

Happy New Year!

SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

January 2019

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Born to ride

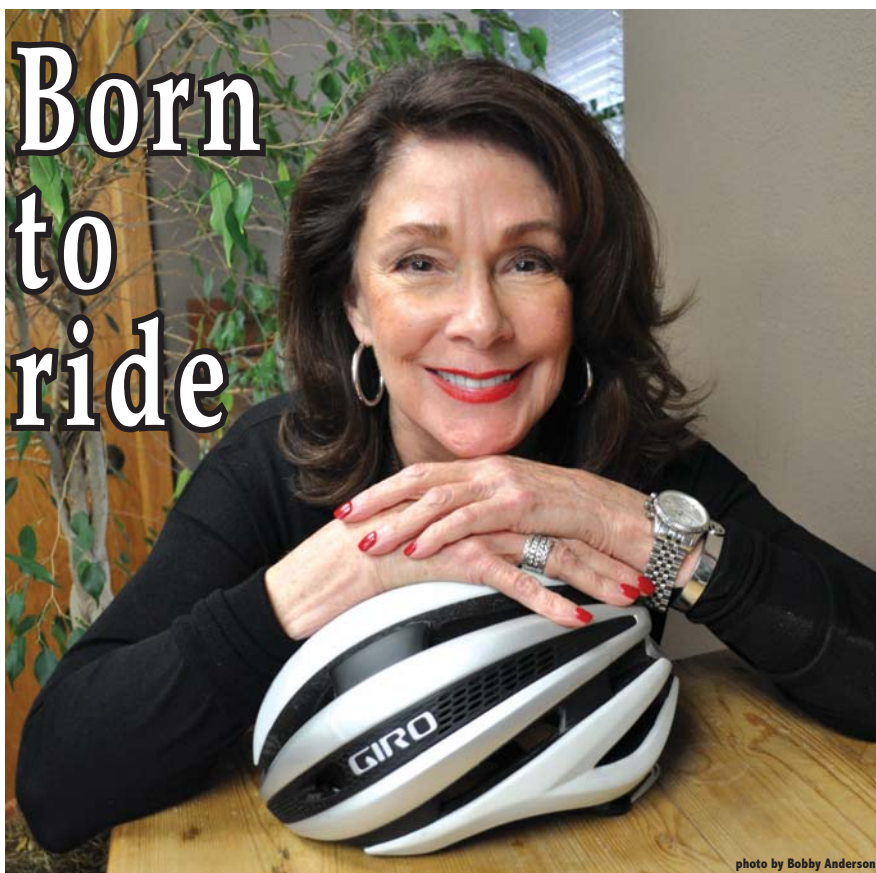


photo by Bobby Anderson

At 70, Becky Grantham is still on her bike, loving life and pushing her limits.

by Bobby Anderson, Staff Writer

Going and doing. That's what brings Becky Grantham the most joy.

And at 70, the former professional cyclist has no plans of slowing down anytime soon.

Grantham has a passion and love for people. Quite simple she loves living, working, working out, riding her bike out on the road and being healthy and fit.

She qualified for the 2013 National Senior Olympics in cycling and she plans to start rowing lessons this summer, with hopes of being on a Masters team.

"I love teams in anything," she said. "I love to learn, grow and spending time with family and friends. I love fresh flowers, organic whole foods, good wine, music and the great outdoors. I love challenges and lots of adventure. I adore and cherish my children and grandchildren."

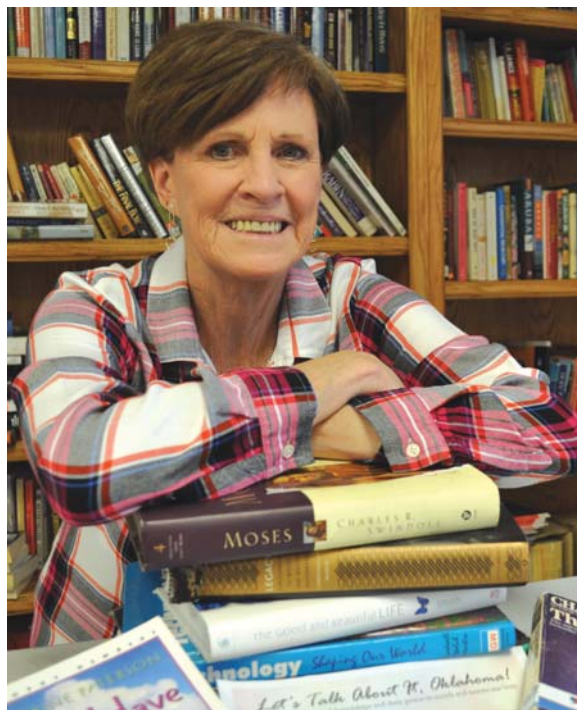
Her life story reads like one straight out of Hollywood.

She earned the nickname "Fire

See RIDE Page 2

Let's talk About it, Oklahoma!

*Book series brings
seniors together*



Diane Maguire, north district senior programs coordinator for the Salvation Army, says a new book club is bringing seniors together.

story and photo by Bobby Anderson, Staff Writer

A book club series offered by the Salvation Army is helping bring seniors together.

Diane Maguire, Senior Programs Coordinator, North District, began the book club last year that met once a month and brought in various scholars to discuss what participants would be reading.

"The group that was involved was very interactive," Maguire said.

This is the second offering for the Salvation Army. The initial group wrapped up in November.

"Based upon feedback from a lot of seniors from the first one it just seemed they really enjoyed it," Maguire said. "The whole thing is socialization here, even the book club the heart of it is socialization. I talked to a couple of the scholars and they mentioned this was an excellent series. Because they had already interacted with the group it just kind of fell in that this would be perfect."

See CLUB Page 9

RIDE

Continued from Page 1

Starter" from colleagues with her solid record of launching new products and start-up ventures. Her enterprising spirit allowed her the opportunity to own and manage a successful talent agency and develop into a sought-after casting director in a state not well represented in the field.

She continues to find success in many different industries. As a founding partner in BAR M MUT LLC in Oklahoma, she developed an award-winning marketing program that targeted ranchers, farmers, hunters and commercial nurseries within an eight-state region becoming the top dealer in the nation.

She excelled in the medical industry for more than 15 years, having the distinction of being recruited and promoted by industry leaders.

A lover of the arts, fitness, health and outdoor living, she has cycled century rides (100 miles in length) for many fundraising events and even enjoyed a couple of years as a professional cyclist for a philanthropic team out of Texas.

She took the gold medal in

Oklahoma's 2012 time trial and road race in her age division.

Other passions include being an accomplished competitive rider of Show Hunters and Jumpers, as well as being a whipper-in for Fox Hunting.

The love of gardening led her to achieve a Master Gardener accreditation.

As an advocate for others, she's held many leadership roles within her church and community serving and lobbying for the wellbeing of children and woman. In addition, she has volunteered on missions to Honduras and within inner-city Oklahoma City and is a strong and passionate advocate against domestic violence.

"Very rarely do I see someone my age out there cycling," said Grantham, who now works as a relationship developer at Laura Lynn's Home Care. "Even at my age to train for a century ride takes a lot out of me. I have to train long and consistently so that I'm really prepared."

Training for a century ride requires lots of time on the bike as well as time in the gym.

