Continued from Page 1

The new group owns and manages the Tealridge Assisted Living & Memory Care Community in Edmond as well as the University Village Retirement Community in Tulsa among other communities.

However, leadership is based locally in Edmond.

“With the addition of the Tealridge independent living community, we are now able to offer our residents a full care campus with housing options ranging from independent living apartments to assisted living and even memory care services – all in one location,” said Jon Paden, who leads the new group.

The sale took almost two years to complete given Oklahoma Christian’s desire to find the right buyer and ensure the community continued to be managed and owned by a group with integrity as well as shared values and beliefs.

The new owners are already starting to reinvest in the community with over \$1 million funded for building improvements which will include updating all

resident apartments, dining and social areas.

“We are excited to build on the great Tealridge reputation for quality in the Edmond community and we are blessed to be able to invest the money and resources needed to really create a special, yet affordable retirement option.” added Paden.

Daily operations will be managed by Melissa Mahaffey the new Executive Director at Tealridge Retirement Community.

While she has extensive senior living management experience, Mahaffey credits her success from a genuine passion for improving the lives of her senior residents.

She also serves on the Oklahoma Assisted Living Federation.

“I am so excited to be a part of the next chapter at Tealridge.” shared Mahaffey. “We have the resources and vision to really create a place that builds on Tealridge’s great reputation while updating things to be on par with the best rental communities in Edmond.”

In addition to the great residents that already call Tealridge home, Mahaffey is building a team focused on



Some of the dedicated staff of Tealridge Retirement Community. (L to R) top row- Kristen Moss, Katie Martinez, Chef Andre Coleman and Jim Delzell. (L to R) Seated- Melissa Mahaffey, Michele Woodward, Kathy Evans and Danielle Suggs.

placing a strong emphasis on customer service, hospitality and convenience for retirees regardless of what phase of life they are in, Paden added. To find out more about Tealridge you can go online at tealridge.com.

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Editor/Publisher Steven R. Eldridge  
[steven.eldridge@seniornewsandliving.com](mailto:steven.eldridge@seniornewsandliving.com)

Writers: Bobby Anderson, RN and Vickie Jenkins - OKC/STATE

Send all News, Letters to the editor and press releases to [news@metropublishingok.com](mailto:news@metropublishingok.com)

Advertising Sales:  
[Steven.Eldridge@seniornewsandliving.com](mailto:Steven.Eldridge@seniornewsandliving.com)  
[Lashanya.Nash@seniornewsandliving.com](mailto:Lashanya.Nash@seniornewsandliving.com)

Advertising Services: Lisa Weigel  
[advertising@seniornewsandliving.com](mailto:advertising@seniornewsandliving.com)

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**DOG MANNERS MONDAY**  
Does your dog need some extra help with manners? Join us from 2-3 p.m. on Mondays in February at the Will Rogers Senior Center, 3501 Pat Murphy Drive. Learn a gentle approach to training your dog. \$10 per session. Ages 55+. Visit [okc.gov/parksignup](http://okc.gov/parksignup) and search keyword 19890 to register.

**Chicago Steppin Class L & G's on the BLVD**  
4801 N. Lincoln Blvd. OKC. 405-524-2001. When: Thursdays, 7-9 p.m. Continues through June 27, 2019. Learn how to do the popular dance at this FREE weekly class, 7pm - 9 pm Thursdays.

### FEBRUARY

**Moore Chess Club**  
Sundays from 1pm to 4pm  
Moore Public Library  
225 S Howard Avenue in Moore  
All ages and skill levels are welcome. For more information, contact Mr. Kissinger at [ishmaelkissinger@mooreschools.com](mailto:ishmaelkissinger@mooreschools.com)

### FEBRUARY 4

**Monday, February 4, 2019**  
All About 1st Impressions  
This class is about getting your home ready to sell. Panel Discussion with Landscaper, Contractor, Painter, and Real Estate Professional  
Time: 10:00 - 12:00 pm  
Location: Healthy Living, OKC 11501 N Rockwell Ave OKC, OK 73162

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### FEBRUARY 9

**Saturday, February 9, 2019**  
Home Search 101. Panel Discussion with 4 different Senior Communities (Independent, CCRC, Assisted, and Memory Care) Time: 10:00 - 12:00 pm  
Location: Healthy Living, OKC 11501 N Rockwell Ave. OKC, OK 73162

### FEBRUARY 16

**WINTER TREE AND TOOL CARE**  
Learn the basics of tree pruning and how to sharpen your tools from 10 a.m. to noon February 16 at Will Rogers Gardens, 3400 NW 36th Street. You may bring one tool for us to sharpen for you. Dress for the weather. \$7 per person. All ages. Visit [okc.gov/parksignup](http://okc.gov/parksignup) and search keyword 19578 to register.

### FEBRUARY 15 OR 22

**POLYMER CLAY JEWELRY**  
Make beautiful jewelry using polymer clay, pigments and paint from 10:30 a.m. to noon Feb. 15 or Feb. 22 at the Taylor Recreation Center, 1115 SW 70th Street. \$15 per class. Visit [okc.gov/parksignup](http://okc.gov/parksignup) & search keyword 19909 to register.

### FEBRUARY 28

**Soiree for Seniors, Dinner and Entertainment.** Host: Aging Services, Inc.  
Date of event: February 28  
Registration Cut-off: February 20  
Location: Yellow Rose Dinner Theater - 1005 SW 4th, Moore, OK  
Individual registration or full Table registration available. Registration form is available at [www.aging-services-ok.com](http://www.aging-services-ok.com). Proceeds provide funding for Aging Services of Cleveland County. Contact Tammy Vaughn at 405.321.3200 or [tvaughnasi@gmail.com](mailto:tvaughnasi@gmail.com) for additional information.

### MARCH

**Free Balance Class.**  
Cox Communications invites you to Join local physical therapist, Brice Heinen. Improve your balance, enjoy refreshments and win prizes. **March 2nd from 10 a.m. to noon 715 NE 122nd Street OKC, OK 73114.** RSVP to [Alexis.Heatrice@cox.com](mailto:Alexis.Heatrice@cox.com)

**Submit your events to be listed in our Calendar of Events section.**

Call early, space is limited and available on a first come basis at no charge to Clubs, Organizations and Businesses that offer low to no cost events to our readers.

Call us today at (405) 631-5100 ext. 2 or email your listing to [lashanya.nash@seniornewsandliving.com](mailto:lashanya.nash@seniornewsandliving.com) for more information and to be included!

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# OPINION & MORE

## How to Choose a Good Estate Sale Company



Dear Savvy Senior,

Can you provide some tips on how to choose a good estate sale company who can sell all the leftover items in my mother's house? *Inquiring Daughter*

Websites like EstateSales.net and EstateSales.org let you find estate sale companies in your area.

