



# SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

January 2018

Vol. 20 Issue 1

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

## Get to the Point

## Heritage Point offers person-centered care, 24/7

Kara Bolino serves as the Executive Director of Heritage Point in Oklahoma City.

by Bobby Anderson, Staff Writer

With a lifetime in resident care Kara Bolino knows that no matter what, people always come first.

That's why the Executive Director at Heritage Point of Oklahoma City is so proud her memory impairment community serves as a resource for families 24 hours a day, seven days a week, 365 days a year.

Most recently, Heritage Point has created a response team that allows for families to move residents in 24 hours a day if a crisis arises.

"We're really good at making things happen

if they need to," Bolino said. "Any type of emergency situation we're able to pull together and help families out. We have a nurse who is really flexible and more than willing to go and do an immediate assessment."

"We can be here in the evening or at night for them. It's important to be flexible. If we're only here 9 to 5 how does that help anybody in a crisis?"

The ability to respond to patients'

See HERITAGE Page 3

## A calling to care a passion for hospitality

SYNERGY HomeCare provides hope and help to seniors and their families



SYNERGY HomeCare's Weama Kassem (right) opened her Edmond location in 2013, with a second Norman office start-up in 2016.

by Traci Chapman

Kassem always knew she had a calling to serve – it was a calling that became a beacon of light for seniors and their families who needed help.

"Caring for people and providing hospitality are my natural passions, and part of my culture is to care for seniors," Kassem said.

Kassem's passion lit the beacon that became SYNERGY HomeCare, a flame that began to burn in 2011.

It was in 2011 Kassem graduated with an MBA from University of Central Oklahoma. That graduation marked a turning point for her – Kassem said she saw a void when it came to compassionate senior care and was determined to do something about it.

Kassem had a unique approach - fusing her drive to care for people with her love for hospitality, she did extensive research on senior care franchises. When she found SYNERGY, Kassem knew exactly where she was meant to be, she said.

"My heart just connected with the mission and values of SYNERGY HomeCare," she said.

Kassem's philosophy quickly took hold, spurring growth for the local franchise. Today, Kassem's SYNERGY operation includes two offices – the original in Edmond and a second location, opened in December

See SYNERGY Page 2



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## SYNERGY

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2016 in Norman – employing 10 staff members and more than 100 caregivers. The company has a 5-mile service area and also provides referrals to clients in other locales, Kassem said.

“Although the metro area is geographically widespread, the small-town culture naturally evolved into relationships extending southward down the Interstate-35 corridor, allowing SYNERGY to begin penetrating the Moore/Norman market,” Kassem said.

While about five percent of Kassem’s caregivers provide live-in care, most do not, offering services to clients that take anywhere from an hour and up to 24 hours, at any given time, she said. Those caregivers tend to a myriad of needs, from the most personal – like bathing and dressing, feeding, dealing with incontinence and other issues – to companionship, coordinating outside appointments and services, meal planning and preparation, transportation, light housekeeping and running errands.

Those, of course, are necessities and things seniors need assistance with every day. But, there is so much more to it – and, that’s where post-hospitalization care comes in, Kassem said.

“It’s difficult for anyone to come home after a hospital stay, but for seniors it can be much more challenging – they might suffer from memory loss, their health depends on remembering and following hospital discharge instructions, keeping follow-up doctor’s appointments and other matters,” she said. “They also face trying to take care of day-to-day tasks while they’re recuperating.”

According to the Agency for Healthcare Research and Quality, almost a quarter of seniors hospitalized are readmitted within 30 days of discharge, many times for conditions unrelated to the initial illness or injury. That’s one reason why SYNERGY moves beyond daily assistance, with coworkers providing medical and emotional issue care, including care management, recovery assistance, difficult behavior management and more. Caregivers provide help, and hope, not only to senior

clients, but may also provide relief for family members who need respite from taking care of a loved one, Kassem said. It’s assistance that can mean all the difference to everyone involved, she said.

All Kassem SYNERGY caregivers are employees, not contract labor – something somewhat unusual in the senior home care industry, and management is always a phone call away, including on-staff supervising registered nurses, she said. Care assessments are always provided on a complimentary basis, Kassem said.

Veterans are an integral part of SYNERGY’s mission – in fact, she said the organization is one of the largest veteran home care providers in the state.

“Veterans call us directly, and we can even help get them through the paperwork process,” Kassem said. “At times we work with the VA Center in Norman and with the Dale K. Graham Foundation in Norman.”

As SYNERGY continues to grow, Kassem said she hopes to provide even more services, including expanding a program started in 2017 – Dine & Discuss, an event hosted at SYNERGY’s Edmond location, which also served as an Alzheimer’s Association fundraiser.

“We partnered with the Alzheimer’s Association, where we provided complimentary dinner and two free hours of respite care while the topic was discussed,” she said. “The topics change each month, and the speaker also varies – we hope to create the same opportunity to the public going into 2018, but working towards creating a calendar of speakers further in advance and promoting it more so the word is spread.”

More information is available by calling or reviewing SYNERGY HomeCare’s websites, both for its Edmond and Norman locations:  
**SYNERGY HomeCare Edmond**  
13720 N Bryant Ave  
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## HERITAGE

Continued from Page 1

changing needs - whether they be emergent or day-to-day - has always been the philosophy from President and Owner Kip Pammenter and Vice President of Operations David Thompson.

Pammenter created the original Heritage Point community in Overland Park, Kansas years ago, changing the way memory care was delivered and benchmarked.

### PERSONAL APPROACH

Heritage Point was designed after that Overland Park community and is a sister residence to Heritage Point Tulsa.

When Pammenter talks about residents he uses their first names.

The president of a company that specializes in Alzheimer's and memory care knows that's the only way you can truly make a difference in someone's life. Getting to know each and every client and meeting them where they are, is the hallmark of Pammenter's successful approach to person-centered care.

Dealing with the effects of Alzheimer's disease and trying to understand available care options

can be extremely challenging for families. That's why Pammenter designed Heritage Point to work with families to envision a better way to live with Alzheimer's disease and other dementia related impairments.

Pammenter wants to truly reinvent Alzheimer's care and what life should be like for seniors with cognitive challenges. The focus is on each individual resident; knowing who they are and what they love to do and then finding activities that have meaning and purpose.

Heritage Point offers a smaller, home environment that promotes dignity, respect and love. A dedicated team of experienced and caring staff understands the importance of developing close personal relationships with residents and becomes an extended part of your family.

The philosophy is that everything starts with the idea that every individual is a whole person - regardless of their level of dementia - with many different backgrounds, abilities, interests, beliefs, preferences, and needs.

"Every day is different to be honest and I think that's a good

thing," Bolino said. "All of our residents function different daily. Every day is something new. The residents dictate the day and that's a big thing we focus on. We want everyone to be their own individual self and do what they normally do and us work around them."

The belief at Heritage Point is that each resident deserves to be understood and should be encouraged to be involved, to whatever extent possible, in participating in their care.

There's a value and respect for residents' innate right to have choices everyday and strive to provide opportunities for life activities that not only have meaning and purpose, but also promote independence and choice.

To that end, each home has a homemaker that is dedicated to creating an atmosphere that encourages and inspires resident participation in dynamic activities program.

A key part of taking a person-centered approach to care is embracing an interactive process that focuses on building personal relationships between each resident, their family, medical professionals,

and care staff.

The goal is to create a collaborative partnership among everyone involved that ultimately enhances each resident's daily life experiences.

In each home, everything is guided first by the question, "What is the right thing to do for the resident?"

That begins with a comprehensive sit-down meeting with families and Heritage Point managers and caregivers.

From dietary to housekeeping to nursing each member sits down with families ready to ask and answer any and all questions to make sure residents feel at home.

"It's critical," Bolino said. "I think the families need to be able to come to you with whatever. Our entire management team sits down with families and tries to get to know residents on a personal level and their family so we can provide the care we're talking about."

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## New device stops a cold before it starts

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to kill a virus. Touch it with copper. Researchers at labs and universities agree — copper is "antimicrobial." It kills viruses and bacteria, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Researchers say a tiny electric charge in microbe cells gets short-circuited by the high conductance of copper, destroying the cell in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. So some hospitals switched to copper touch surfaces, like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold went away completely." He asked relatives and friends to try it. They said it worked for them, too, every time. So he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops their colds if used within 3 hours of the first sign. Even up to 2 days, if they still get the cold it is milder and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it sup-

posed to work that fast?"