"Whenever you cycle year after year after year your muscles almost get locked up so you have to do exercises in the opposite direction

to keep from locking up," she said. "All of a sudden your legs aren't working like they did. I don't remember that me being a big deal when I was younger but it is becoming a bigger deal to me I'm noticing."

"Every chance I get I try to ride on the road but I've gotten to the point where I'm becoming more of a fair weather rider. When I was younger I would get out and ride in 40-degree temperature without thinking twice but now I like it in the 50s at least."

It was her son who got her hooked on cycling. Her first bike was the one he had when he was 12.

"It was a horrible old bike but I figured if I could ride that and enjoy it " she said. "I just kept

increasing the quality of my bike over time."

"Probably the thing I enjoy the most is my psyche and the endorphins, it's not just for the moment. If you cycle a lot you have more energy than you can imagine. It's very upbeat. It's endorphins that bring about contentment and happiness."

And she kept increasing her mileage.

Grantham uses all that energy to keep up with her eight grandchildren, one great granddaughter and three children.

She wants to inspire others to do what they love and remain active.

It's worked for her for her entire life.

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A promise fulfilled

story and photo by Bobby Anderson, Staff Writer

Hand-written cards.

The joy of simply being present with loved ones and making their day a little brighter.

The pride that comes with honoring a loved one who gave their life in the service of country.

These simple things have always been foundational for Missy Beckett.

As a registered nurse, Beckett has cared for people from all walks of life, all the while knowing that memories they create will last a lifetime.

It's this approach that Beckett promised to keep as the director for the aptly named Promise Care Hospice service.

Promise Care is locally and privately owned and Beckett has worked with the owner more than a decade now.

The focus has and always will be personal.

"I want to be small," Beckett said. "As an RN and the director I want to know everyone. I want to know who my team is talking about. I want to know every single person's name. I want to know their families. I don't want ever to be too big to not know why I'm doing this."

Promise Care is comprised of an expert teams of caregivers consisting of registered nurses, physicians, home healthcare aides, social workers, chaplains, bereavement counselors and trained volunteers.

The palliative care offered eases pain and discomfort for all who experience it.

Social and spiritual support for both patients and their loved ones is bedrock.

Volunteers are often the lifeblood of a quality hospice experience.

That's where Stacy Wingfield comes in. Promise Care's volunteer coordinator hand picks those individuals with both the heart and compassion for the role.

Wingfield knows no paycheck could ever be equal both the



Missy Beckett and Stacy Wingfield make a difference in the lives of families through Promise Care Hospice.

service volunteers provide and the what they receive in return.

"They've gotten a lot of strength," Wingfield said of her volunteers. "We have training all along the way. You don't have to have any medical background at all. It's very interesting the different areas. You could be a florist and want to volunteer to put arrangements together."

"You could be a masseuse and maybe come do hand massages or an art student who wants to make cards and do crafts. There are so many different avenues."

One of Wingfield's volunteers is an author who comes in after book tours and takes her book into a home and reads while in costume.

"The older you get the more life has thrown at you and the more you do understand where people are coming from," Wingfield said.

Beckett knew of a woman through healthcare that transportation circumstances had left her homebound. She decided to present her the opportunity to volunteer.

"It has changed her entire outlook on everything to be able

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Print and digital distribution may vary from time to time at the publishers discretion due to growth and market changes that are dependent on location influence and market conditions necessary at the time of publication.

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January CALENDAR OF EVENTS

To Be Added To The Calendar, Call Lashanya at (405) 631-5100 Ext. 2 or Email lashanya.nash@seniornewsandliving.com

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JANUARY

Mid Day Dance

WEEKLY on Tuesdays \$5 &
Thursdays \$6 Lessons
12:30-1:30pm

Dance 2-4pm. Live Band - All ages
welcome. 4361 NW 50th, Suite 400
Oklahoma City, OK 73112 for more
information 405-943-1950

Inspirations from Nature

When: Through Jan. 31, 2019
an exhibition of abstract paintings
by Anthony Dyke and Susan Morris-
son-Dyke celebrating the beauty of
nature and architecture, through Jan-
uary 31. Myriad Botanical Gardens
301 W. Reno Ave. Oklahoma City

Victorian Radicals:

**From the Pre-Raphaelites to the
Arts & Crafts Movement**

When: Through Jan. 6, 2019
an exhibit exploring the revolution-
ary artworks of Victorian England
featuring many works not previously
seen outside the UK, Oct. 13-Jan. 6
Oklahoma City Museum of Art
415 Couch Drive Oklahoma City

Greg Burns: A Collection of Con- temporary Watercolors

the Oklahoma artist displays works
inspired by trips to New Mexico and
Florida, Dec. 6-Jan. 19, 2019
[Artspace] at Untitled
1 NE Third St. Oklahoma City

Cowboys in Khaki: Westerners in the Great War. Nov. 17-May 12

Learn about the ways Westerners
contributed to the US effort in
World War I at this exhibit featuring
military, rodeo and other historical
memorabilia from the time period.
National Cowboy and
Western Heritage Museum
1700 NE 63rd St. Oklahoma City

JANUARY

**Cowboy Crossings Exhibit/Sale
featuring Traditional Cowboy
Arts Association. When: Mon-
days-Saturdays, 10 a.m.-5 p.m.
and Wednesdays, 12-5 p.m. Con-
tinues through Jan. 6, 2019**

Phone: 405-478-2250

jshrum@nationalcowboymuseum.org

Price: \$12.50 Adult

1700 NE 63rd St. Oklahoma City

In one of the most significant
events in the world of fine art, the
National Cowboy & Western Heri-
tage Museum hosts the Opening
Weekend events and sale for two
outstanding exhibitions. TCAA
showcases the best of saddlemaking,
bit and spur making, silversmithing,
and rawhide braiding. The Cowboy
Crossings exhibition opens to the
public on Saturday, October 6.
Activities including an autograph
party, artist demonstrations, and
exclusive Trunk Shows at The
Museum Store are free with
Museum admission. Works by
TCAA artists will be on exhibit
through January 6, 2019.

**Whiteout at Campbell Art Park.
Phone: 405-951-000. Price: Free
When: 10/11/18 - 3/31/19 (lit daily
between 6 a.m. and midnight)
NW 11th and Broadway.**

An outdoor artwork made by hun-
dreds of transparent white spheres
embedded with white LED lights
and animated in large-scale patterns.

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**When: Thursdays, 7-9 p.m.
Continues through June 27, 2019.**
Learn how to do the popular dance
at this FREE weekly class,
7pm - 9pm Thursdays.