Check their reviews: After you find a few companies, check them out on the Better Business Bureau (BBB.org), Angie's List (AngiesList.com), Yelp (Yelp.com) and other online review sites to eliminate ones with legitimately negative reviews.

Call some companies: Once you identify some estate sale companies, select a few to interview over the phone. Ask them how long they've been in business and how many estate sales they conduct each month. Also find out about their staff, the services they provide, if they are insured and bonded and if they charge a flat fee or commission. The national average commission for an estate sale is around 35 percent, but commissions vary by city and region.

You may also want to ask them about visiting their next sale to get a better feel for how they

operate. And be sure to get a list of references of their past clients and call them.

Schedule appointments: Set up two or three face-to-face interviews with the companies you felt provided you with satisfactory answers during the phone interviews.

During their visit, show the estate liquidator through the property. Point out any items that will not be included in the sale, and if you have any items where price is a concern, discuss it with them at that time. Many estate companies will give you a quote, after a quick walk through the home.

You also need to ask about their pricing (how do they research prices and is every item priced), how they track what items sell for, what credit cards do they accept, and how and where will they promote and market your sale. EstateSales.net is a leading site used to advertise sales, so check advertising approaches there.

Additionally, ask how many days will it take them to set up for the sale, how long will the sale last, and will they take care of getting any necessary permits to have the sale.

You also need to find out how and when you will be paid, and what types of services they provide when the sale is over. Will they clean up the house and dispose of the unsold items, and is there's an extra charge for that? Also, make sure you get a copy of their contract and review it carefully before you sign it.

For more information on choosing an estate sale company, see National Estate Sales Association online guide at NESAsales.com, and click on "Consumer Education" then on "Find the Right Company."

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.

Dear Inquiring,

The estate sale business has become a huge industry over the past decade. There are roughly 22,000 estate sale companies that currently operate in the U.S., up nearly 60 percent from just 10 years ago. But not all estate sale companies are alike.

Unlike appraisal, auction and real estate companies, estate sale operators are largely unregulated, with no licensing or standard educational requirements. That leaves the door open for inexperienced, unethical or even illegal operators. Therefore, it's up to you to decipher a good reputable company from a bad one. Here are some tips to help you choose.

Make a list: Start by asking friends, your real estate agent or attorney for recommendations. You can also search online.

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Date/	Day/	Location/	Time/	Registration #	Instructor
Feb 7/	Thursday/	Okla. City/	9 am - 3:30 pm/	951-2277/	Varacchi
		Integris 3rd Age Life Center -	5100 N. Brookline, Suite 100		
Feb 8/	Friday/	Okla. City/	9 am - 3:30 pm/	951-2277/	Edwards
		S.W. Medical Center -	4200 S. Douglas, Suite B-10		
Feb 13/	Wednesday/	Warr Acres/	8:30 am - 3 pm/	789-9892/	Kruck
		Warr Acres Community Center -	4301 N. Ann Arbor Ave.		
Feb 15/	Friday/	Okla. City/	8:30 am - 3:30 pm/	470-8963/	Kruck
		Baptist Village -	9700 Mashburn Blvd.		
Feb 26/	Thursday/	Norman/	9 am - 3:30 pm/	307-3177/	Palinsky
		Norman Regional Hospital -	901 N. Porter Ave.		
Mar 7/	Thursday/	Okla. City/	9 am - 3:30 pm/	951-2277/	Varacchi
		Integris 3rd Age Life Center -	5100 N. Brookline, Suite 100		
Mar 8/	Friday/	Okla. City/	9 am - 3:30 pm/	951-2277/	Edwards
		S.W. Medical Center -	4200 S. Douglas, Suite B-10		
Mar 9/	Saturday/	Midwest City/	9 am - 3:30 pm/	473-8239/	Williams
		First Christian Church -	11950 E. Reno Ave.		
Mar 12/	Tuesday/	Midwest City/	9 am - 3:30 pm/	691-4091/	Palinsky
		Rose State Conventional Learning Ctr -	6191 Tinker Diagonal, room 203		

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

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# Significant Women in Oklahoma Agriculture

## Highlight: Kelly Wiedel

by Bryan Painter

Muskogee - A lot of people say they are thankful for what time has taught them. However, Kelly Wiedel, who ranches with husband Bart in eastern Oklahoma, has a lifetime of experiences to back that up.

There are simple things she has learned.

Take for instance haying. "I'll never forget the day when my father-in-law Jim Wiedel said I had tractor driving in my blood because I asked him if I could rake again," Kelly Wiedel said.

She also won't forget what she learned one day when she was out haying.

"When raking hay with a tractor without a cab, stay away from bumble bees," she said.

Wiedel has painted countless feet of pipe fence and gateways.

"From that I have learned to always paint with the wind at my back," she said.

There are also things she's learned that weren't so simple, such

as the first time her husband was ever involved in a vehicle accident. She was a passenger.

"It caused me to get vertigo and after time with it not going away and many different tests and scans of my head," she said, "we found out that I had a brain aneurism and had to have brain surgery. So the wreck was a blessing because it saved my life."

Perhaps it was all those experiences and more that led her to place a sign in their dining room that reads, "It may not be the easy way, but it's the Cowboy Way."

### On a Sunday morning

Kelly was only 6 years old when she met this lanky boy named Bart at church on a Sunday in the early 1970s. Her family had just moved to the area and as it turned out, she grew up living roughly 10 miles from his family's cow/calf and haying operation.

Kelly and Bart married in 1984 and started out with a small cow/calf operation near Muskogee. Three



Kelly Wiedel and husband Bart have a ranch in Muskogee County. Kelly Wiedel is being recognized as a Significant Woman in Oklahoma Agriculture.

years later they became partners with his parents and together the families had 400 momma cows.

In between then and now, they

have purchased more land and cattle. They have taken on the management of another 1,000-acre

See WEIDEL Page 9

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## WIEDEL

Continued from Page 8

ranch.

Beverly Delmedico has known Kelly and Bart for several years.

"I don't know of a couple that is closer together than Bart and Kelly," she said. "They do absolutely everything together. They are just something else. I love Bart and Kelly both."

### Very proud of their family

Wiedel has another sign hanging on the wall, "Home is where the herd is."

While they are proud of their ranch, they are extremely proud of their family. Others have recognized the Wiedels as well.

Kelly and Bart's family received the Oklahoma Farm Bureau Women's Leadership Committee's District Six Farm and Ranch Family Recognition during the organization's 77th annual meeting on Nov. 17.

They have three children, James Robert Wiedel, Jared Jay Wiedel and Lacy Miller, along with six grandchildren.

So, Kelly Wiedel says this about agriculture.

"It has given me a life to work beside my husband and raise our children in a way of life that has made them want to continue to live their lives in agriculture," she

said. "Our two sons have cattle of their own and work with us in the hay field. Our daughter and her husband have their own cattle operation about 45 miles away. We hope that our children and grandchildren have learned that hard work will make them better people."