Pat McAllister, age 70, received one as a gift and called it "one of the best presents ever. This little jewel really works."

People often use CopperZap for



**New research: Copper stops colds if used early.**

prevention. Karen Gauci, who flies often, used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. She tried CopperZap. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness. One man said, "Best sleep I've had in years."

Copper may even stop flu if used early and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found still alive soon after.

The EPA says the natural color change of copper does not reduce its ability to kill germs.

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# Russell Murray Celebrates New Headquarters

by Traci Chapman  
Staff Writer

As Russell-Murray Hospice prepares to commemorate its 30th year in business, those associated with it are celebrating a new home and new levels of care to those who need it most.

"It's appropriate we are here today, holding our board of directors and annual advisory board meeting, in our new building," RMH Executive Director - and the organization's first RN - Vicki Myers said. "It's peaceful, it's efficient, it's just perfect for everything, and if Russell-Murray is here for 30 more years, this building is perfect for us."

Myers made her remarks during the Nov. 15 annual meeting of the two boards at Russell-Murray's new home, located at 2001 Park View Drive in El Reno. The new building, recently purchased by the longtime hospice care organization, is more than triple the space of its previous offices, located in historic downtown El Reno, Myers said.

"As we've grown, the staff really has had to try to work in a situation that just wasn't feasible," she said. "They were just crammed in with each other, and while everyone handled it very well, it just wasn't working the way we wanted it to."

That meant when a former medical office building located adjacent to Mercy Hospital El Reno came on the market,



Russell-Murray Hospice staff, board of directors and advisory board members gathered Nov. 15 for the organization's annual meeting, a celebration of its move to a new, larger home base. RMH also has locations in Kingfisher, Weatherford and Oklahoma City.

the organization jumped at it. The space meant not only plenty of room for a growing staff, but also room to grow and a more prominent location, headquartered not only near the hospital, but also other medical providers. That's good news for the staff, but also for

Russell-Murray's patients, said Melodie Duff, RN, patient care coordinator. As RMH closes out the year and heads into 2018 - its 30th anniversary - Duff said staff and those associated with its success have a lot to be proud of, including 4,440 patients who have

See MURRAY Page 9

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## MURRAY

Continued from Page 8

been treated and cared for by the organization's nurses and caregivers.

"We currently have patients from infants days old to patients over 100," Duff said. "We serve without care about their ability to pay, and we're always there for them, no matter what."

That's something unique in Oklahoma hospice – and elsewhere – Russell-Murray Clinical Supervisor Missy Ellard said.

"If a patient qualifies and desires hospice care, we do not turn patients away based on their reimbursement status," she said. "Many hospices, even not for profit hospices, have a 'quota' of non-reimbursable patients and will decline patients if they don't have a payer source – RMH has never done that."

That assistance totaled about \$400,000 last year, Administrator Christina Ketter said. With \$3.8 million in revenues and a \$2.6 million payroll, Russell-Murray saw a jump in helping those who could not afford it.

"It might be younger people who lost their job and didn't have insurance and, of course, the seniors who might not have access to Medicare or something like that,"

Ketter said. "To me, our charity care, the way we look at our patients and how we treatment them shows what kind of an organization, what kind of people we are." Russell-Murray's approach has worked – from its roots as a small El Reno hospice care provider to an organization with offices also located in Kingfisher, Weatherford and Oklahoma City. In October, those sites combined served 118 patients through the work of 25 full-time RNs and LPNs, as well as several per diem PRN nurses, across RMH's four offices.

"We serve approximately 75-mile radius surrounding each of the four offices," Myers said. Even before the move, Russell-Murray was working to expand its services, not only to patients, but also their families. In March, the organization celebrated the opening of the Virginia E. Olds Resource Library, coordinated originally by Carol Russell Davis and Evan Davis and Vicky Joyner. When RMH began looking at moving, Carol Davis undertook the transfer of the library's books to the new site, while Sue Pennington-Unsell is director of bereavement. Named for retired University of Oklahoma School of Social Work professor and longtime Russell-Murray counselor Virginia Olds, the library is unique among hospice organizations, Myers



Russell-Murray Hospice new office-annual meeting November 2017. Tara and Rodger Roblyer view the new space.

said – and is something that can help not only patients and their families, but also nurses who deal daily with end-of-life care and the emotional toll it can take. "We wanted to accumulate information related to social issues involved in bereavement, emotional and psychological resources, coping with these kinds of illnesses and more," Myers said. "It's important to remember that the patient isn't the only person who suffers through an end-of-life illness – it's incredibly difficult and stressful for their family, their friends and their caregivers."

Those caregivers are the backbone of Russell-Murray's nearly 30-year success, and they make those who work with them proud every day, Duff said.

"I can't tell you how many thank you cards and calls we get, talking about how our staff treats their patients, and particularly those who can't afford it," she said. "We hear all the time that our nurses never judge and are always there to do everything they possibly can do – and that's an accomplishment in itself."



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# Cause for Paws

## Retiree opens pet boutique

by Bobby Anderson, Staff Writer

Linda Arday worked in health care for more than 30 years.

Approaching retirement after working as an MRI tech, Arday wondered what she would do with the rest of her life.

She knew she had a lot of free time ahead of her. And she didn't have any big plans to travel the globe.

Sitting at home all day didn't seem too appealing either.

"My dad was an accountant and he always said you have to start your own business, that's the only way you're going to make it," she said with a laugh.

So she took a deep long look at where her passions lied.

Turns out they were lying at her feet under the kitchen table.

"My dog is my kid and I wanted to get her really good food," Arday said of the beginning of her business plan. "I went online to see what I really needed to look for."



Linda Arday decided to open The Dusty Paw in Moore.

She went to one of the big box stores for pets. Up and down the aisles she went, eventually leaving without what she was

looking for.

"That's why I thought we needed this in Moore," she said. "I like that I'm right here and

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## PAWS

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that I'm a little neighborhood store.

That's how The Dusty Paw was born.

Just east of the Cleveland County Health Department's Moore location, The Dusty Paw serves pet owners looking to make informed decisions about what they feed their animals.

"Unfortunately, the pet food industry is not very transparent," she said. "There's groups out there trying to change legislation on the wording of pet food. Instead of pet food a lot of it is pet feed."

"Once I started this store and really delved into it I thought 'Oh, my God.'"

She noticed immediate changes from both her dog and her cat when she switched their food to one with purer ingredients.

A reduction in shedding was one of the first benefits.

Arday has a miniature Australian Shepherd. Now 13, her dog still acts like a pup.

"She just runs circles in the backyard," Arday said. "When I changed her over I saw the biggest difference."

Getting up every morning to go to work and then coming home at night, Arday discovered that after 30 years she didn't truly know the community she lived in.

Now, every day is an opportunity to bond with someone new.

"The customers are happy when they come in. The dogs are happy when they come in," she said. "I've made a lot of friends here."

She opened The Dusty Paw in February 2016, shifting from health care to entrepreneur.

"I had more time when I had a job," she said, only half joking. "But it's been fun. It's been very rewarding."

And some things still remain the same. She's still taking care of people on a daily basis.

Owning a business has allowed her to express her creative side. Often people come to The Dusty Paw in search of quality pet food but they fall in love with Arday's hand-made vests and leashes.

Pets are welcome to browse with their owners and most often leave with either a new treat, toy or article of clothing.

"I want them to know that they can come in here and if I can't answer their questions about nutrition I'll find out," she said. "I have a nutritionist I can call for answers. I just want it to feel welcome here, not just a store."

Arday remains active in the community, raising funds for various causes, most of them animal related. In December she's offering an opportunity for owners to bring their pets for photos with Santa. All proceeds benefit the Moore Animal Shelter.

She has a drop box for Pet Food Pantry, which currently serves over 8,000 lbs of dry food & over 2,500 cans of wet food each month to cats and dogs belonging to the homeless, elderly and veterans in Oklahoma.

The pantry also gets her expired food.

With Blake Shelton playing on the radio in the background, Arday describes herself as a "wanna-be country girl."

Her down-to-earth demeanor makes it easy for people to ask for advice. She's researched the ins and outs of all things pet food related.