JANUARY

Beautiful Minds: Dyslexia and the Creative Advantage

When: Through July 14, 2019
an exhibition of artworks created by
people with dyslexia including stu-
dents from Oklahoma City's Trinity
School, Nov. 9-July 14
Find A Paper Science Museum
Oklahoma. 2020 Remington Place
Oklahoma City

JANUARY 5

One Hour Guided Meditation
Join us on January 5, 2019, 10AM
- 11AM for a One Hour Guided
Meditation. There are no prereq-
uisites and it is free, and open to
the public. Buddha Mind Monastery
5800 S. Anderson Road, Oklahoma
City Midwest City. 405-869-0501
buddhamindokc@gmail.com

JANUARY 7

**For Sale by Owner vs
For Sale by Realtor**
**Connie Williams, CSHP and
Shannon Stiger, CSHP speakers**
Time: 10:00 - 12:00 pm
Location: Healthy Living, OKC
11501 N Rockwell Ave
OKC, OK 73162

JANUARY 15

New Year New Topics...
We are thrilled to begin the new
year with an exciting topic "Don't
Let Chronic Pain Keep You Out
of the Game". **Norman Regional's
Manager of Physical Rehabilitation.**
Sarah Merchant PT, MPT
will be our speaker. Please join
us on Tuesday, January 15th at 6:00
PM in the Norman Regional Hospi-
tal Education Center 901 N. Porter
Ave Norman, OK for this FREE
Health and Wellness Seminar. Reg-
istration is not required.

JANUARY 21

Martin Luther King Day:
Monday, January 21.
OKC news: No trash, recycling
or bulky waste pickup. Makeup day
Wednesday, January 23. City offices
closed. EMBARK bus and streetcar
service on regular schedule. Munic-
ipal Court pay window closed.
Animal Shelter close. Household
Hazardous Waste Facility closed.

JANUARY 26

Winter Tree ID

Learn to identify a tree without its
leaves at the Will Rogers Garden,
3400 NW 36th Street, from 10:30am
to Noon January 26. This will pri-
marily be an outdoor tour with some
ID pointers. Free. All ages. Visit
okc.gov/parksignup and search key-
word 19564 to sign up.

FEBRUARY

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

Saturday, February 9, 2019

Home Search 101
**Panel Discussion with 4 different
Senior Communities (Independ-
ent, CCRC, Assisted, and
Memory Care)**
Time: 10:00 - 12:00 pm
Location: Healthy Living, OKC
11501 N Rockwell Ave
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Significant Women in Oklahoma Agriculture

Highlight: Esther Miller

by Bryan Painter

One ride plus one full day equaled two lessons learned for Esther Miller.

Although Miller grew up on a farm, she learned some valid points of ranch life from husband Dave Miller, rather quickly.

"Early in our marriage I learned that when you are told to get a good drink of water, do so," she said. "Dave and I were going horseback to look for cattle. I had on a new pair of boots which I wasn't accustomed to wearing. Dave told me to get a good drink of water. I took a sip or two, but did notice Dave drank a lot."

It was an August morning in humid eastern Oklahoma.

"When we finally got back to the house I had learned to never leave the house with a cowboy without getting a good drink of water, and never wear new boots to go on a long ride," Miller said. "On the farm, water was never that far away, but it was on the ranch."

That's not all. Miller, who lives near Okmulgee, has a tip from another experience that might help a new ranch bride out somewhere down the road.

"I have also learned that when you cut down a fence with a swather," she said, "just burst into tears and you will have a very sympathetic husband instead of a livid husband."

Growing up

Esther was born in the 1930s to Aldon and Rose Sullivan Magness, who raised wheat, cotton and cattle near Geary. In later years, the family took on a custom wheat harvesting business and operated combines from Grandfield in southern Oklahoma all the way to Montana.

"We had a trailer house and went along with him some years," she



Esther Miller, who lives near Okmulgee, is being recognized as a Significant Woman in Oklahoma Agriculture.

said. "My mother cooked for the crew and my sisters and I helped in the kitchen. The summers we did not go with him, my mother and a neighbor took care of the farm."

Through those years, Miller saw her parents work hard and steady for what they had and she realized nothing is for free.

"Agriculture is a way of life to me," she said. "People in Agriculture have good values, are well-grounded and friendly and are always there with a helping hand. We feel lucky to have raised a family in an agricultural environment."

The next chapter

Esther and Dave met in 1952 while students at then-Oklahoma A&M College. They married in 1953 and Dave was drafted soon after that.

"The Korean War was just winding down and he went to Japan and I followed," she said. "When we returned, he continued in the cow/calf and wheat partnership he and his brother had started earlier. They also raised horses and alfalfa, and baled native grass hay for the cows in the winter."

Dave came from a pioneer ranching family, a cow/calf operation in northeastern Okmulgee County. In 1878, Dave's grandfather Bluford Miller and his new bride, Lizzie Anderson, made their home in a log cabin along Rock Creek. Two years

later they moved into an L-shaped two story house. Today, Esther and Dave live in that house that was remodeled nearly a hundred years ago, in 1919.

Dave and Esther lived on the family ranch at Mannford in Creek County and then moved to the ranch in Okmulgee County after his father Bluford W. "Bunch" Miller died in 1963.

"We have lived here for 55 years," she said. "We have added some land, but mostly have cleared land already owned. Early on there were some registered Hereford cows, but the cow herd was mostly commercial. In about 1982 the brothers dissolved their partnership and soon after that Dave sold his cows, went into the stocker business and started clearing land. We now have our hay baled."


The business is still very much a family endeavor. Esther and Dave have three sons: David Jr., John and Mark. Between the three sons, Esther and Dave have six grandchildren and one great granddaughter.

"David Jr. and Mark are in partnership with the stockers and John runs a family owned oil and gas business," she said. "A grandson, Tanner, a recent OSU graduate, is helping us out temporarily. We hope we have taught our family to be good citizens, to be reliable,

Continued next page

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MILLER

Continued from Page 6

honest and trustworthy and that it takes effort and perseverance to accomplish what you want. A ranch is a good place to learn that. Our boys grew up working cattle and baling hay."

Other lessons learned

When the interest rates were so high in the 1970s and 1980s, Esther Miller said they were just starting in the stocker business and it was pretty tough getting the lenders to loan money for stockers. However, they kept their heads up and continued trying different things and finally got through it.

That lesson taught her that, "If you want to do something bad

enough you can do it."

"When things came together for us financially, I realized even though there had been a lot of trials, we had really had a wonderful life through it all and feel that we have been truly blessed," she said.

Maybe that's why one of her favorite quotes is from the Serenity Prayer: "God Grant Me the Serenity to Accept the Things I Cannot Change, The Courage to Change the Things I Can, and the Wisdom to Know the Difference."

Miller feels that is a lesson learned that equals a lifetime worth of blessings.

"It seems to me if we all took that to heart it would be a better and happier world," she said.

PROMISE

Continued from Page 3

to get out and visit and help and spend time with people," Beckett said. "It's super important for the patient to have a neutral person to be able to tell their fears. They're not going to tell their family. Sometime they'll tell us as a nurse but to have someone who can go in and spend four or five hours at the bedside and just watch TV or read or have a conversation it's so important."

"And it's important for the family to get out of the house and get a break and we really encourage that."

From the outset, Beckett has brought her staff out into the community when they're not in patients' homes.

Once a month you'll find the Promise Care team working at a homeless shelter serving others.

Every year you'll find Beckett and staff handing out turkeys with a local law firm.

"Our group is really unique. We like to get out and go do things probably a lot of other businesses don't do together," Beckett said.

Remembering the holidays are always packed with events, Beckett was scolded by her staff this year when she suggested they take December off from the shelter serving line.

"They got mad at me," Beckett laughed. "We like to give back. I think for most of the staff we all have to have a paycheck but I think we'd all do this for free."

Honoring loved ones is what Promise Care is all about.