There is that word again, "learned."

Life on an agricultural operation provides its own forms of continuing education.

There are the enjoyable lessons.

"I am most happy on the ranch when it is spring time and all the baby calves are running around," she said.

Then, there are the challenging lessons.

"We went through a bad drought and had to bale cornstalks to provide hay for our cattle, because we sold more hay than our fields made because of the drought," she said.

A key part of that comment is, "We went through." They didn't stop, they didn't turn back. They put on their work gloves and they "went through."

So how does Wiedel summarize the lessons learned so far in life?

Kelly Wiedel said, "It takes a person who is willing to put in a lot of time and hard work to make a ranch successful."



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# Calling a code: Mercy Health plans for unexpected

by Bobby Anderson, Staff Writer

Like many, Karyl James, MSN, BSN, RN, Mercy Hospital CNO watched the frequent headlines marking deadly shootings.

And the reports of violence inside health care showed no signs of slowing down.

But what happens if the two scenarios combined? It was a question James and others in the Mercy system really didn't want to think about, but one they knew they had to answer.

"With all the public shootings going on our safety team in collaboration with nursing said we have to educate and do something about it," James said recently.

Through planning, discussion and scenarios Code Roscoe was born.

The code is Mercy-wide, so all 45 hospitals in the system use it for any active shooter situation.

Each unit must have at least two identified safe places that

can prevent a shooter's access to people.

"It's not just nursing it's registration, it's all of those individuals. The front door of the hospital is registration so they need a safe place," James said.

Planning for the unknown is a constant battle. Knowing who might have a gun is another.

A former ER nurse, James is familiar with both.

"Unknown was just kind of second nature for me and personally, I've had a gun pointed at me as an ER nurse many years ago," James said.

It was an eye-opener to say the least.

"Yeah, I'm going to die. It was frightening," James said of what flashed through her mind all those years ago. "He was not in his right mind and pulled out the revolver. Luckily, I had a police officer right next to me and he grabbed the



Karyl James, MSN, BSN, RN, Mercy Hospital CNO is helping nurses feel safer in her system

gun."

"The worst we can do is say 'Oh, that will never happen to me because it might.'"

James knows working without a

plan would shortchange everyone. That's why she's invested in the planning, hoping it will never be put to use.

The first drill that was run pointed out several instances where locking mechanisms didn't work the way they should have.

The second time the code was called it wasn't a drill.

"I got that call on a Sunday afternoon and I just froze," James said of the scenario where the hospital locked down after a suspect in a nearby neighborhood was seen with a gun. "My stomach just sank because there was no drill."

Out of instinct the first thing James did was call the house supervisor. That wasn't protocol.

"The first thing you do is turn your phone off and text only," James said. "I was the administrator on call."

The house supervisor did answer and whispered to James she and several others were huddled under a table in the nursing administration offices.

"There was no lock on that door so they had the table pushed against the door," James said. "The larger space you could just walk in. We've since put a badge reader on that door."

Officials also learned the emergency locking button that seals all doors in the emergency

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**CODE**

Continued from Page 10

department did not work. "You could literally walk up and push open our ER so we got that fixed," James said. "It really kind of opened our eyes to a lot of the safety measures we thought we had but really didn't."

Mercy has had Code Roscoe in place for nearly three years now. It's evolved along the way.

"The reason I feel good about it is because the co-workers feel good about it," James beamed. "After that actual event I went to the hospital after it was all said and done. It was a grueling 45 minutes because that was about how long it took for police to subdue the individual shooting in

the neighborhood. I rounded on staff."

"They knew exactly what to do. They knew where their safe spots were and the locks worked. They felt safer. For me, that's a win."

Planning for the unexpected is challenging to say the least.

"There's always something new and I think you have to be flexible to understand you don't have everything figured out and you never will," she said.

"I get shocked every day with something new. Being open to accepting that and training as much as you possibly can for those bigger events - coworkers will figure out what they need to do and what is right to do for their patients and their safety."

**PAIN**

Continued from Page 1

Finally, one physician thought he recognized Key's condition. A subsequent biopsy of lymph nodes proved the hunch: sarcoidosis, a rare disease that causes lumps of immune cells - known as granulomas - to form in organs throughout the body.

"Unless patients' first symptoms are in the lungs, they're usually misdiagnosed," said Courtney Montgomery, Ph.D., who studies the disease in her lab at the Oklahoma Medical Research Foundation.

Scientists know little about what triggers sarcoidosis. It seems to start in the immune system, eliciting rampant inflammation. The tumor-like lumps can appear in the eyes, liver, heart, skin and brain and, most often, in the lungs.

The disease can strike anyone, but it disproportionately affects African Americans. And, said Montgomery, it can be fatal.

"The most common causes of death are cardiac conditions," she said. Heart complications claimed the disease's two most famous victims - NFL Hall of Famer Reggie White and comedian Bernie Mac - at the ages of 43 and 50, respectively.

For Key, doctors have largely

managed to control his symptoms through steroids and long list of other medications for the tremors, pain, depression and neurological issues. Still, he continues to experience near-constant pain in his chest. "Sometimes, I can swear I'm having a heart attack," he said.

Last year, in an effort to help Montgomery and her OMRF scientific team better understand the disease, Key traveled to Oklahoma City to participate in a research study of sarcoidosis at the foundation. After filling out questionnaires detailing his disease and medication history, he donated blood for the researchers to analyze.

"By studying what's going on at a genetic level in patients with active disease, we hope to identify environmental triggers that initiate sarcoidosis," Montgomery said. Ultimately, that work might point scientists to an effective treatment.

Key understands that volunteering in OMRF's research study likely won't help directly. Still, he said, "If it can help somebody down the road, it's worth it."

For more information about sarcoidosis or to participate in research studies of the disease at the Oklahoma Medical Research Foundation, call (405) 271-2504 or email sru@omrf.org.

# Doak Proud of his Two Terms as Oklahoma Insurance Commissioner

As new state leaders are sworn in today, John D. Doak reflects on his eight years as Oklahoma's insurance commissioner. Doak was elected the state's 12th insurance commissioner in 2010 and was re-elected for a second term in 2014.

"I'm honored that Oklahomans chose to elect me to represent them, both in terms of insurance company solvency and ensuring fair claims handling," Doak said. "I've been privileged to witness the courage and resilience of Oklahomans in the face of difficult natural disasters. It's also been a pleasure to work with our state Legislature and governor and to travel to every one of Oklahoma's 77 counties, meeting and working with the people who live there."

During his tenure, Doak has tirelessly worked to raise awareness of the Oklahoma Insurance Department (OID) and how it can help Oklahomans. He started a field representative program to reach every corner of the state. He also made it a mission to have boots on the ground as soon as possible after a disaster. Many times Doak himself would visit with storm victims to reassure them that his office was there to help, if needed.