She warns customers to make sure they know where their food is sourced from.

"You can put Made in the USA on something and it can still be sourced from overseas," she said.

You can be sure Arday knows where everything in her store is coming from.

It's now her passion in life.

# Double Lung Transplant Recipient Back in the Deer Stand

## *The Stacie Daniel Success Story*

Hunting is Stacie Daniel's passion. She loves being outdoors surrounded by nature, the thrill of the hunt and truly living off the land. But Stacie was born with cystic fibrosis, a disease that not only threatened to end to her hunting days – but also her life.

"I remember my mom being in tears when I was diagnosed at six years old," says Daniel. "They told her to love me while she could and pretty much wrap me in a bubble because the life expectancy at that time for someone with CF was 10 to 12 years."

As a child, Stacie's issues were mainly digestive. She didn't start experiencing lung problems until she was a teenager. That's when her disease started to progress. By the time she was 25, her lungs were only functioning at 30 percent capacity.

"I would get up every morning and start coughing," remembers Daniel. "I'd have coughing fits that would last 45 minutes to an hour. If I got excited or laughed, or anything really, I would start coughing. It was miserable."

Despite her deteriorating condition, Stacie did her best to live life to the fullest. She would try to go hunting as often as she could. "I wanted to enjoy life. I wanted to go out and have fun. I wanted to hunt and fish and be active and travel and see things. So I did."

"Today, people with my disease are living well into their 30s," adds Daniel. "Growing up with cystic fibrosis you know it's coming – eventually. You just hope it's later than sooner."

At 29, Daniel was listed on the transplant list. She would wait nine months before getting 'the call.' "When you get the call, it's earth shattering. It's an answered prayer, it really is. But at the same time you know another family is now grieving. That part is hard to take."

In August 2017, Daniel received a double lung transplant at the Nazih Zuhdi Transplant Institute at INTEGRIS Baptist Medical Center. Doctors say her new set of lungs is as close to a perfect match as possible. "Stacie is an ideal patient. Complaint and full of drive and dreams," says Mark Rolfe, M.D. "She is the kind of patient that every transplant pulmonologist loves because she is so easy to take care of and takes advantage of the transplant to live life to its fullest."

"I'm able to walk as long as my little legs will carry me, I don't cough anymore and I can actually breathe. My energy is back and I feel great," she declares. "But the best part is, I can hunt as much as I want to. In fact, I was out there opening morning of hunting season this year, which is amazing to me considering that it was only five weeks after my surgery." Daniel shot a 9-point deer on the three month anniversary of her transplant.

In November, Stacie celebrated her 31st birthday and thanks to the miracle of transplantation she no longer fears the inevitable. "I am not cured, I will always have CF and the sinus and digestive issues that go along with it. But the disease cannot get into my new lungs and it's the respiratory issues that are the most fatal. So my prognosis is great and because of my donor and the generosity of his or her family, I truly have been given a second chance at life."

Daniel hasn't been in contact with them yet, but would like to someday. In the meantime, she will continue to share her story in hopes of saving even more lives. "In the last moments of your life, the best thing you can give is life. Check the little green box on your driver's license and become an organ donor."

## STRANGE BUT TRUE

SO THEY SAY...

**SBT** "Almost" is the longest word in English with all the letters in alphabetical order.

**SBT** Nicholas Cage bought a pet octopus once because he

sincerely thought it might help this his acting.

**SBT** Nicholas Cage also once did magic mushrooms with his cat.

**SBT** There are more plastic flamingos in the U.S., than real ones!



## TRAVEL/ ENTERTAINMENT

# Tales of Colorado's Two Shopping and Dining Cities

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

Colorado offers many tourist areas. Two are the college town of Ft Collins and the mountain town and gate way to Rocky Mountain National Park, Estes park. Both offer a staggering amount of dining options and shopping experiences, sure to test your endurance.

For lunch in Ft Collins, the Mainline, 125 South College Avenue, is in an upscale modern renovated industrial building offering a diverse selection of food choices with courteous wait staff. Located in old town on its main street, is popular and validates its reputation.

The Perennial Gardener and Sense of Place, at 154 N College street, offers seasonal décor and specialty items. While the store is packed to the rafters with tempting objects, don't miss the outdoors back yard with a choice of garden sculptures. Nature inspired gifts include scented candles, wall art, jewelry and even unique pajamas. In their own season, holiday items and ornaments abound. While strolling the town don't miss the old town square and the candy store, Rocket Fizz.

When shopping on College, on Ft. Collin's main street, be sure and drop into the Rocky Mountain Olive Oil Company ([www.RockyMountainOliveOil.com](http://www.RockyMountainOliveOil.com)) where you can sample many different Olive Oil infusions, and a few hole olives. I was looking for gourmet blue cheese stuffed olives for Martinis.

I found my olive search at Flat Top Mountain Trading Company, (145 East Elkhorn, 970-480-1445) in Estes Park, Colorado. The Olives are very large and the cheese as pungent as you could want. Of course you'll need to visit Estes Park and its main street filled with a variety of gift and food shops.

While in Estes Park be sure and visit the tasting room

at Dancing Pines Distillery ([www.DancingPinesDistillery.com](http://www.DancingPinesDistillery.com)). Their Colorado Crafted Vodka is distilled from grapes 6 times in a column still with snow melt water from the Rockies. The Vodka has a faint hint of grape and is a truly unique vodka, just the kind of specialty you seek as a delectable souvenir. For a tasting of 6 of their liquor concoctions you can get a cocktail made to your specifications. You can choose from the Campfire Mule, of Ginger Beer with a choice of spirits, Chai Manhattan, of Bourbon and Black Walnut with Cherry Orange, among others. The tasting room offers comfortable seating and an elevated view of the shops below a mountain backdrop.

Visitors are encouraged to take the Elkhorn Express Trolley located at the Visitor Center, 691 N, St. Vrain Ave, conveniently located next to the new parking structure. The trolley can make stops at Bond Park, The Ore Cart Rock Shop, West Park Center, the Trading Post, Barlow Plaza and the Grubsteak Restaurant. For availability and times check out; [www.estes.org/shuttles](http://www.estes.org/shuttles).

Twin Owls Steakhouse, near downtown Estes Park on MacGregor Avenue is a natural choice for a mountain log cabin environment. Of course the food selections are numerous and the quality top notch, from prime rib, seafood to trout. Musical entertainment might be engaged on your evening experience. Our wait staffer, Sergei, was Russian charming and efficient. Reservations recommended. (970-586-8113) For overnight lodgings you may want to investigate the nearby Black Canyon Inn.

A trip to this area would not be complete without a stay or short visit to the iconic and



historic Stanley Hotel. This hillside white visage is credited with inspiring Steven King's, "The Shining," and tours of the property are available even if you can't book an overnight stay. As with many famous and upscale hotels, a visit to their restaurant or bar can satiate your need of your atmospheric hunger. The Whiskey Bar offers quality beverages as well as you can order food, as the

restaurant proper has limited hours. In coming years a maze, just recently planted in front of the hotel, will grow and offer an old world experience.

This is just a small sampling of two cities which you can explore when visiting Colorado.

For more on Estes Park visit, [www.EstesPark100.com](http://www.EstesPark100.com)

For more on Fort Collins visit, [www.visitftcollins.com](http://www.visitftcollins.com)

### Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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



# "The Tree of Life" central to 22nd Annual "Celebrate Life" Event

by Mary Waller

In many cultures the tree is a symbol of life, of a fresh start, of good health or a bright future. For these reasons, the tree has become a central figure for Cancer Treatment Centers of America (CTCA) and its 22nd annual Celebrate Life event which honors cancer survivors for their personal triumphs over cancer, five years after first receiving treatment at the Tulsa hospital. To honor these survivors, the hospital plants a tree through the Arbor Day Foundation in their name.

This year, almost 50 cancer celebrants made the trip to Tulsa for event at CTCA in northeastern Oklahoma. The honorees journeyed from all over the country - from Colorado to Florida. Many brought friends with their relatives, surrounding themselves with the



caregivers, prayer warriors, best friends, spouses, parents, children and grandchildren who had been with them each step of their treatment and recovery. During the uplifting event, CTCA nurses, doctors, administrators, staff, and of course family, cheered as each

name was called and as white doves were released.