And Beckett admits she has a

soft spot for veterans.

"I'm a Lawton girl so veterans are near and dear to my heart," she said. "My dad is buried at the national cemetery. People on our team are veterans so we want to honor them, too."

It's those little things along the way that most don't realize that are actually the big things in life.

And it's those moments that Beckett promises to make count.



OKLAHOMA CITY HOUSING AUTHORITY will begin accepting Section 8 Housing Choice Voucher Applications January 15, 2019. Applications will be accepted online. In order for an application to be considered, Applicants "MUST" have an email. If you do not have a current email account, you will be allowed to set one up under Gmail, Hotmail or Yahoo when you first go online to apply. Please visit www.ochanet.org to complete and submit the application. For applicants who are disabled or those needing assistance, please call 405-605-3248.

The website will be available January 11, 2019 in order for a person to familiarize themselves with the application process. However, you "MUST" revisit the site on January 15, 2019 or later to officially complete the application.

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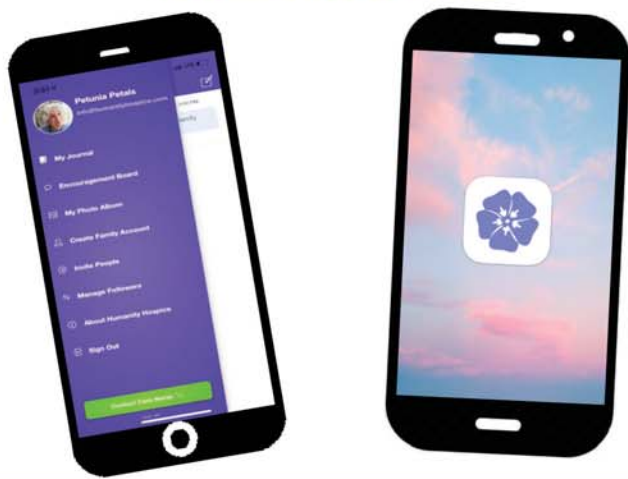


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OSDH Encourages Preparedness for Winter Weather

The Oklahoma State Department of Health (OSDH) encourages the public to take safety precautions for the upcoming winter weather. Proper planning can reduce the risk of injury and illness while also ensuring a family is prepared for a major winter weather event.

Cold outdoor temperatures require residents to monitor not only their home temperature, but their body temperature as well. Reports from the Centers for Disease Control and Prevention (CDC) advises infants less than 1 year of age should never sleep in a cold room because infants lose body heat more easily than adults. Room temperatures should remain above 65 degrees.

In a sleeping area, babies should not be wrapped in blankets, but rather dressed in warmer clothing such as footed pajamas. Also, a baby's face and head should not be covered while sleeping. It is important not to over bundle a baby, because overheating can be dangerous as well. Parents and caregivers should watch for signs of overheating, such as sweating or the baby's chest feeling hot to the touch. If a comfortable indoor temperature cannot be maintained, temporary arrangements should be made to stay elsewhere.

It is also important for adults age 65 and older to remain in a warm environment as they often make less body heat because of a slower metabolism and less physical activity.

Scott Sproat, director of the OSDH Emergency Preparedness and Response Service, said it's important to use caution when heating a home with a fireplace, space heater or wood stove, using them only when they are properly vented.

"You can protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector," said Sproat. "Never use generators, grills, camp stoves, or similar devices inside the house, in basements, in garages, or near windows. It's also important to have chimneys cleaned and inspected each year."

Other tips to prepare for winter weather include:

- Wear multiple layers of clothing to stay warm, as well as a hat, scarf, mittens, a water-resistant jacket and boots. Stay as dry as possible, as water against the skin from wet clothing can chill the body quickly.

- Be prepared if basic services such as water, gas, electricity or telephones are cut off for an extended period of time. Those who depend on electricity to operate medical equipment should have alternate arrangements.

- Vehicles should be winterized before winter storm season. Check the tread on all tires and make sure they are not too worn to risk losing traction on the road. Keep the gas tank full for emergency use and to keep the fuel line from freezing.

- Carry extra clothing, blankets and high energy snacks, such as trail mix or protein bars in your car for protection if the car stalls.

- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.

- Stay informed. Know what National Weather Service winter storm and blizzard watches and warnings mean. Learn more about weather advisories at nws.noaa.gov.

For more information about preparing for winter weather and other events, visit www.ready.gov.

CLUB

Continued from Page 1

In December, the Salvation Army Central Oklahoma Command announced that it will host Let's Talk About It, Oklahoma!. The series of reading and discussion programs are made possible through a grant from Oklahoma Humanities with generous funding from the Inasmuch Foundation and the Kirkpatrick Family Fund.

The Salvation Army's Warr Acres Senior Center, 4301 N. Ann Arbor, will be the venue for the five-part series, Friendship. The series will explore the subject of friendship and its power to enrich and sustain our loves.

The titles in the series include: Jacob Have I Loved by Katherine Paterson; The Chosen by Chaim Potok; The Color Purple by Alice Walker; Turtle Diary by Russell Hoban; and Recovering: A Journal by May Sarton.

The first reading and discussion group is set for January 17th from 9-11 a.m. with Harbour Winn leading the discussion of Jacob Have I Loved. Participation is free, however seating is limited.

"We are very excited to be offering this reading and discussion program once again," Maguire said.

"The discussions and open dialogue our participants have been having, not only with the scholar, but also with each other are both interesting and thought provoking. I am extremely thankful to Oklahoma Humanities for investing in our senior population with this program."

"This is how I view it: if it changes one life it's impactful," Maguire said. "You have seniors that love playing dominoes or love line dancing but then you have seniors who need to be intellectually stimulated because maybe of their background, love for reading or they can't do the other things."

"Some of them needed that intellectual challenge and that really answered to the stimulation they were looking for."

The Salvation Army Central Oklahoma has been serving the elderly population for more than 50 years. There are currently four senior centers in the Oklahoma City metro area serving approximately 350-425 seniors each week.

The centers are open to anyone age 55 or older, free of charge. Wellness activities, lunch, Bible study, and reading and discussion groups are all a part of the current programming taking place.

The mission of Oklahoma Humanities (OH) is to strengthen

communities by helping Oklahomans learn about the human experience, understand new perspectives, and participate knowledgeably in civic life. OH is a private 501(c)(3) nonprofit organization. As the state affiliate of the National Endowment for the Humanities, we strive to stimulate discussion, encourage new perspectives, and to actively engage people in the humanities disciplines such as history, literature, philosophy and ethics.

The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its ministry is motivated by the love of God.

The mission is to preach the gospel of Jesus Christ and to meet

human needs in His name without discrimination.

Nearly 183,000 Oklahomans receive assistance from The Salvation Army Central Oklahoma each year through the broadest array of social services that range from providing food for the hungry, relief for disaster victims, assistance for the disabled, outreach to the elderly and ill, clothing and shelter to the homeless and opportunities for underprivileged children.

About 83 cents of every dollar raised is used to support those services. For more information, go to www.salvationarmyokcac.org.

The Salvation Army Central Oklahoma Area Command is a proud partner agency of the United Way of Central Oklahoma.

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OU College of Nursing Receives Grant to Provide Nursing Home Leadership Training

Nationally, Oklahoma has one of the highest rates of staff turnover in nursing homes – 68 percent -- a statistic that affects the quality of care that residents receive.