Another issue Doak worked on during his time in office was lowering the rate of uninsured motorists. Oklahoma has one of the highest rates in the country. Just a few months ago, the OID announced it would host the Auto Insurance Verification System which allows law enforcement to verify a driver has insurance in real time.

"One of my proudest accomplishments is that, as I leave the OID, it is now being recognized as a global leader in insurance regulatory issues," Doak said.

Doak's recognition that government must be ready to accept new and innovative ideas and products has helped frame that thinking. His belief that the OID should not only to protect consumers but allow the free market process to bring new quality



**John D. Doak, Oklahoma Insurance Commissioner.**

products to consumers is recognized by many leaders worldwide.

More of Doak's accomplishments include:

- Recovering \$27,675,828 for Oklahomans since 2011
- The passage of House Bill 2308 which allows the OID to construct and own an office building
- OID employees earning more than 160 professional designations
- Co-hosting the National Tornado Summit since 2011
- The passage of the Insurance Business Transfer law
- Developing an earthquake education requirement for insurance professionals
- Testifying before a U.S. Senate sub-committee about insurance fraud
- Helping launch the University of Tulsa Cyber District

"I wish the best to the new leaders of our state, Gov. Kevin Stitt, Lt. Gov. Matt Pinnell and Insurance Commissioner Glen Mulready," Doak said. "Commissioner Mulready has already proven that he is a dedicated public servant with expertise in the insurance industry, and he will continue that tradition in this new role."

**STRANGE BUT TRUE**  
SO THEY SAY...

**BBT** The sentence "The quick brown fox jumps over a lazy dog." uses every letter of the alphabet!

**BBT** The average life span of a major league baseball is 5-7 pitches!

**BBT** The Mint once considered producing doughnut-shaped coins!

**BBT** The only 15 letter word that can be spelled without repeating a letter is "uncopyrightable"!

## TRAVEL/ ENTERTAINMENT

# Exploring South Dakota

Photography and Text by Terry "Travels with Terry" Zinn [t4z@aol.com](mailto:t4z@aol.com)

Most people may only think of Mount Rushmore when they think about South Dakota. While it is not to be missed there are other attractions which need to be recognized.

The entire city of Deadwood is a national historic landmark. In Deadwood

you can ponder the truth at the foot of Wild Bill's grave in Mount Moriah cemetery (along with Calamity Jane's), tour Adams Museum and House, pan for gold at the Broken Boot Mine, choose from various guided tours, or take a self-guided walking tour into the past that puts the Wild West into perspective. You may even run into an incarnation of Wild Bill himself, either at the number 10 saloon or on horseback inspecting main street.

And there's plenty of casinos for your gaming pleasure along with some fine eateries. One such is Kevin Costner's Diamond Lil's, where I had a pleasant Martini during sunset over main street. Costner's memorabilia and costumes from his films are on display throughout the dining room, and if that was not enough finery, the top floor hosts a fine dining restaurant complete with piano and beveled glass décor.

Deadwood, South Dakota, is full of surprises such as Costner's founded and funded Museum of the Tatanka (Buffalo) Museum right outside of town. Even with expert Lakota interpreters, displays of costumes worn in "Dances With Wolves", and historic explanatory panels, the best part of Tatanka is the monumental 17 part sculpture of an Indian hunt near a buffalo jump. With wafts of movie theme music and the rustling of Dakota grass, this hill top venue is the pride of South Dakota, itself. Hats off and congratulations to Kevin Costner for giving back to America with the preservation and inspiration found at Tatanka: Story of the Bison interpretive Center and Sculpture. (For more information you may visit <http://www.storyofthebison.com>)

Up to 60 million Bison once roamed the Great Plains of North America. By the close of the 19th

century, it was estimated that less than 1,000 bison survived.

This is their story... "I believe today that this place is bigger than the dream I had for it. What it means to anyone that comes here will be up to them. Tatanka was not designed as the white man's version of the Native American. Rather it stands as a centerpiece for two cultures, one whose very lives depended on the buffalo and one who saw it as a means to an end. It recognizes and accepts that this is our mutual history. It can also represent the chance to move forward." Kevin Costner, Attraction Founder/Owner

The badlands is another South Dakota wonder. ([www.nps.gov/badl/index.htm](http://www.nps.gov/badl/index.htm)) Roaming among the many outcroppings of natural time sculptured stone you are transported to another world. Containing the world's richest Oligocene epoch fossil beds, dating 37-28 million years old, the evolutionary stories of mammals such as the horse and rhinoceros arise from the 244,000 acres of sharply eroded buttes, pinnacles, and spires.

Hill City calls itself the Heart of the Black Hills. The history of Hill city reaches back into Pennington County's oldest archives. In 1876, it was the first settlement established in conjunction with the initial discovery of Black Hills gold in French Creek, 13 miles south of where Hill City sits today. Miners came from far and wide to prospect in and around this small mountain town, now referred to as "The Heart of the Hills." Although the first settlement in the count, it was the second community to develop in the greater Black Hills area, springing up shortly after the town of Custer.

In addition to livening up the local scene in the dark of winter, Open Stage Concerts gives new talent and seasoned acts alike a supportive place to hone their craft. It also helps local promoters find and hire performers for summer shows and festivals. Local and regional singer/songwriters and poets are regulars, but storytellers, dancers, jugglers, and joke tellers are welcome



too. The audience's free-will donations help support their scholarship program and art education grants for local kids.

Open Stage concerts at the High Country Guest Ranch will be held February 9 and 23, and March 9 and 23, with doors open at 5:15 pm with the buffet starting at 5:30 pm.

Other Hill City attractions are the Museum at Black Hills Institute and the Black Hills Institute of geological Research and the South Dakota State Railroad Museum which might quench your curiosity.

While on your way to other South Dakota sights you may wish to explore Deadwood and Hill City.

## Notes to Terry

**From Ed Koonce in Mustang:** Hi Terry. I enjoyed your article about Wichita in the Senior News, especially regarding the Drury Broadview Hotel.

My folks moved us from Kingfisher to Wichita during WW2, and I sold the Wichita Beacon and Wichita Eagle at the corner in front of the hotel, which was just the Broadview then. The news was mainly about the war. The daily paper sold for 3 cents and the Sunday for 5 cents.

Although things were hard during the 4 years we were there, I have fond memories of our time in Wichita. My dad worked at various jobs, and for a time at Boeing helping build B-29 bombers. We lived in Plainview then, and times were a little better. We lived in the flight path of planes taking off and landing at the airport next to Boeing, and it seemed those great bombers and other military aircraft flew just above our roof tops!

I remember that as a time of great patriotism, unlike today. We all pitched in to conserve, gather scrap metal, paper and other goods, as well as buy War Bonds to help the war effort.