Reaching the five-year survival mark is a huge milestone for most patients who have experienced the cancer journey. And not just for the patients and family, but also for the hospital's team members, especially the nurses. The special celebration is a time for many nurses to see patients once more for who they have cared, counseled, served and often come to know incredibly well.

"We are all always thrilled to share this special and uplifting day in our patients' lives," said Tammi Holden, chief nursing officer and vice president of oncology patient services at CTCA in Tulsa on behalf of the staff. "When a patient comes to our hospital, our entire team - from medical oncologists and registered nurses to physical therapists and licensed dietitians - works together with the individual and their caregivers toward the goal of not just surviving, but thriving.

"This event is an important tradition that commemorates their incredible story and every single new day they enjoy," added Holden. And for every survivor, CTCA commits to planting a tree in their honor.

In addition to returning to Tulsa for the event, the Celebrate Life honorees are given the opportunity to add their names on brass leaves to the "Tree of Life" in the hospital's entrance. In addition, an Interactive Survivor Tree, which includes a

kiosk and large electronic wall screen near the lobby fireplace, allows visitors to select a specific person's leaf and hear more about their cancer story. After participating in activities such as a group photo opportunity, "Camp Thrive Survivorship Fair," and a luncheon, many survivors often seek out a beloved nurse, favorite doctor or special staff member for a hug or to introduce them to a family member.

This year CTCA celebrated 27 years in Tulsa serving, caring for, treating and helping patients. Over the years, the hospital has recognized more than 1,500 Celebrate Life five-year survivors and this year added a second "Tree of Life" in the hospital's gallery to hold all of the honoree's names.

Holden added, "The forest continues to grow, and that's a good thing!"

## VOLUNTEERS NEEDED Make a Difference Volunteering for Resident's in Long-Term Care

The Long-Term Care Ombudsman Program serves residents in nursing homes, assisted living centers and residential care homes. An Ombudsman helps to improve the quality of care and life for the residents living in long-term care communities. As a friendly visitor and advocate, the volunteer has many opportunities to be of service and enrich the lives of the residents. Many residents never have a visitor after moving to a long-term care facility.

If you are interested in making a difference in the lives of residents in Canadian, Cleveland, Logan or Oklahoma Counties, we have opportunities waiting for you. If you are willing to be that friendly face and advocacy helper, it only takes a desire to be the difference in someone's life. Potential volunteers are required to complete a two-day training class, become designated to a facility, attend a once a month educational training meeting, and commit to a minimum of only 2 hours per week visiting with residents. Sound simple? It is! Such a small sacrifice to make a huge impact in the lives of so many. Our aging community deserves a happy life. Will you help deliver some happiness?

The next training will be January 24th & 25th, 2018 held at Areawide Aging Agency, located at 4101 Perimeter Center Drive, Suite 310, Oklahoma City, Oklahoma. There is no cost involved and refreshments will be served, but lunch is on your own. Each day classes begin at 9:00 a.m. and will adjourn at 3:00 p.m. This is a FREE 2-day training. If you are interested in becoming a volunteer, or just want to learn more about the Long-Term Care Ombudsman Program, please RSVP by January 17, 2018. Please contact Ombudsman Supervisor Tonya VanScoyoc, (405)942-8500. Hurry!! There's limited seating so register to attend in order to save your seat.

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# McKeever brings whole life philosophy to nursing

by Traci Chapman  
Staff Writer

For Karen McKeever, nursing is about helping the most vulnerable, those who might struggle with getting the help they need.

It's a philosophy that's led her to treat thousands of patients and help spearhead an ever-expanding effort to lead patients having difficulty finding their way discover the right path.

"It just seemed like the people who might need help the most are often overlooked - it's the people without insurance or who are struggling not only with physical issues, but also mental health challenges," McKeever said. "They need

someone who can be there for them in their corner, to let them know they're not facing this all alone."

That kind of nurturing spirit comes easy to McKeever, a mother of six who now has nine grandchildren - and a nurse who worked in pediatrics and as a Yukon Public Schools nurse, concentrating on severely disabled students. Looking out not only for the young, but also the disabled and those who might not have an advocate became McKeever's life work, a passion that led to an organization aimed at doing just that.

It was originally Canadian County Health Access Network, started in 2011 by McKeever



**For Karen McKeever, a lifetime of nursing goes far behind the confines of a doctor's office or hospital - it's making sure the patient and their family is whole, healthy and happy.**

and fellow nurse Rosemary Klepper.

"So many Sooner Care patients don't know where to go or how to best address their health issues - you see many

going to the emergency room when there are better avenues available, and you find families that are dealing with problems

See McKeever Page 17

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## Oklahoma Gardeners Association 3rd Annual Garden Boot Camp

"3rd Annual Garden Boot Camp presented by Oklahoma Gardeners Association will be held Saturdays, January 27, February 3, and February 10, 2018, 9:00 am - 3:30 pm, at Will Rogers Exhibition Center, 3400 NW 36th Street, OKC. Three Saturdays filled with a wide range of gardening information presented by horticultural specialist from around our State. Great to give as a gift to family and friends. Gift Certificates available now. \$45 for all 3 Saturdays. For more information or to register, visit our website, [www.okgardeners.org](http://www.okgardeners.org) or call 694-8456. Seating limited. Deadline for registration is January 12, 2018".

Oklahoma Gardeners Association is a 501c3 organization. Thier mission is to educate the public using sound research-based horticultural information. We offer children' programs, informational tables at fairs, garden shows and other events, and speakers who make presentations at various organizational meetings and garden shows in addition to the annual Garden Boot Camp in January and February each year to give gardeners information to start their gardening season right.

### STRANGE BUT TRUE SO THEY SAY...

**BBT** Every day 20 banks are robbed. The average take is \$2,500!

**BBT** The most popular first name in the world is Muhammad!

**BBT** Tablecloths were originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating!

**BBT** Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

**BBT** One car out of every 230 made was stolen last year!

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## McKeever

Continued from Page 15

that go far beyond basic health or physical disease or distress," McKeever said.

"There was just a huge gap in service, a real need for these patients and for their families, who were not being taken care of or served," she said. "We knew how important it was for them to have someone they could turn to - as nurses, we needed to be there not only to treat them but to guide them and help with whatever challenges they were facing."

It wasn't long, however, before McKeever and Klepper's philosophy caught on, and patients beyond El Reno, Yukon, Mustang and other area communities began to ask for assistance. That's why CC-HAN's "CC" soon transitioned from Canadian County to , Central Communities, with co-founder and care manager McKeever and fellow care manager Rhonda Chronister now available to SoonerCare patients and their families across south central Oklahoma, working to improve their health and healthcare options and much more.

"Rosemary (Klepper) decided it was time to retire, to explore other things, but my heart is here, I didn't want to walk away," McKeever said. "That's when Rhonda came onboard, and it's been a great arrangement."

For her part, Chronister said she views McKeever not only as a co-worker, fellow care manager and nurse, but also as a mentor who has spurred on Chronister's own love of nursing and helping patients far beyond regular nursing duties.

"Karen is an amazing person and an amazing nurse, and it's a remarkable opportunity to work with her and learn from her," Chronister said. "Her capacity for love and how she gives of herself is inspirational to everyone who knows her, particularly the people we serve."

McKeever has always envisioned something bigger for CC-HAN, which led to the agency helping patients not only locate the right caregiver

and treatment, but also issues that might aggravate physical ailments. That's why CC-HAN provides care management to patients not only facing financial constraints that can limit their ability to get the medical treatment they might need, but also those who deal with complex health issues, as well as providing a proactive approach - guiding patients to the right resources for well child examinations and care, injury and accident prevention, diet and nutrition and accessible medical and dental care.

"What the patient might need at any particular moment might not be 'nursing' services, but rather they might not have gas money to get to an appointment or they might not have any food in the cupboards - and that disrupts the treatment they need," McKeever said. "That's the bottom line - making sure they are healthy and able to live their lives and do what they need to do, because someone who's dealing with a mental health issue can have a ripple effect on their entire family, and that family might need guidance in how to help and to make sure it doesn't negatively impact others, either mentally or physically."