To address that problem, the Fran and Earl Ziegler University of Oklahoma College of Nursing is creating the Long-Term Care Leadership Academy, a training program that aims to develop leadership skills through education and mentoring for staff members at nursing homes across Oklahoma. The goal is that a resulting culture change will improve staff retention and the care that residents receive.

The program is funded by a nearly \$400,000 grant from the Civil Money Penalties program, administered by the Oklahoma State Department of Health. When nursing homes are fined, that money goes to the Centers for Medicare and Medicaid Services, and part

of it returns to the Oklahoma State Department of Health, where it can only be used for quality improvement projects that help residents of nursing homes.

"Improving the nursing home workplace culture by developing staff leadership skills is an important determinant of quality care for nursing home residents," said Gary Loving, Ph.D., RN, interim dean of the OU College of Nursing.

Recent studies have shown staff turnover to be more important to nursing home outcomes than staffing or skill mix. Nationally, certified nursing assistants have the highest turnover rate at 51.5 percent, followed by registered nurses at 50 percent and licensed professional nurses at 36 percent. With an overall staff turnover of 68 percent, Oklahoma's nursing homes lose significantly more employees than the national average of 43.9 percent.



(From left) Diana Sturdevant, Ph.D., R.N., and Teri Round, M.S., R.N.

In addition, Oklahoma's Medicaid reimbursement for nursing homes is one of the lowest in the nation, which adds to the difficulty of retaining good staff.

"It is extremely difficult to work on improving the quality of life and care of residents without adequate staff," said Diana Sturdevant, Ph.D., RN, of the OU College of Nursing. "High turnover depletes limited resources and reduces productivity because of the added costs of hiring and training new employees."

Sturdevant is leading the Long-Term Care Leadership Academy with OU College of Nursing colleague Teri Round, M.S., RN. The curriculum is being developed by incorporating evidence-based practices and the expertise of college faculty and nursing home experts.

The program will be geared toward three levels of nursing home employees. Level one consists of the director and assistant director of nursing and the administrator. Level two includes RNs and LPNs who have direct leadership responsibilities of co-workers. Level three consists of certified nursing assistants and their roles in affecting the quality of life and improved care for residents.

Four face-to-face regional meetings will be provided, with one day for each level's education. The fourth day will be a half-day period for all three levels to practice the skills they've learned. Program topics include communication and teamwork, giving and receiving

delegation, generational differences, person-centered care, culture change, co-worker engagement, retention and succession planning.

Leadership skills will be an important focus for nursing home supervisors, Sturdevant said. Nursing homes typically employ RNs as directors and assistant directors of nursing, and LPNs as charge nurses. They usually do not receive leadership training as part of their academic education.

"They often lack skills in conflict resolution, effective communication and inclusiveness," Sturdevant said. "Many use an authoritative approach with top-down communication that does little to facilitate teamwork."

Following the Long-Term Care Leadership Academy, staff members will continue to be mentored. They also will undertake projects designed to support culture change and to meet a need specific to each nursing home. Projects will potentially address antibiotic stewardship, infection prevention, antipsychotic medication reform and others.

"The OU College of Nursing faculty and staff have expertise in leadership training, development and implementation of quality improvement processes and systems change," Round said. "We are excited to work with nursing home staff members across Oklahoma on meaningful ways they can retain staff and create a better culture for both employees and residents."

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HAROLD HAMM DIABETES CENTER ANNOUNCES DIRECTOR

The University of Oklahoma Health Sciences Center has announced Jacob E. "Jed" Friedman, Ph.D., as director, Harold Hamm Diabetes Center at OU Medicine, and associate vice provost for diabetes programs, commencing January 1, 2019.

The announcement comes on the heels of a new \$34 million dollar gift made to the Harold Hamm Diabetes Center. The gift from The Harold Hamm Foundation will be allocated over the next 10 years to fund research, technology and talent such as Friedman.

"We are enthusiastic that Dr. Friedman will grow the national and international research stature of the Diabetes Center, competing for sponsored funding, and recruiting and mentoring talented researchers," said Jason Sanders, M.D., MBA, senior vice president and provost, OUHSC, and vice chair, OU Medicine. "He brings a clear vision for changing the course of diabetes prevention and treatment."

Friedman comes to the Harold Hamm Diabetes Center from the

University of Colorado School of Medicine, where he served as the director of the Colorado Program in Nutrition and Healthy Development and director of the National Institutes of Health Nutrition and Obesity Research Center laboratories for cellular and molecular metabolism. He was also a professor in Pediatrics, Biochemistry and Molecular Genetics, and Medicine.

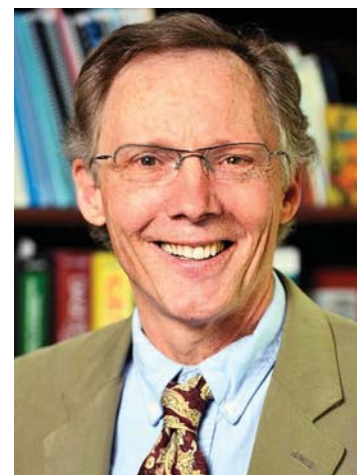
Friedman has earned numerous National Institutes of Health and industry funding awards, as well as a Gates Grand Challenge grant. He has more than 134 peer-reviewed articles to his credit, selected for publication in a number of prestigious journals, including the Journal of Clinical Investigation, Proceedings of the National Academy of Sciences, Nature Communications and Diabetes.

Friedman has led teams of researchers, working in both basic and translational research areas. He is the lead investigator on numerous multi-Principal Investigator team science grants, and is involved with several

clinical trials based on his basic science work. He was awarded the 2014 American Diabetes Association Norbert Freinkel Award, the highest award given for lifetime achievement in advancing the science and clinical care for diabetes in pregnancy.

"My vision for the Harold Hamm Diabetes Center is a focus on the emerging science of the developmental origins of diabetes and obesity identified in the first 1,000 days of life," Friedman explained. "Research has established that a variety of adverse events in early developmental phases lead to life-long metabolic problems."

Friedman's research will involve studies on metabolism, mitochondrial malfunction, microbiome and epigenetics, and he will advance



Jacob E. "Jed" Friedman, Ph.D., director, Harold Hamm Diabetes Center at OU Medicine.

clinical and translational research in women with gestational diabetes and their infants to halt the growing trend for obesity and diabetes in the next generation.

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The Mission of the Hearing Loss Association of America Central Oklahoma Chapter is to open the world of communication to people with hearing loss by providing information, education, support, and advocacy.

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--Volunteer, Vernice Meade



TRAVEL/ ENTERTAINMENT

A Wintry Wichita Get-a-way

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

Even in the depths of winter, Wichita, Kansas can be an inviting destination. My wintry escape included a traveling Broadway show, museums, dining, A Cowtown Christmas and quality comfort in an expansive historic hotel. And its two and half hour drive north of Oklahoma City on smooth interstate 35, made it even more appealing.

Over the decades, I have seen several theatrical events at Century II, Wichita's modern convention and entertainment venue, and it was my starting point in planning my weekend get a way. Having never seen, and needing a humorous musical entertainment, Once I booked a ticket to see the traveling, "Young Frankenstein." It was



performed admirably, and despite the inevitable comparison to the movie, it held up rather well as an evening's respite from reality.