I remember Douglas Ave. as the main drag, with department stores, theaters, and penny arcades. We didn't own a car, but the public busses were very well organized, charging only a nickel or a token for a ride. For a time we lived on the north side of town, where flooding occurred in the spring.

I hope to go back to Wichita soon to visit the places I remember. The last time I was there, about 30 years ago, most of the homes we lived in, including Plainview, had been torn down.

Thanks for the interesting article.

### Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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

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A chocolate Labrador Retriever named Penney and a passion for old maps led to a unique business opportunity.

"I am nearing retirement and decided if wanted to retire to the country where Penney would have a place to run, I would need to have a small business to make ends meet," said Mike Howard, owner of Penney's Territorial Maps.

After collecting old maps for many years, Howard began copying them and hanging them up at work and in his home. One thing led to another, and before long people were requesting them.

"We have about 30 shops in northeast Oklahoma who stock and sell the maps," Howard said. "I have really been surprised at how well the maps have been received. The business is expanding to other states, and I now have dealers in Texas, Arkansas, Missouri and Kansas. I should be in New Mexico and Colorado by the end of 2019."

Howard reproduces the old maps that are artificially aged and then sets them in rustic wood frames. Howard said he loves the reaction his customers have to his maps.

"I love hearing all the stories about their family's history, looking for long lost towns, or pointing out where their land run claim was," he said. "I have learned so much history about Oklahoma just talking to customers about the maps. I feel customers love the maps because it gives them a link to the past."

Established in November 2016, Penney's Territorial Maps joined the Made in Oklahoma Program this year. To learn more about the business, visit [www.madeinoklahoma.net/products/penneys-territorial-maps/](http://www.madeinoklahoma.net/products/penneys-territorial-maps/) or find them on Facebook.

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# NOT, Just a volunteer

**WALK BY FAITH,**  
*By Lisa Sydnor*



Volunteers are the life-blood of non-profits. They may serve as board or advisory council members, in janitorial or maintenance positions, clerical, fundraisin, communications or as stockers in a food pantry. In other words, any position within the organization. On April 19, 2018, the Independent Sector, in partnership with IMPLAN, announced that the latest value of a volunteer hour is \$25.69 – up 2.2% from 2017. That figure, estimated from data collected in 2017, shows the incredible contributions volunteers make to our communities and our country. Currently, 63 million Americans volunteer about 8 billion hours of their time and talent to improve people's lives and the natural world. With the new value of volunteer time, these Americans are contributing approximately \$197.5 billion to our nation.

When someone says, "I am JUST as volunteer", they are truly missing the significant impact they have on the nonprofit world.

**RSVP – Retired and Senior Volunteer Program** – has served Oklahoma County since 1973. In 2017, 130 nonprofits in Oklahoma County were the beneficiaries of 136,700 service hours from 707 volunteers; a financial impact of \$2.9 million.

Beth Patterson, Executive Director of RSVP of Central Oklahoma, said that the need for more volunteers is critical to help local nonprofits meet their missions and the needs of their clients. RSVP recruits and trains senior volunteers for agencies, such as; American Red Cross, Ronald McDonald House, Project 66 in Edmond, City Care's Whiz Kids (tutoring), Upward Transitions Travelers Aid at Will Rogers World Airport, and RSVP Provide-A-Ride.

In 1994, RSVP started Provide-A-Ride, a service providing low-income seniors free transportation to medical appointments. RSVP volunteer drivers, age 55 and older, utilize their own vehicles, choose their own schedules, select the geographic areas they want to serve, receive free supplemental accident and liability insurance, and mileage reimbursement. In 2017, 85 volunteer drivers provided 7,476 rides or 261,660 miles driven to medical appointments for 367 seniors.

Provide-A-Ride participants must be 60+ and schedule rides in advance.

Maintaining their independence and dignity, being self-sufficient, keeping medical appointments and becoming friends with the drivers are a few of the benefits participants receive through the program. For the drivers, knowing that they performed a much needed and valued service for someone, ensuring that they get their prescriptions filled and alleviating often burdensome transportation costs is what it is all about.

This program is so successful because of the people; that personal touch. One example is RSVP volunteer driver Pat Nebgen, "I do this to give added meaning to my life; to give back; to share my day with someone. The smiles, hugs and lively conversations are added benefits." Pat began volunteering at RSVP after the death of his wife of 47 years. And, because of Don Blanding, who began volunteering in January 2017; "I enjoy driving and love that I can help seniors live more independently. I greatly enjoy being a part of RSVP. The elderly seniors that we serve are truly dependent on someone else for transportation to their medical appointments. They are always so appreciative of the help they receive. It makes me feel good to see how thankful they are."

Some participants have shared their thoughts and appreciation:

· Provide-A-Ride volunteers are angels on wheels. Thank you for your kindness in my time of need. Angie G.

· The volunteer drivers are so friendly and courteous. I feel like I've made new friends. Now I look forward to my appointments because of them. Mildred M.

· RSVP Provide-A-Ride has made all the difference in ensuring I get the proper care my doctors want me to have. Jerri B.

· I am 91 and have macular degeneration so I can't drive anymore. Provide-A-Ride volunteer drivers are my eyes on the road now, and I am so grateful. Ida Jean K.

· Provide-A-Ride is a bright cheery ride for those of us who are not able to drive anymore. Nan G.

· I don't know what I would do for rides to my doctors without Provide-



**Don Blanding, RSVP volunteer.**

A-Ride. Loretta A.

· If I didn't have Provide-A-Ride I wouldn't be able to go to my medical appointments. Deborah M.

· I've lost my husband and children, and I don't have family close enough to help me. Bless you for caring for us! Billie B.

If you are struggling with having reliable and affordable transportation to medical appointments, call RSVP to learn of your options. If you are looking for an avenue by which to give back to the community, what better way than to provide reliable, free transportation for fellow seniors. This is truly a win/win situation and the bonus is making new friends.

RSVP will recognize approximately 300 volunteers at the Annual Volunteer Recognition Luncheon on April 17, 2019, at the Oklahoma State Fairgrounds Bennett Event Center. Sponsorships are available. To learn more about becoming a Provide-A-Ride participant, find out more about local volunteer opportunities with RSVP, or become a sponsor for the volunteer recognition, call 405-605-3106 or email [beth.patterson@rsvpokc.org](mailto:beth.patterson@rsvpokc.org).

RSVP is a part of the Corporation for National Service and a United Way of Central Oklahoma partner agency.