It's a philosophy that's not only challenging and fulfilling, but also always interesting, McKeever said. She never knows what she might face in any given day - whether it will be assisting patients with medical care options, educating families about CC-HAN's resources or even delivering food to someone who is hungry and doesn't know where to turn.

"What we do is everything that's the best of nursing - helping people who truly need it and giving that care, that guidance - as a nurse, it's so fulfilling and inspirational, and to me it's what our profession is all about," McKeever said. "To me, if you're a nurse, you're always a nurse - it's not something you do, it's something you are."

For more information about Central Communities Health Access Network, its services or philosophy, look online at [www.cc-han.com](http://www.cc-han.com).




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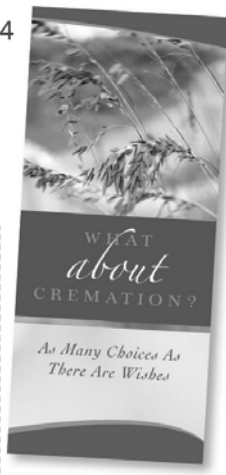
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## CROSSWORD CORNER

### Across

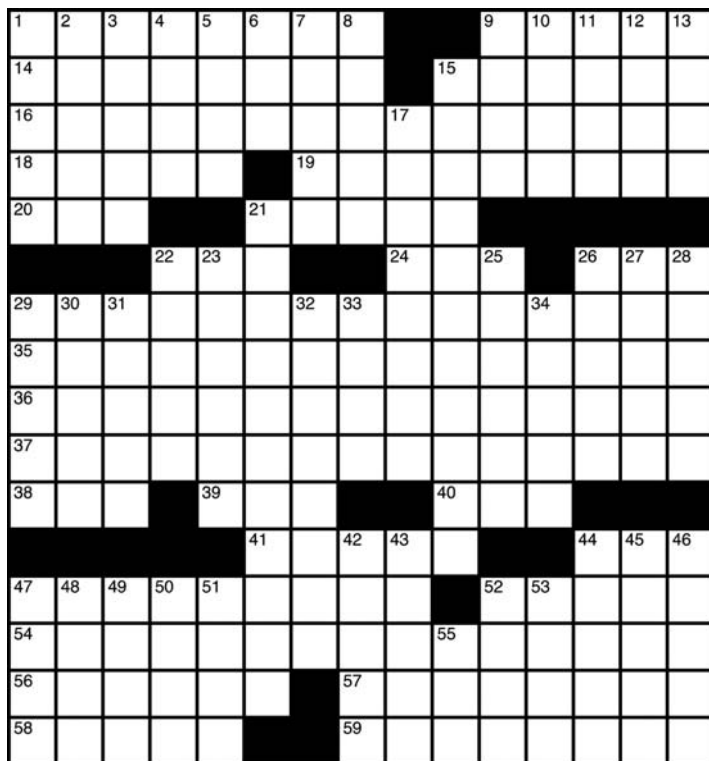
- 1 Line at the supermarket
- 9 Tapering part
- 14 Freezer bar with Sir Isaac Lime and Alexander the Grape flavors
- 15 Aleichem who created Tevye
- 16 It's airtight
- 18 Short and sweet
- 19 Sea lion, e.g.
- 20 Gale-n cargo
- 21 Etym.
- 22 Base address
- 24 Confession starter
- 26 "Just \_\_\_\_"
- 29 Light carrier
- 35 Text ending in Panama?
- 36 Eviction consequence
- 37 Investment in a relationship
- 38 Medicare card fig.
- 39 Go down
- 40 \_\_\_\_ Banos, California
- 41 Spring time
- 44 Courses for coll. credit
- 47 Teachers' lounge
- 52 Berkshire attraction for race fans
- 54 Retire
- 56 Charge
- 57 Mae West's final film
- 58 Lacerations
- 59 Get smashed

### Down

- 1 \_\_\_\_ voce
- 2 Remaining
- 3 Unborn, after "in"
- 4 Fires (up)
- 5 Algonquian language
- 6 Credit fig.
- 7 Credit card come-on
- 8 Fishing tool
- 9 Sardine cousin
- 10 D.C. in-crowd
- 11 "\_\_\_\_ awake at night": "Pretty Boy" lyric
- 12 Name on the 1984 album "My Kind of Country"
- 13 \_\_\_\_ Sinclair, protagonist of Hesse's "Demian"
- 15 "The Office" star
- 17 Record holder?
- 21 Be affected by gravity
- 22 French governing group
- 23 Qom inhabitants
- 25 Bankbook ID
- 26 Marryin' Sam presided over his wedding
- 27 Word on the street
- 28 Big name in backpacks
- 29 Pets
- 30 Muslim clerics
- 31 Strips for brunch
- 32 Nursery item
- 33 Bite with un aperitivo
- 34 Willie of "Eight Is Enough"

### 42 All-night bar?

- 43 JFK Library architect
- 44 Less than right?
- 45 \_\_\_\_ Alegre, Brazil
- 46 Rembrandt contemporary
- 47 Blemish
- 48 Harmony
- 49 Sharp brand introduced in 1977
- 50 Lou Gehrig's number
- 51 Stir
- 52 On the subject of
- 53 Acronymous WWII gun
- 55 Pink-slip



Answers on page 29



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## OPINION & MORE



*Dear Savvy Senior,*

What are some financial factors to consider when retiring abroad? My husband and I will be retiring in a few years and are interested in living in a foreign country that's cheaper than the U.S.

*Frugal Couple*

Dear Frugal,

Retiring abroad has become a growing trend for millions of U.S. retirees who are looking to stretch their retirement savings. Here are some tips and resources to consider that can help you prepare.

### Researching Tools

For starters, you can find lots of information and articles on the countries and cities you're interested in retiring to at websites like InternationalLiving.com and EscapeArtist.com.

Another good tip is to talk or network with some expatriates who have already made the move you're thinking about

making. They can give you tips and suggestions on many issues, as well as the advantages and disadvantages and day-to-day reality of living in a particular country. Some popular sites for finding expat resources are ExpatExchange.com and ExpatForum.com.

But before committing to location, most experts recommend that you visit multiple times during different seasons to see whether you can envision yourself living there and not just exploring the place as a tourist. Also, consider these financial factors:

**Cost of living:** Retiring abroad used to be seen as a surefire way to live beyond your

## Financial Tips for Retiring Abroad

means, and for some countries it still is. But the U.S. dollar isn't what it used to be, so your money may not stretch as far as you think. See Numbeo.com for a country-by-country cost of living comparison.

**Taxes:** No matter what foreign country you decide to retire in, as long as you're a U.S. citizen you must file an annual tax return reporting all income above certain minimums, not matter where it's earned. For details see the IRS publication 54, "Tax Guide for U.S. Citizens and Resident Aliens Abroad" at IRS.gov/pub/irs-pdf/p54.pdf.

**Health care:** Most U.S. health insurance companies do not provide coverage outside the U.S., nor does Medicare. Check with the embassy (see USEmbassy.state.gov) of your destination country to see how you can be covered as a foreign resident. Many countries provide government-sponsored health care that's inexpensive, accessible and just as good as what you get in the states, or you may want to buy a policy through Medibroker (Medibroker.com) or Bupa Global (BupaGlobal.com).

Also know that most people who retire abroad eventually return to the U.S., so you should consider paying your Medicare Part B premiums. If you drop and resume Part B, or delay initial enrollment, you'll pay a 10 percent premium penalty for every 12-month period in which you could have been enrolled.

**Banking:** Opening or maintaining a bank account abroad has become more difficult because of the Foreign Account Tax Compliance Act, a U.S. law designed to prevent Americans from hiding assets abroad. So, you may have to establish a savings and checking account with an institution

that has international reach like Citibank. And/or consider maintaining your U.S. bank account that you can access online, and get U.S. credit and debit cards that don't charge foreign transaction fees.

**Rent versus buy:** Buying a home in a foreign country can be complicated, so it's usually cheaper and simpler to rent, unless you know you're going to live there for a long time.

**Social Security:** You can receive your monthly Social Security benefits almost anywhere you live around the world (see SSA.gov/international/payments.html). Your benefits can be deposited into your bank account either in the U.S. or in your new home country, but there are some exceptions.

The U.S. State Department offers a handy checklist that can help you think through all the issues on retiring abroad. To access it visit Travel.state.gov and search for "retirement abroad."

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.