The convenience of my hotel stay at the Drury Broadview, across the street, added to my pleasure as did the perfect meal at its adjoining restaurant Avi. My filet was prepared to my directions as was the three blue cheese olive Stoli Martini, which got the evening

off to a fine start. Completing the meal it was hard to choose from the dessert offerings of: Carrot Cake with German Chocolate Ice Cream, Chocolate and Orange Vanilla Cream Brule, Apricot Almond Goat Cheese-cheesecake, or a Chocolate covered Cranberry Chipolte bread pudding with Mixed Berry ice cream. But I did.

Besides the complete renovation of the Drury's interior, the free extras of Internet, a hot buffet breakfast and the offerings of 3 free cocktails at their evening breakaway, complete with heavy additional treats that might include hot dogs, macaroni and cheese and nachos, and free internet, made the reasonably priced stay even more of a pleasure. Of course the pool and hot tub along with covered

boardwalks past wooden stores and Victorian styled houses lit by kerosene lamps, set the stage for a congenial wintry outing.

Wichita has a number of exceptional museums and galleries, including the Wichita-Sedgwick County Historical Museum with its authentic recreation of an 1890 Wichita Cottage; the Kansas Aviation Museum with its collection of everything aviation; the Wichita Art Museum with its traveling exhibits and the Museum of World Treasures with everything from pre historic Dinosaurs to movie memorabilia.

A visit to Hat Man Jacks, in the historic Delano district, will custom fit your head to the appropriate covering for comfort, utility, and most expertly for an appealing appearance. Jack is the couture of men's hats. He also has an extensive knowledge of early Wichita, and his stories are not only educational on frontier Chisholm Trail times, but entertaining.

Of course in our mobile society some venues may have changed or even closed so it is wise to do a little on line checking before taking your Wichita visit.

As there is more to share of Wichita, so please explore on your



parking let you know you were an appreciated guest.

The highlight of my weekend's theatrical entertainment was the surprise virtuosity of the Diamond W Wrangler singers at the Empire House Christmas Dinner at the living history Cowtown venue. Their close harmonies ~ reminiscent to the "Sons of the Pioneers" ~ along with tongue in cheek humor, and a sufficient western style meal made the evening worth the effort to venture out in the cold.

Of course I was there during a Santa Claus visit, with his lap venue for good little girls and boys, along with singing in the western church ~ complimented by guitars and dulcimers courtesy of the Great Plains Dulcimer Alliance and Acoustic Treasures ~ and wandering in the moonlight over



own by visiting, www.gowichita.com and asking for their visitor guide. Drury Plaza Broadview - druryhotels.com/content/broadview.aspx Wichita Historical Museum - www.wichitahistory.org Wichita Art Museum - <http://wichitaartmuseum.org> Century II - www.century2.org

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Be aware of scammers this tax season



The Oklahoma City Police Department's Triad program has been around for close to 18 years. Triad is a program which provides a joint approach to crime issues which affect older citizens and provides the enhanced delivery of law enforcement services to our more mature population. Triad sponsors crime prevention and victim/witness programs for older persons, offers reassurance programs for older persons to reduce fear and provide moral support; provides a forum for law enforcement and the community to share needs, concerns, and develop solutions. TRIAD unites senior citizens, sheriffs and local police to identify problem areas for senior citizens in order to develop and implement community-wide solutions.

The Oklahoma City Police Department started the Triad program in November 2001. Sheryl Presley is the department's Triad coordinator and runs the Triad groups in the metro. Triad North meets the second Thursday of the month at 1:30pm at India Shrine. Triad South meets the third Thursday of the month at 1:30pm at Woodson Senior Center 3401 S May, and Triad East meets at our Springlake Station (4116 N. Prospect) on the third Monday of each month at 10:00am (except January & February when the meetings are bumped to the fourth Monday of the month). There are no meetings in September & December. Each meeting typically features a guest speaker who provides informative information. Current scams and frauds targeting senior citizens are also discussed.

Tax season is a time when we see IRS scam ramp up. Seniors are targeted primarily because they are viewed as easy prey. Usually the scammer will call from a number they have spoofed to make it look like it is the IRS calling. The caller will usually say something like they

are with IRS and you owe them money. The victim, thinking that it is the IRS, reacts out of fear and suddenly believes that they had better pay the IRS. First, the IRS will never call you if you owe them money. Second, the IRS will not threaten you and tell you that you have to pay them right now. If you owe money to IRS, they will send you a letter in the mail. If you choose to ignore it, they will send you another letter. If you still ignore the letter, then the IRS will turn your case over to a collection agency. This type of scam is something we go over in our meetings with our Triad members and talk to them about what to do. You can also report the call to the IRS impersonation scam line at 1-800-366-4484 or website at www.tigta.gov.

Scammers also use a ploy known as phishing to obtain your personal information. Phishing scams are typically carried out by a scammer sending you an email that claims to be from a financial institution, business, or a government entity like the IRS. The email usually asks for personal identifying information such as your date of birth or your social security number. It is not uncommon for the scammer to ask for your credit card number or the PIN from your debit card. Never give out this type of information to anyone who requests it in the form of an email. Again, the IRS will not send you an email claiming that you owe them back taxes.

This is but one of several IRS scams of which senior citizens should be mindful. Over the past few years, we have seen a trend of thieves stealing identities to fraudulently obtain IRS refund checks. It begins when a scammer assumes someone else's identity and then fills out a tax a tax return in that person's name. The IRS then sends the scammer victim's tax refund check, and since they have already assumed the victim's identity, they

Senior Safety



simply cash the check and pocket the money. Please remember that if something seems suspicious, always err on the side of caution and call police.

A great way for senior citizens in our community to stay current on the latest scams and threats is to get involved in Triad. Having knowledge of scams and crimes targeting the elderly is a great way to help

yourself stay safe.

If you have questions regarding Triad, please contact Sheryl Presley at 316-4336. Sheryl is also available at no charge to give presentations on scams, identity theft, mail safety, neighborhood safety, personal and home safety, holiday shopping tips, purse safety, and elder abuse.

STRANGE BUT TRUE SO THEY SAY...

BBT In Tennessee, it is against the law to drive a car while sleeping.

BBT In New York, it is against the law for a blind person to drive an automobile.

BBT In West Virginia, only babies can ride in a baby carriage.

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Mercy Health Foundation to Host Annual Gala on Jan. 18

Fundraiser will feature a performance by country music group Runaway June

Next month, break out your dancing shoes to benefit a great cause at the Mercy Gala, hosted by Mercy Health Foundation Oklahoma City.

The annual fundraiser will be held on Friday, Jan. 18, at 6 p.m. at the National Cowboy & Western Heritage Museum in Oklahoma City. This year's event will feature dinner, a silent auction, a raffle, a special performance by country music trio Runaway June and an after party hosted by DJ Kirby.

Recognized by Billboard as the "Next Hot Trend in Country Music," Runaway June is the first all-female trio in more than a decade to earn two Top 40 hits. The group also received a 2018 Academy of Country Music nomination for "New Vocal Duo or Group of the Year." They just released their debut project for Wheelhouse Records and are preparing to join Carrie Underwood on tour in May.