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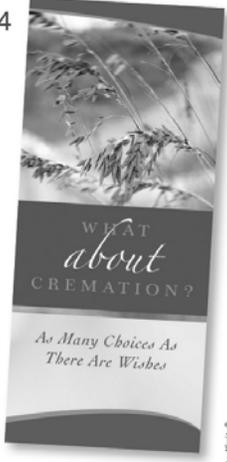
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# Brightmusic Chamber Ensemble presents fine classical music



Brightmusic Chamber Ensemble presents fine classical music in an intimate, family-friendly setting. All concerts will take place at 7:30 pm on Tuesday evenings at the beautiful and historic St. Paul's Cathedral in downtown Oklahoma City at 127 NW 7th Street (at Robinson). Bright Music website, [www.brightmusic.org](http://www.brightmusic.org), contains more detailed information about this concert, including the musicians who will be appearing. Season passes are available online, and individual tickets are available at the door for \$20. Admission is free for children and students with student ID and for active-duty military service personnel with ID.

**"Reeds-A-Plenty"**  
*Experience the Richness*  
Tuesday, March 19, 2019, 7:30 pm at St. Paul's Cathedral, 127 NW 7th Street (at Robinson).

Experience the exquisite richness of woodwinds as the Brightmusic Chamber Ensemble presents a diverse sampling of 18th- through 20th-century works for reeds in its fourth concert of the 2018-19 season Tuesday evening, March 19, 2019. On the program are worthy works by Saint-Saens and Glinka, as well as three of the worthiest French composers and a Czech one you've probably never heard of. This is a rare opportunity to hear these delightful but less frequently performed works, some by composers who are best known for their compositions for the wind ensemble. Plenty of charm! Plenty of delight! Plenty of reeds!

**The works on the program are:**  
Francois Devienne, Trio No. 5 in B-flat Major (for flute, clarinet & bassoon), Mikhail Glinka,

Trio Pathétique in D Minor (for clarinet, bassoon & piano), Florent Schmitt, A Tour d'Anches ("Reeds in Turn") (for oboe, clarinet, bassoon & piano), Clemence de Grandval, Trio de Salon, op. 8 (for oboe, bassoon & piano), Lukas Hurnik, Fusion Music for Oboe, Clarinet, Bassoon & Piano, and Camille Saint-Saens, Caprice on Danish and Russian Airs (for flute, oboe, clarinet & piano).

**Musicians appearing:**  
Parthena Owens, Flute, Lisa Harvey-Reed, Oboe, Chad Burrow, Clarinet, Rodney Ackmann, Bassoon, Ruirui Ouyang, Piano and Sallie Pollack on the Piano.

The performance will take place at St. Paul's Cathedral, 127 NW 7th Street (at Robinson). Individual concert admission is \$20 per ticket. Children, students and active-duty military personnel are admitted free with ID. More information about this concert is available on Brightmusic's website at <http://www.brightmusic.org>.

## STRANGE BUT TRUE SO THEY SAY...

**BBT** It's against the law to pawn your dentures in Las Vegas!

**BBT** One in every 4 Americans has appeared on television!

**BBT** The average American/Canadian will eat about 11.9 pounds of cereal per year!

**BBT** The sloth (a mammal) moves so slowly that green algae can grow undisturbed on its fur!

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

**BBT** The world's termites outweigh the world's humans 10 to 1!

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

**BBT** Windmills always turn counter-clockwise. Except for the windmills in Ireland!

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

## CROSSWORD CORNER

**Across**

- 1 Bucks in the woods
- 6 Ratted out the bad guys
- 10 Dept. store stock
- 14 Condor's condo?
- 15 Prefix with logical
- 16 Dry as a desert
- 17 Cold weather groundswell that can cause pavement damage
- 19 Go for the worm
- 20 Wind down or wind up
- 21 Name in Cold War news
- 22 Wright who wondered, "What's another word for Ôthesaurus?"
- 24 Ball catcher
- 25 Needing wheels
- 26 Ancient siege weapon
- 30 "Knock it off!"
- 31 Architectural curve
- 32 L.A. NFLer
- 35 Tax-free govt. bond
- 36 Good feller?
- 37 "One day only!" event
- 38 Boomer that no longer booms, briefly
- 39 \_\_ Valley: Reagan Library locale
- 41 Warring factions
- 43 Manufacturer's coming-out event
- 46 Woofer's partner
- 48 Landed

- 49 Film boxer Rocky
- 50 Black, to a bard
- 51 Syst. for the deaf
- 54 Islamic branch
- 55 Reversions ... or what 17-, 26- and 43-Across all have?
- 58 Bard
- 59 Capital of Belgium
- 60 Good-sized wedding band
- 61 Kind of spot or loser
- 62 Cong. meeting
- 63 Lawn spoilers

**Down**

- 1 Heist target
- 2 Beach bird
- 3 Five-time A.L. home run champ, familiarly
- 4 APO mail addressees
- 5 Gem mount
- 6 Midday snooze
- 7 Some govt. lawyers
- 8 Calif. neighbor
- 9 Loses one's cool
- 10 Pre-1985 communications nickname
- 11 Car's engine-to-wheels connector
- 12 Surfers visit them
- 13 Paradises
- 18 Sub access
- 23 \_\_-blue

- 24 View from Molokai's south shore
- 25 Lab rat's home
- 26 Radiation units
- 27 Taxing task
- 28 New England capital
- 29 Needing a skull-and-crossbones label
- 33 Actor Baldwin
- 34 Screen door material
- 36 Russia-China border river
- 37 X-rated stuff
- 39 Explorer Hernando de \_\_
- 40 Conceptualizes
- 41 Permit
- 42 Post-shower display
- 44 Mail-in incentive
- 45 They're off-limits
- 46 Recipe amts.
- 47 "Yippee!"
- 50 Gets an "I'm sorry" from Alex Trebek, say
- 51 Entr'\_\_
- 52 Short agenda?
- 53 Iwo Jima troop carriers: Abbr.
- 56 Tint
- 57 Blackjack component

1	2	3	4	5	6	7	8	9	10	11	12	13
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61					62					63		

Answers on page 25



# SENIOR TALK

## Read what other Seniors have to Say...

### What brings you joy in your life? Salvation Army Central Oklahoma Area Command

What really brings me joy is when my three boys have success in their personal life.



Rick Dimit

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Dee Watts

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Hugh Osborn

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# Ok History Center to Host Martha Washington Living History Presentation

The Oklahoma History Center is honored to present Colonial Williamsburg's Katharine Pittman in a portrayal of America's "Lady Washington," Martha Dandridge Custis Washington. The performance will be Thursday, February 7, from 7 to 8:30 p.m. and will take place in the Chesapeake Event Center. Admission costs are \$10 for Oklahoma Historical Society members and \$20 for nonmembers. There is no reserved seating, so early arrival is recommended. Tickets may be reserved by calling 405-522-0765. The Oklahoma History Center is located at 800 Nazih Zuhdi Drive in Oklahoma City.