## Dec/Jan AARP Drivers Safety Classes

**Date/ Day/ Location/ Time/ Registration # Instructor**

- Jan 4/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi**  
Integriss 3rd Age Life Center - 5100 N. Brookline, Suite 100
- Jan 8/ Monday/ Midwest City/ 9 am - 3:30 pm/ 473-9239/ Williams**  
First Christian Church - 11950 E. Reno Ave.
- Jan 9/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Kruck**  
Dale Robertson Center - 1200 Lakeshore Dr.
- Jan 9/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky**  
Rose State Conventional Learning Center - 6191 Tinker Diagonal
- Jan 10/ Wednesday/ Mustang/ 9 am - 3:30 pm/ 376-3411/ Kruck**  
Mustang Senior Center - 1201 N. Mustang Rd.
- Jan 12/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards**  
S.W. Medical Center - 4200 S. Douglas, Suite B-10
- Jan 23/ Tuesday/ Okla. City/ 9 am - 3:30 pm/ 773-6910/ Kruck**  
Healthy Living - 11501 N. Rockwell
- Jan 24/ Wednesday/ Norman/ 9 am - 3:30 pm/ 515-8300/ Schaumburg**  
Silver Elms Estate - 2100 36th Ave. N.W.
- Jan 24/ Wednesday/ OKC/ 9 am - 3:30 pm/ 751-3600/ Palinsky**  
Fountains of Canterbury (Town Center Rm - 1404 N.W. 122nd St.
- Jan 29/ Monday/ Shawnee/ 9:30 am - 3:45 pm/ 818-2916/ Brase**  
Shawnee Senior Center - 401 S. Bell St.

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

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Arbor House of Norman	54	Norman	405-292-9200	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
Arbor House of Midwest City	58	Midwest City	405-455-3900	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
Arbor House Reminisce Center	48	Norman	405-310-2499	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
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	<a href="http://www.chateauonthegreen.com">www.chateauonthegreen.com</a>								*		*		
Emerald Square <i>Independent Living/Assisted Living</i>	75	OKC	405-787-4466	<a href="http://www.meridiansenior.com">www.meridiansenior.com</a>	*	*		*	*		*	*	*	*		
Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	<a href="http://www.featherstoneretirement.com">www.featherstoneretirement.com</a>	*	*		*	*		*	*	*			
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	<a href="http://www.fountainbrookliving.com">www.fountainbrookliving.com</a>	*	*	*	*	*	*	*	*	*	*	*	*
Gardens at Reding <i>Independent Living</i>	157	OKC	405-636-1537	<a href="http://www.gardensatredingseniorliving.com">www.gardensatredingseniorliving.com</a>										*	*	*
Heritage Point of OKC <i>Assisted Living Alzheimer &amp; Memory Care</i>	54	OKC	405-252-8200	<a href="http://www.heritagepointokc.com">www.heritagepointokc.com</a>	*		*	*	*	*	*	*	*	*	*	
Iris Memory Care		Edmond	405-330-2222	<a href="http://www.irisseniorliving.com">www.irisseniorliving.com</a>	*	*	*	*	*		*		*			
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	<a href="http://meadowlakesretirementvillage.com">meadowlakesretirementvillage.com</a>	*			*	*		*	*	*	*		
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Timberwood Senior Housing <i>Senior Housing</i>	100	OKC	405-619-0079		*	*	*				*	*	*			
Whispering Creek <i>A Gated Retirement</i>	52	Mustang	405-820-4058	<a href="http://www.whisperingcreekretirement.com">www.whisperingcreekretirement.com</a>						*		*		*	*	
Wyndam Place <i>Senior Residences</i>	70	Norman	405-310-2266	<a href="http://www.beacon-mgmt.com">www.beacon-mgmt.com</a>								*		*	*	
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Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	<a href="http://www.meridiansenior.com">www.meridiansenior.com</a>	*	*	*	*	*		*	*	*	*		

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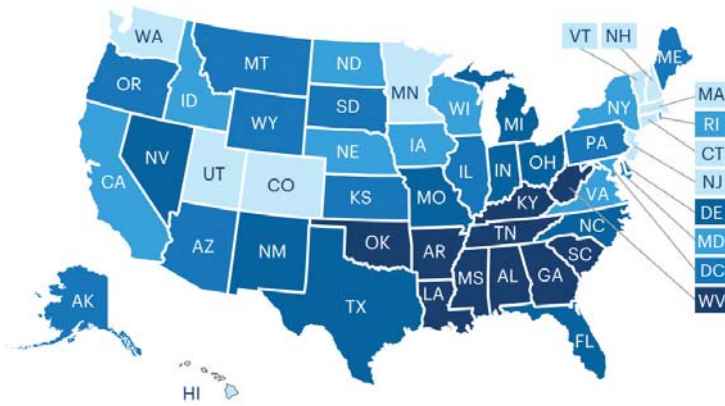
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# Oklahoma Moves up Three Spots in America's Health Rankings



**RANK:** 1 to 10 11 to 20 21 to 30 31 to 40 41 to 50

Paced by the lowest smoking rate ever recorded, Oklahoma moved up three spots to 43rd in America's Health Rankings, issued by the United Health Foundation. The improvement was the second highest among all states, trailing only Florida and Utah, which improved their ranking by four spots. America's Health Rankings are based on four components or aspects of health - behaviors, community & environment, policy and clinical care. Health outcomes are also used to rank states.

"Despite the many challenges facing us, I am encouraged that our employees and our partners across the state continue to work toward improving the health of all Oklahomans and that their efforts are producing results," said Interim OSDH Commissioner Preston Doerflinger. "We know where our focus must be in providing the core services that will make a difference in the lives of all our citizens going forward."

In smoking rates, Oklahoma improved to 36th nationally - an improvement of nine spots. Oklahoma's smoking rate has declined 25 percent in the past five years. That is the largest improvement for any state since 2012 but is still 2.5 percent higher than the national average of 17.1 percent.

An area in which Oklahoma is better than the national average, low birthweight, saw the state

improve to 7.9 percent. Oklahoma has improved 11 spots to 22nd in the past five years, one of the best advances in the nation.

The best ratings for the state were in the low occurrence of excessive drinking (2nd), pertussis rates (2nd) and the number of mental health providers (5th). Oklahoma also had improvements in obesity rates, the number of people who are physically active, and drug deaths, but still ranks well below the national average.

Areas of concern include lack of health insurance, diabetes rates, and children's immunization rates.

While Oklahoma's uninsured rate has decreased the past three years to 13.9 percent, the national ranking dropped another two spots to 48th and the rate lags far behind the national rate of nine percent.

Following a national trend that saw an all-time high in diabetes rates of 10.5 percent nationally, Oklahoma is ranked 41st with a rate of 12 percent. The rate of immunization among children 19 to 35 months dropped significantly (75.4 percent to 67 percent) moving the state ranking to 42nd while overall adolescent immunization rates improved by six places (40th to 34th).

The complete rankings and summaries for Oklahoma and all states can be seen at <https://www.americashealthrankings.org>

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## Local Artist Featured in National Competition

Jeanne Kleinschmidt, a resident at The Fountains at Canterbury in Oklahoma City, earned a featured space in a national art calendar competition hosted by Watermark Retirement Communities.

The Watermark Expressions art calendar, created by Watermark Retirement Communities which manages The Fountains at Canterbury, is designed to be a source of inspiration for all those who receive it. Pieces of art submitted for the competition included sculpture, needlepoint, oil and watercolor paintings and mixed-media. Each month features a beautiful work of art and a brief background story detailing the artist's background, personal history, artistic training and inspiration. The calendar is distributed nationwide.

Kleinschmidt's oil painting, 'Serenity,' was selected as one of 12 features for the 2018 Watermark Expressions art calendar out of entries from Watermark communities located coast to coast. The work was inspired by Colorado scenery.

"The annual Watermark Expressions calendar competition is an opportunity to showcase the abundant creativity being cultivated in our community, as well as the many exceptional artists residing at The Fountains at Canterbury," said Becky Strong, director of community life at The Fountains at Canterbury. "Jeanne is a brilliant artist and we are excited to see her honored with national recognition for her skills and passion."