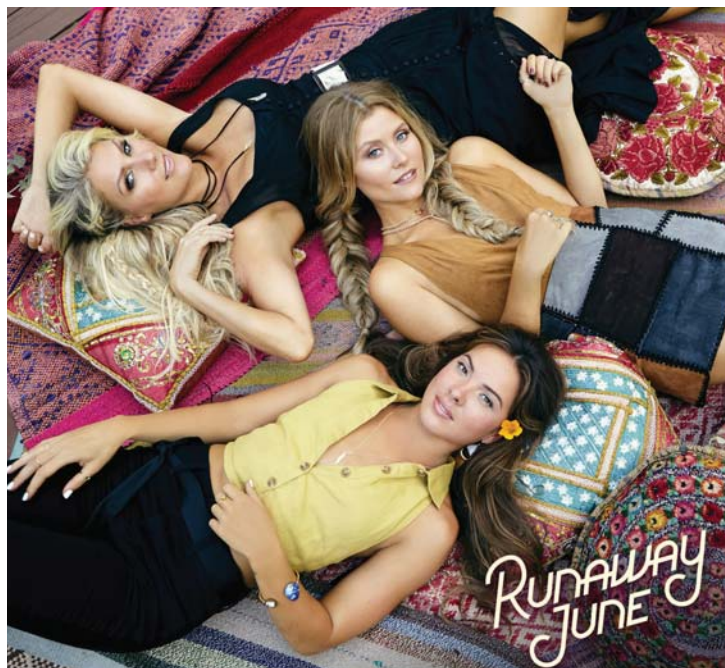
"For more than 30 years, the Mercy Gala has been a way for the community to come together to

help those in need receive medical services and we are so thankful for that support," says Lori Cummins, executive director of the Mercy Health Foundation Oklahoma City. "And, we are thrilled to have Runaway June performing and DJ Kirby hosting our after party this year."

DJ Kirby has a distinct style of mixing and blending classic party music spanning every music genre. He has performed with The Black Eyed Peas, Bon Jovi, Britney Spears, Maroon 5, Justin Bieber, Jay-Z, Justin Timberlake, Kid Rock and many others. He also has a mix show every Saturday on eight different radio stations across the country.

Because Mercy provides care to all patients, regardless of their ability to pay, all proceeds from the gala will support the charitable needs of patients at Mercy. Last year's event raised more than \$280,000 for programs like Mercy's Project Early Detection, which provides free breast health services to uninsured or underinsured Oklahomans.

This year's event will help support the charitable needs of patients at



Runaway June will be highlighting the Annual Mercy Health Foundation Gala with a performance January 18, 2019.

Mercy in Oklahoma City to include the Mercy Good Samaritan Clinic, Project Early Detection and other forms of patient assistance like help with medications, transportation, nutrition and more.

To learn more about the gala, to purchase tickets or to become an event sponsor, visit www.bit.ly/MercyGALA19 or call (405) 486-8944. Individual tickets are \$200 and sponsorship opportunities are still available.

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Study shows dementia care model delays nursing home admissions, reduces Medicare costs

A new research study co-authored by an OU Medicine physician shows that a comprehensive, coordinated care program for people with dementia and their caregivers significantly decreased the likelihood that the patients would enter a nursing home. The study also shows that the program saved Medicare money and was cost-neutral after accounting for program costs.

The research, conducted at the UCLA Alzheimer's and Dementia Care Program, was designed to evaluate the costs of administering the program, as well as the health care services used by program participants, including hospitalizations, emergency room visits, hospital readmissions and long-term nursing home placement.

"The most striking finding was that patients enrolled in the program reduced their risk of entering a nursing home by about 40 percent," said lead author Lee Jennings, M.D., assistant professor at the University of Oklahoma College of Medicine. Jennings began the project while on faculty at the Geffen School at UCLA and finished it after arriving at

Oklahoma.

The study was published Dec. 21 in JAMA Internal Medicine.

The research focused on the UCLA Alzheimer's and Dementia Care Program. In the program, people with dementia and their caregivers meet with a nurse practitioner specializing in dementia care for a 90-minute in-person assessment and then receive a personalized dementia care plan that addresses the medical, mental health and social needs of both people. The nurse practitioners work collaboratively with the patient's primary care provider and specialist physicians to implement the care plan, including adjustments as needs change over time. A total of 1,083 Medicare beneficiaries with dementia were enrolled in the program and were followed for three years. The study compared them to a similar group of patients living in the same ZIP codes who did not participate in the program.

There were no differences between the two study groups in hospitalizations, emergency room visits

or hospital readmissions. However, cost was another important element of the study. Participants in the program saved Medicare \$601 per patient, per quarter, for a total of \$2,404 a year. However, after program costs were factored in, the program was cost-neutral and might result in savings in other health care systems. That was good news to the study's authors.

"The findings of this study show that a health care system-based comprehensive dementia care program can keep persons with dementia in their homes and in the community without any additional cost to Medicare," said the study's senior author, David Reuben, M.D., Archstone Professor of Medicine and chief of the UCLA Division of Geriatrics at the David Geffen School of Medicine at UCLA.

Jennings added that individuals with dementia typically have not received good-quality care. "Part of the reason," she said, "is that the care takes a significant amount of time, which primary care physicians

don't have in abundance. In addition, pharmacologic treatments for dementia are limited, which makes community resources all the more important for both patients and caregivers. However, community programs tend to be underutilized."

The intervention featured in the study addresses those issues directly. The assessment looks not only at what the patient and caregiver need, but also at their strengths, such as financial security, family assistance and proximity to community resources. It is designed to be interdisciplinary and to address the needs of both patients and caregivers.

"This study aligns with similar studies of collaborative care models for other chronic diseases, such as heart failure," Jennings said. "It underscores that we need to be thinking differently about how we provide care to persons with chronic illnesses, like dementia. This study shows the benefit of a collaborative care model, where nurse practitioners and physicians work together to provide comprehensive dementia care."

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Commissioner Doak Applauds Ruling that Overturns Affordable Care Act

Oklahoma Insurance Commissioner John D. Doak is praising the ruling by a federal judge that the Affordable Care Act is unconstitutional. Judge Reed C. O'Connor said the tax bill passed by Congress in Dec. 2017 effectively rendered the entire health law unconstitutional because it eliminated the penalty for not having insurance. O'Connor, judge of the United States District Court for the Northern District of Texas, ruled that without that penalty, the law was no longer valid.

"I applaud the decision by Judge O'Connor to rule that the ACA is unconstitutional," said Doak. "It offers an opportunity to refocus efforts on choice, affordability and consumer protections, elements that have been absent in the marketplace since the inception of the ACA. Whether the ruling is upheld through the appellate process or not, it is now time to apply sensible free market alternatives and fix the ACA problems legislatively. Part of this strategy should be the promotion of consumer alternatives such as association health plans and



Oklahoma Insurance Commissioner John D. Doak

short-term limited duration plans."

The administrator of the Centers for Medicare & Medicaid Services, which oversees federal insurance exchanges, said the ruling will have no impact to current coverage or coverage in a 2019 plan. An appeal is expected in the case which will likely end up in the Supreme Court.