Katharine Pittman has been an actor/interpreter for the Colonial Williamsburg Foundation for six years. She is a graduate of Wake Forest University and holds degrees in theater and history, and performed for many years around the country in musicals and operas. However, history was always her passion and, when given the opportunity, Pittman developed the Martha Washington portrayal and became one of the Nation Builders for Colonial Williamsburg.

While in Oklahoma, Pittman will make an appearance at the annual Colonial Day event at the Oklahoma State Capitol and Revolutionary Day in Tulsa.

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### Volunteer Opportunities:

- Hearing Helpers Room
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- Chapter Offices
- Newsletter
- Facebook
- Website

<http://okchearingloss.publishpath.com>

Follow us on Facebook at Hearing Loss Association of Central Oklahoma

"Our room helps so many people, not only with devices but with guidance on the directions they can go to improve their quality of life by increasing their communication abilities."

--Volunteer, Vernice Meade



# Made in Oklahoma: Family recipe leads to business

WESTVILLE - A number of years ago, Terry and Pam Lamb began sharing a mustard recipe with friends and family. Now, they've created a business out of it.

"After being asked to bottle our lemon dill mustard so friends and family could share it with others, we decided to look into making it a business," Terry Lamb said. "We had no experience in producing a food product. We looked to our local SCORE office for assistance. They suggested we market more than one product. We started playing with flavors and came up with over 10 we felt would be marketable and decided to start marketing three."

Partnering with Pam's mother, Vienna Willard, the Lambs converted their shop into a commercial kitchen. After approval from the Oklahoma State Department of Health, Tajour Specialty Products

was ready for production.

"We currently manufacture three flavors of mustard," Terry Lamb said. "Our flavors include lemon dill mustard, rosemary garlic mustard and cranberry orange mustard. We have a number of other flavors developed with the intention of introducing more flavors as our company grows."

The Lambs chose to incorporate a Hand Up Program, in which they donate 2 percent of every sale to go into an account to help people in their community build local businesses and fight food insecurity.

"We also try to make our products versatile," he said. "Our mustards can be spread on a cracker with cheese or used on a sandwich. They can also be used as an ingredient in recipes. Our favorite is to make a dressing out of our cranberry orange mustard by mixing it with equal amounts of



Tajour Specialty Products of Westville, Okla., is a company producing flavored mustards, including lemon dill, rosemary garlic and cranberry orange. Their products are shown here: individual product, a grouping of all products and a gift pack.

honey and using it on a salad or as dip. Making deviled eggs using any of our mustards runs a close second."

Lamb said the goal is to create flavorful, healthy products without added sugar, salt or fat. Tajour Specialty Products was established in November 2017 and started sales

in December 2018. The owner is a member of the Cherokee Nation. Tajour Specialty Products recently joined the Made in Oklahoma Program. To learn more about the business, visit [www.tajoursp.com](http://www.tajoursp.com), [www.madeinoklahoma.net/products/tajour-specialty-products-llc/](http://www.madeinoklahoma.net/products/tajour-specialty-products-llc/) or find them on Facebook.

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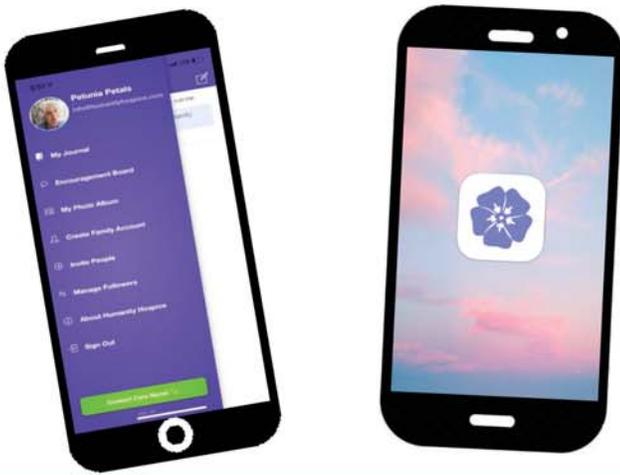
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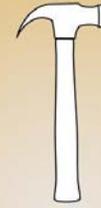
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### Don Wallace Amazed At Response To His Ad...

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Don Wallace, The Wallace Wildlife Show  
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# INTEGRIS Joins Generic-Drug Initiative Civica Rx

INTEGRIS is joining other hospitals and health centers around the country in a national effort to produce a stable supply of generic drugs. The venture is designed to address the growing frustration caused by persistent shortages of simple yet vital medications.

Utah-based not-for-profit generic-drug company Civica Rx is spearheading the initiative. "Drug shortages have become a national crisis, with patient treatments and surgeries canceled, delayed or suboptimal," says Martin VanTrieste, chief executive officer of Civica Rx. "We thank these organizations for joining us to make essential generic medicines accessible and affordable in hospitals across the country."

The benefit of the Civica Rx initiative is expected to be two-fold. Hospitals will not only have access to generic drugs that are frequently in short supply, but they will also be

able to purchase those medications at a reduced cost. A savings that can then be passed along to patients.

"We are excited to be a partnering member in this venture," says Tommy, Ibrahim, M.D., chief physician executive at INTEGRIS. "We enjoy a proud tradition of being a leading-edge health care provider known for a pioneering spirit that has paved the way for many medical firsts and technological advancements. We believe this initiative is another example of that. It is an innovative approach to providing quality, accessible, more affordable medicine to the citizens of Oklahoma."

Civica Rx plans to bring 14 hospital-administered generic drugs to market in 2019. The overall vision is to become a model generic drug company that provides high-quality Food and Drug Administration-approved products at affordable prices.

# Safety Suggestions Ensure safer year



by Major Lesley Norman, Risk Reduction Officer, Oklahoma City Fire Department

At the beginning of the year, we set goals to make positive improvements in your lives. Most people never consider improving safety around their residents. The Oklahoma City Fire Department (OKCFD) has a few safety suggestions for 2019. Ensure the following safety recommendations are completed to provide a safer year for you and your family at home.

**Smoke alarms** should be installed inside each bedroom/sleeping area and one outside those areas. Smoke alarms should also be installed on every level of the home including basements. The Oklahoma City Fire Department "Project Life" smoke alarm program allows Firefighters to install smoke alarms at no charge for qualifying residents of Oklahoma City. Contact 405-316-2337, [www.smokealarmsokc.com](http://www.smokealarmsokc.com) or [www.Gratisalarmasokc.com](http://www.Gratisalarmasokc.com) to request smoke alarms. Residents outside of Oklahoma City can contact your local fire department or Red Cross. The hearing impaired can contact the Oklahoma Assistive Technology Foundation (OkAT), 888-885-5588 or email [abletech@okstate.edu](mailto:abletech@okstate.edu). OkAT will install smoke alarms with strobe lights and bed shaker for qualifying Oklahoma residents. Apply at [www.okabletech.okstate.edu](http://www.okabletech.okstate.edu).