The piece was first judged as part of a local competition among residents at The Fountains at Canterbury. Three local experts narrowed down the pieces and sent the five best on to the national



**Jeanne Kleinschmidt earned a featured space in a national art calendar competition hosted by Watermark Retirement Communities.**

competition. Final selections to be featured in the calendar were made at the Watermark Retirement Communities' national resource center in Tucson, Arizona.

Please call (405) 381-8165 today to receive a 2018 calendar at no cost while supplies last.

The Fountains at Canterbury is dedicated to being the first choice in senior living, providing a continuum of care including independent living, assisted living, memory care, innovative rehabilitation therapies and skilled care. The Fountains at Canterbury is managed by Watermark Retirement Communities and is committed to creating an extraordinary community where people thrive. To learn more, please call (405) 381-8165 or go online to [www.watermarkcommunities.com](http://www.watermarkcommunities.com).

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**Jeanne Kleinschmidt's oil painting titled 'Serenity' will be featured in the Expressions 2018 calendar for the month of May.**





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Arbor House of Midwest City 9240 E. Reno Ave. MWC, OK 73130 <b>405-455-3900</b>	Arbor House of Mustang 850 N. Clearsprings Rd. Mustang, OK 73064 <b>405-376-2872</b>

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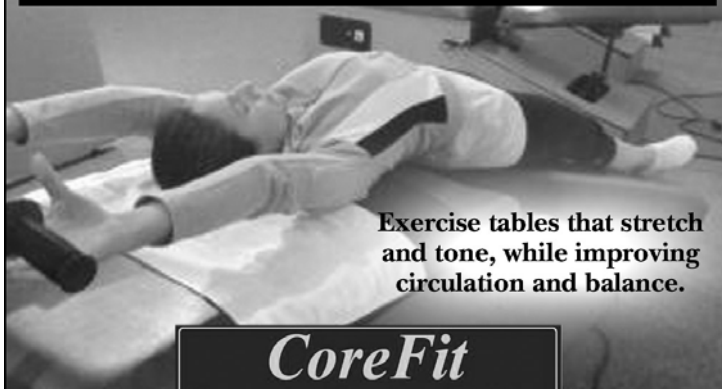
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## Oklahoma Heart Hospital Ranks as Nation's Top 50

A relentless pursuit of excellence in cardiac care has once again earned the Oklahoma Heart Hospital (OHH) a national ranking as one of 50 top cardiovascular hospitals by IBM's Watson Health study, previously known as the Truven Health Analytics study.

"Although this is the fifth time OHH has been ranked one of the top heart hospitals in the nation, it's our patients who are the real winners," said Peggy Tipton, RN, OHH's chief operating officer. "We set the bar extremely high - aiming to lead the nation in all areas of cardiac care. Our physicians and co-workers work together as a team to provide the best heart care."

The 50 hospitals in the Watson Health study scored higher than their peers on clinical outcomes for heart attack and heart failure treatments, as well as coronary bypass and angioplasty surgeries. The hospitals performed better on mortality and complications, as well as 30-day mortality and readmissions. On average, their procedures cost less and patients had shorter hospital stays.

For results, Watson Health uses the most recent Centers for Medicare & Medicaid Services (CMS) data from the Medicare Provider Analysis and Review files, CMS Hospital Compare and Medicare cost reports. With the data, the company produces the only study of its kind in identifying the best health systems in the nation. Health systems do not apply for consideration, and winners do not pay to market their award.

"While there are many published rankings of hospitals, the Watson Health survey is one of the most highly regarded by the health care industry," said Dr. Brook Scott, OHH's chief medical officer. "Being named one of the 50 top heart hospitals, and one of only 15 community-based hospitals, is a tremendous achievement."

Oklahoma Heart Hospital, a physician-owned hospital, partners with Mercy and operates two hospitals with a combined 143 beds in Oklahoma City and many clinics throughout Oklahoma.

"Oklahoma Heart Hospital cares for Oklahomans across the state, and we are committed to providing the best care anywhere," said Dr. John Harvey, OHH president and chief executive officer.

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# NOW YOU SEE IT, NOW YOU DON'T

**By Darlene Franklin**

God's love never fails. At all. We can't climb over, dig under or detour around His love. It fills every crook of the known and the unknown. (Ephesians 3:19, Romans 8:39, NIV))

However, our experience with His care works more like a magic trick. Imagine a heaven-sized jug filled with milk-colored love:

*An empty cup sits next to the  
full container of God's love.*

God's no-matter-what love showers creation nature with times, seasons, and beauty. His written word shouts it in glorious prose. We read about babies held in the arms of barren women, of David dancing before the ark on the way to Jerusalem. The Living Word, Jesus, spelled it out in flesh, demonstrating how we should

I feel more like Helen Keller, who lived in a void absent of sight, sound, or speech. She said, "I cried because I had no shoes until I saw a man who had no feet." I don't recognize its abundance until I see someone in greater need.

We refuse the provided cup but instead use a self-made cone, which fails.

God protected the Israelites for forty years. He provided for



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

See DARLENE Page 29

# Wyndam Place

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"I, still go fishing. Each year Fall and I lead a group to Sportsman's Lodge in Canada and I have been doing it for 15 years. I was amazed at the response I got when I put an ad in Senior News & Living as the Senior News and Living monthly newspaper."

"It worked like for me." I will also be escorting a Village Tours bus to the City of THE WOODS in Minnesota for Walleye fishing in 2012, 2012. I have a brochure and details about the Canadian trip. Call me at 405-470-5106.

**Don Wallace**  
**The Wildlife Wildlife Show**

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

“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 monthl well for me.”** I will also be escort trip to LAKE OF THE WOODS i Walleye fishing on June 23, 2012.



**Don Wallace, The Wallace Wildlife Show**  
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**Class III:**  
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**Class IV:**  
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\*OKALA Members receive \$50 discount off of registration fee.



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**Class Location:**  
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# Significant Women in Oklahoma Agriculture Highlight: *Virginia Norris Rogers*

story and photos by Betty Thompson



Virginia Norris Rogers is being recognized as a significant woman in Oklahoma agriculture.

Pawnee – It has been said that a picture is worth a thousand words. The framed photo of young Virginia Norris Rogers sitting horseback, dressed in her boots, jeans, button up and cowboy hat, is no exception. The photo is a mere glimpse of the woman she would become, strongly rooted in agriculture.

"I tell people my outfit never changed, I just buy bigger sizes," laughs Rogers.

Rogers said she began working on the ranch at a very young age with her father and their long-time ranch hand Albert. She even had a horse before she was born, which she later named "Chicken," because of his yellow color.

"I was out at the crack of dawn getting cattle in," Rogers recalled. "We would work until noon or so, and then my dad would go off to auction."

Her father, Cecil "Whitey"

Norris, started trading cattle at the age of 16 and became an auctioneer at age 23. Rogers said he went to an auction just about everyday.

After marrying Avis, Rogers' mother, in 1933, Cecil bought 160 acres of land and used every opportunity from trading and auctions to buy more land. Together, they built a ranch of nearly 5,000 acres with horses and Hereford cattle.

Rogers is proud to be a fourth-generation farmer in Pawnee County and deeply rooted in agriculture. Family photos and keepsakes fill her walls and shelves, including her parents' spurs, which hang above the front door. Her grandfather's brand was the first brand ever registered in the state of Oklahoma and is still used today by her cousin John Henry.

See ROGERS Page 30



## Broom Hilda

By Russell Myers

## DARLENE

Continued from Page 27

every need, but they still didn't believe in His faithfulness

When a spring didn't appear to quench their thirst, they begged for Moses's help. He fashioned a drinking cup of his own design when he struck the rock with his staff. Because He didn't speak to the rock as God had instructed, the Lord was greatly displeased. For reasons I confess I don't completely understand, God denied him entrance into the promised land.

My daughter had Borderline Personality Disorder (BPD). I described the experience as traveling through a black hole that ate my flesh and spat out dry bones. BPD couldn't be healed, but a person with the illness could adapt, survive, and even thrive.

Whether we suffer from some form of short-term mental illness, a disorder, or just the highs and lows of life, many people have experienced a dark place. We seek God, begging for His love, and instead it seems like He is hiding. (Isaiah 64:7)

*Push the magic another step in your imagination: Suppose both the cup and the jug appear empty.*

Like the milk in the magic trick, God's love hasn't disappeared. But sometimes it's invisible to the human eye.