**Carbon Monoxide alarms** should be installed in a central location outside each sleeping area and on every level of the home according to the National Fire Protection Association (NFPA). Carbon Monoxide (CO) is an odorless, colorless, poisonous gas created from incomplete combustion of natural gas, propane, methane or gasoline. Running vehicles and generators also produce CO. Make sure gas appliances are professionally serviced every year to avoid possible CO leaks inside your home.

**Fire extinguishers** should be located in a kitchen, garage or both, ready to extinguish small fires. If there are smokers in

the home, consider additional locations. Small "ABC" extinguishers can be purchased from the local department store and are disposable. Review the manufacturers' recommendation for a disposal date. Always call 911 or have someone call 911 before extinguishing a fire. When using the extinguisher apply the PASS method for extinguishment, stand six to eight feet from the fire. P - pull the pin, A - aim low at the base of the fire, S - squeeze the lever slowly, S - sweep from side to side. An OKCFD training video is available at [https://www.youtube.com/watch?v=w\\_ZYolzwMX4](https://www.youtube.com/watch?v=w_ZYolzwMX4) or follow instructions provided with the extinguisher.

**Fire drills** should be practiced monthly while testing your smoke alarm. The OKCFD has a program called "EDITH," Exit Drills In The Home. The EDITH program's purpose is to inspire residents to develop an exit plan for their home. The exit plan should include two ways out of every bedroom, a meeting place outside the home, and practicing the fire drill. Practice your exit plan around your mobility and the plan should be shared with everyone sleeping in your home.

**Fall prevention** measures should include installing grab bars inside your home if you or other family members have a fall risk. Suggested location for grab bars is near toilets and bathtubs. Make sure you have a clear path to the restroom from your sleeping area. Use your walking aid or lift chair on those days you feel weaker than normal. Speak with your physician if your strength starts to fade. Begin this year making fire and fall safety improvements a priority in your life.

\* According to the National Fire Protection Association (NFPA), "3 out of 5 fire deaths happen in homes with no smoke alarms or the alarms are not working."

Additional fire safety information is available at [www.nfpa.org/Public-Education](http://www.nfpa.org/Public-Education).

# INTEGRIS

## Coat drive is huge success

By Ron Hendricks

Hearing Loss Association of America Central Oklahoma Chapter's December/January coat drive is a resounding success. We had a goal of 25 coats and exceeded that by almost 50%! Chapter members delivered almost 3 dozen coats to the City Rescue Mission and learned about the Mission's goals to help eliminate homelessness. City Rescue Mission has 640 beds for women with children, single women, and men. The Mission provides meals, a safe and clean environment, and many programs such as education, employment, and recovery to help their clients live successfully in the world today. Sounds like the HLAA mission -- to help those with hearing loss live successfully in the hearing world. A warm coat can help both groups to become successful citizens of Oklahoma. Thank you to all who participated in this effort.

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

**BBT** Human teeth are almost

hard as rocks!

**BBT** A mole can dig a tunnel 300 feet long in just one night!

**BBT** Ancient Egyptians slept on pillows made of stone!

**BBT** A hippo can open its mouth wide enough to fit a 4 foot tall child inside!

**BBT** A quarter has 119 grooves on its edge, a dime has one less groove!



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# The View Through My Door

## FIVE WAYS TO OVERCOME FEAR

By Darlene Franklin

**"Why should I be afraid?"** Israel's greatest warrior king, David, asked in Psalm 27.

These past few months, I could have given him a few reasons from the "disease that stalks you in darkness" (Psalm 91:6, NLT) category. It started with a pulmonary embolism that could have taken my life and progressed to a succession of less threatening but still uncomfortable and debilitating ailments, most recently the need for cataract surgery.

Given my propensity to anxiety, I decided to proactively arm myself with encouragements not to give in to fear. When I opened my Bible, I discovered that every time it tells me to not be afraid, it also gives a reason.

If often also gives additional instruments. "Just" do this instead. As I adjust my attitude, my fear level drops.

**"Just stand still** and watch the Lord rescue you today." (Exodus 14:13 NLT bold face mine and also in the paragraphs below)

In the words of the Desiderata by Max Ehrmann, "No doubt the universe is unfolding exactly as it should." Given time, most issues will resolve themselves.

Yes, there are times I'm supposed to get to work or even go on the offensive. But I start by standing still. I'm not in control, and why do I want to be? God is so much more powerful than I am on every level.

"The Lord himself will fight for you. Just stay calm." (Exodus 14:14 NLT) The phrase "stay calm" follows on the heels of "standing still" in the Bible, suggests the two work hand in hand. "Stand" involves physical action, to maintain an upright position while on one's feet, without wavering. In this case, "stay" works more like "to be." I can stand still because I am calm.

"Still" implies calm. I am undisturbed by outside forces, not showing or even feeling strong emotion, e.g., fear.

**"Just open your eyes** and see how the wicked are punished." (Psalm 91:8 NLT.)

Take a look at the larger picture. When the doctor told me, I had blood clots in my lungs—not one but two—I was unaware that that I had already passed the first test to survival. I hadn't died in a heart attack as soon as they developed.

Recently, I spent eight hours in emergency room because of chest pain which turned out to be nothing worse than gastric difficulties. Over the long hours I spent watching the ER fill, empty, and fill again with new patients, I opened my eyes to those in much worse shape than me. I could afford to wait while newborn babies sick from pneumonia cried feebly and accident victims hovered on the brink of life and death.

**"Just remember** what the Lord your God did." (Deuteronomy 7:18-21 NLT)

Remember the past. Was I frightened the last time I went through a similar experience? When the doctor warned me that the surgery was very serious, implying "and you could die." Of course! I was afraid, but at peace—and I survived.

The more often something like that happens, the easier it becomes to remember God's in control. Whether I live or die, I can trust him. The heart and mind connect what I'm learning from my Bible study and what's happening in my life more clearly. Past experience increases my confidence that God has a purpose behind



Darlene Franklin is both a resident of Crossroads of Love and Grace in Oklahoma City, and a full-time writer.

the current trial that's tempting me to fear.

**"Just have faith."** (Mark 5:36 NLT)

This guideline feels obvious—except the person who was told to have faith had every reason to doubt. Jairus, a leader in his synagogue, had come to Jesus when his daughter was deathly ill. Before they reached the house, he received word that his child had died.

Jesus' response to the news? "Just have faith." Minutes later He raised the girl from the dead. But if I had been Jairus in that moment, I would have felt like

screaming, "I had faith. I came to you." Undercurrent: You failed me.

Jesus encouraged Jairus to continue in the same faith he'd started out with. To trust God even in his bleakest moment. And sometimes I'll be called on to trust in the face of massive disappointment, impossibility, and personal pain.

The next time fear comes knocking at the door, let's remember these five principles so we can face those challenges with courage. God is on our side, and He's always more powerful than what's happening.

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