Roman philosopher Seneca pointed out that every new beginning comes from other beginning's end. Joseph understood that. He became Pharaoh's second-in-command only after he had been both a slave and a prisoner.

Only after I accept the fact that no amount of effort can make my sixty-year-old body do the work of a young adult does the murk that's been hiding God's glory wash away. God rubs His hands together. "I've been waiting for you to join Me. Let go and watch Me go to work."

Light-bulb inventor Thomas Edison is famous for saying he found 10,000 ways that didn't work. Failure

to see God's love doesn't mean it's not there.

Back to the full jug and empty cup.

*Milk is poured into the glass so that milk appears in both the jug and the cup.*

Ebenezer Scrooge's cup was worse than empty. Generations have celebrated the transformation of the king of "bah humbug" to the man who vowed to honor Christmas in his heart.

During my Bible college years, I wrote a term paper on God's love. I had no idea how necessary the verses, theories and patterns I uncovered would be throughout my life.

My cup has appeared empty many times.

\* Studied piano for twelve years before being told I wasn't good enough.

\* Married for life-divorced after twelve years.

\* Trained for missionary service-kicked out of two churches.

I thought I reached rock bottom when my son was taken from the home as a teenager. Instead, God's love pulsed within that my frozen core and kept me going when I felt hopeless.

Those years trained me for my daughter's death. I felt numb, but not unloved. Love poured over me through the gifts of countless friends from around the world. When I couldn't see God's care in my drinking cup, He kept me alive and healed me.

The promise is no illusion. God's love is real, and it will never fail.

Even if it took me 10,000 tries for me to see His brilliance.

## Animal Crackers

By Fred Wagner



## Gasoline Alley

By Jim Scancarelli



## JUMBLE

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

ROLGY

DNIRK

PNILST

TENZI

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

Print answer here:

(Answers next month)

December Answers

Jumbles: ALPHA FRONT DIVERT SUDDEN

Answer: She adored Bruce Willis and always would, because she was a — DIE-HARD FAN

## THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

S	O	U	P	C	A	N	S		S	P	I	R	E
O	T	T	E	R	P	O	P		S	H	O	L	E
T	H	E	P	E	R	F	E	C	T	A	L	I	B
T	E	R	S	E		E	A	R	E	D	S	E	A
O	R	O				D	E	R	I	V			
			S	I	R		M	E	A		A	S	K
F	I	B	E	R	O	P	T	I	C	C	A	B	L
A	M	A	N	A	P	L	A	N	A	C	A	N	A
V	A	C	A	N	T	A	P	A	R	T	M	E	N
E	M	O	T	I	O	N	A	L	E	N	E	R	G
S	S	N		S	E	T		L	O	S			
				A	P	R	I	L		A	P	S	
S	T	A	F	F	R	O	O	M		A	S	C	O
P	U	T	O	U	T	T	O	P	A	S	T	U	R
O	N	R	U	S	H		S	E	X	T	E	T	E
T	E	A	R	S			T	I	E	O	N	E	O



## ROGERS

Continued from Page 28

"I think it's [agriculture] been more fulfilling than shaping," said Rogers. "It's hard to describe what's in your blood. You don't know anything else."

Rogers was no stranger to the hardships that ranch life brought: drought, cattle prices, finding reliable help, and more, but her love for ranching never faltered. After marrying her husband Olin, she said "it was just natural" for them to start their own ranching operation, Rogers Ranches, LLC, and have been running the operation ever since.

Rogers and Olin have been married for 42 years and have been running their commercial Angus herd on the farm Olin grew up on since 1986.

"It's not a lot, but it's enough to keep us busy," laughed Rogers.

Busy is an understatement.

Not long after marrying, they bought an insurance agency which they worked while running their cattle operation, and only just sold it in November 2011.

Rogers was also very active in Oklahoma Extension Homemakers, now known as Oklahoma Home and Community Educators, a service designed to provide homemakers with resources similar to the resources farmers receive from the extension service. Rogers served as the county secretary/treasurer under Martha Waters, who was the first woman to be a director of an Oklahoma county extension.

A few years later, she was appointed to serve on the Pawnee County Health Department Board.

Like her father, Rogers and Olin have always been active in the Pawnee County Cattlemen's Association (PCCA). Olin served as PCCA president in the early 1970s, and Rogers served as president from 2009 to 2011. During Rogers' time as PCCA president, PCCA became a unified county under the Oklahoma Cattlemen's Association (OCA). Rogers went on to serve for three years as a district director for the OCA before being elected as the North Central District vice president, putting her on the Executive Board of Directors. She also makes it a priority to be involved in the Oklahoma

Cattlemen's Association as well.

"It has been very rewarding," Rogers said. "I love it. Olin and I both enjoy meeting other people and learning about ranches across Oklahoma."

Rogers was recently appointed to serve as the president of the Pawnee County Economic Development Foundation by the chairman of the Pawnee County Commissioners. The Foundation is actively involved in trying to bring new businesses to the community, and recently awarded a \$75,000 grant to the city of Pawnee to refurbish an old building.

In addition to her leadership positions, Rogers writes a column for the local newspaper addressing concerns for farmers and ranchers.

"I just had this wild hair idea one day to start writing about issues in the cattle industry," Rogers said. "Every now and then I throw in a column about my upbringing, experiences on the ranch as a child, or encourage membership and participation in the OCA."

If you think she cannot make time for any other commitments, think again.

Rogers also serves as Chairman

of the Board for her church, as well as staying busy with four grandchildren and two great-grandchildren.

She attributes this desire to give back to her upbringing.

"I learned early from my family that caring for people was important," Rogers said. "You have to do what you can for others. I hope to relate to others that agriculture is vital to our state."

Another important lesson she learned on the ranch is that you can be caring and giving, but also a tough fighter.

Rogers laughed recalling that she woke up to her father saying "Get up boys!" even though it was only her sister and her. Perhaps that oftentimes hard upbringing is what made her so strong when she was diagnosed four years ago with breast cancer.

However, cancer picked the wrong cowgirl. Today, she is cancer-free and proud to be called a survivor.

"I never had a 'straight path' in life," Rogers said, "but I love doing what I am doing now—trying to be one of the best representatives for agriculture I can be."

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# Rapp Foundation gives \$400,000 to OMRF for new researchers

The Robert Glenn Rapp Foundation has awarded the Oklahoma Medical Research Foundation a four-year, \$400,000 grant.

The grant will help two new scientists establish laboratories at OMRF. In their labs, they will study the cellular processes that lead to cancer, as well as diseases of neurodegenerative conditions such as Alzheimer's and Parkinson's diseases.

"Our family is pleased to play a small role in the important work underway in OMRF's cancer research laboratories," said Jilene Boghetich, managing trustee of the Rapp Foundation. "Cancer seems to strike almost every family in some way, and our goal is to help OMRF's scientists discover new methods to detect and treat the disease."

Founded in 1951, the Rapp Foundation distributes funds to a

wide variety of charitable projects throughout the U.S. This new grant to OMRF represents the latest in a long line of gifts that have helped the Oklahoma City-based nonprofit strengthen its scientific infrastructure.

The new funds will help support the recruitment of a pair of new scientists, Wan Hee Yoon, Ph.D., and Jiang Li, Ph.D.

Yoon joins OMRF from the Baylor College of Medicine in Houston, and his research uses fruit flies to understand the processes of cellular decline that lead to diseases such as cancer and Alzheimer's. Li also studies the basic cellular mechanisms underlying cancer and neurodegeneration, and he comes to OMRF from Northwestern University in Chicago.

The grant will provide funding for the purchase of sophisticated laboratory equipment and supplies



Oklahoma Medical Research Foundation scientist Wan Hee Yoon, Ph.D.

for the new researchers. It will also help support salaries of personnel working in their labs.

"It's hard to imagine OMRF as it is today without the enduring generosity of the Rapp Foundation through the years," said OMRF Vice President of Development Penny Voss. "They've been true friends to OMRF and to medical research in Oklahoma, and they've invested in visionary projects that will benefit us all."

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

**BBT** The names of Popeye's four nephews are Pipeye, Peepeye, Pupeye, and Poopeye!

**BBT** Until the nineteenth century, solid blocks of tea were used as money in Siberia!

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