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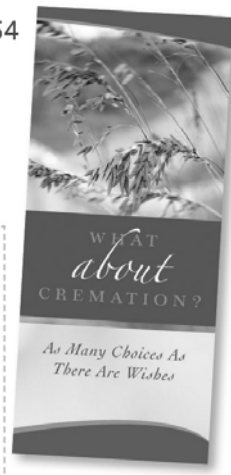
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CROSSWORD CORNER

Across

- 1 Pervasive clown
- 5 You, in Peru
- 10 ABC drama about plane crash survivors
- 14 Footnote notation
- 15 Nary a soul
- 16 Stuff in a dump
- 17 Buried the hatchet
- 20 Leafy Tolkien creature
- 21 Boomers' kids
- 22 Round gaskets
- 23 Steely Dan album pronounced like a continent
- 24 Move with effort
- 25 Got on everyone's nerves
- 33 Let in or let on
- 34 Man with a code
- 35 Prohibit
- 36 They may be black or green
- 37 _ Waldo Emerson
- 38 Ask for proof of age
- 39 Street in "Freddy vs. Jason"
- 40 _ colony
- 41 With "en," hot, in sports slang
- 42 Showed disapproval
- 45 Western tribe
- 46 Remote cells
- 47 Evening get-together

20 Venus de Milo knockoffs?

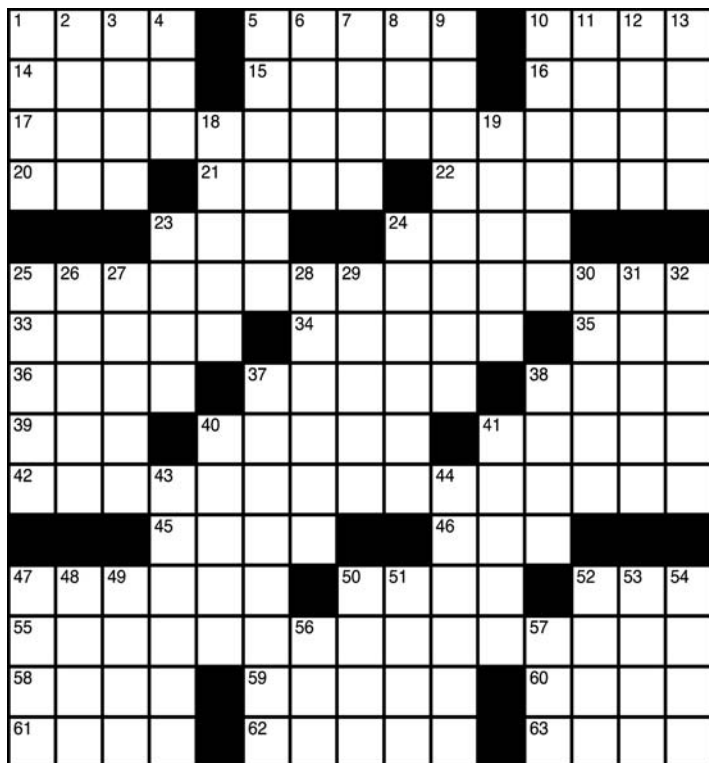
- 52 Stat for Chris Sale
- 55 Type of auto found in the three other longest puzzle answers
- 58 Fine spray
- 59 Meathead's '70s TV mother-in-law
- 60 Scintilla
- 61 Bump on a lid
- 62 Tony of "Who's the Boss?"
- 63 Seemingly forever

Down

- 1 Kid's wheels
- 2 Ruler of the Valkyries
- 3 Get-up-and-go
- 4 Mantra sounds
- 5 Like zombies
- 6 Rise dramatically
- 7 Oodles
- 8 Word with tight or loose
- 9 Reduce to rubble
- 10 Pretentious
- 11 Writing on the wall, so to speak
- 12 Complacent
- 13 Bikini parts
- 18 Joe Namath, notably
- 19 Came up
- 23 Without warranty
- 24 Flowery, as prose
- 25 Provide fare for an

affair

- 26 "A Passage to India" heroine
- 27 Savory taste
- 28 Some refrigerators
- 29 "Interstellar" director Christopher
- 30 Mav or Cav
- 31 Things in a hold
- 32 Fund, as an academic chair
- 37 Got money for
- 38 Team that hasn't won a World Series since 1908
- 40 Fizzle (out)
- 41 Elaborate spread
- 43 French police force
- 44 Steinway competitor
- 47 Virtual citizens in a video game
- 48 Doing the job
- 49 Teeny
- 50 Deuce follower, in tennis
- 51 Cracker brand
- 52 Chamber effect
- 53 Drops from above
- 54 Part of MFA
- 56 Writer LeShan
- 57 Farm female



Answers on page 29

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OPINION & MORE

THE SAVVY SENIOR

Dear Caregiving,

The rules and requirements for Medicaid eligibility for nursing home care are complicated and will vary according to the state where your parent lives. With that said, here's a general, simplified rundown of what it takes to qualify.

Medicaid Eligibility

Medicaid, the joint federal and state program that covers health care for the poor, is also the largest single payer of America's nursing home bills for seniors who don't have the resources to pay for their own care.

Most people who enter nursing homes don't qualify for Medicaid at first, but pay for care either through long-term care insurance or out-of-pocket until they deplete their savings and become eligible for Medicaid.

To qualify for Medicaid, your parent's income and assets will need to be under a certain level that's

Dear Savvy Senior, What are the eligibility requirements to get Medicaid coverage for nursing home care? *Caregiving Daughter*

determined by their state. Most states require that a person have no more than about \$2,000 in countable assets that includes cash, savings, investments or other financial resources that can be turned into cash.

Assets that aren't counted for eligibility include their home if it's valued under \$560,000 (this limit is higher - up to \$840,000 - in some states), their personal possessions and household goods, one vehicle, prepaid funeral plans and a small amount of life insurance.

But be aware that while your parent's home is not considered a countable asset to determine their eligibility, if he or she can't return home, Medicaid can go after the proceeds of their house to help reimburse their nursing home costs, unless a spouse or other dependent relative lives there. (There are some other exceptions to this rule.)

After qualifying, all sources of your parent's income such as Social Security and pension checks must be turned over to Medicaid to pay for their care,

When Will Medicaid Pay for Nursing Home Care?

except for a small personal needs allowance - usually between \$30 and \$90.

You also need to be aware that your parent can't give away their assets to qualify for Medicaid faster. Medicaid officials will look at their financial records going back five years to root out suspicious asset transfers. If they find one, their Medicaid coverage will be delayed a certain length of time, according to a formula that divides the transfer amount by the average monthly cost of nursing home care in their state.

So if, for example, your parent lives in a state where the average monthly nursing home cost is \$5,000 and they gave away cash or other assets worth \$50,000, they would be ineligible for benefits for 10 months (\$50,000 divided by \$5,000 = 10).

Spousal Protection

Medicaid also has special rules for married couples when one spouse enters a nursing home and the other spouse remains at home. In these cases, the healthy spouse can keep

one half of the couple's assets up to \$120,900 (this amount varies by state), the family home, all the furniture and household goods and one automobile. The healthy spouse is also entitled to keep a portion of the couple's monthly income - between \$2,030 and \$3,022. Any income above that goes toward the cost of the nursing home recipient's care.

What about Medicare?

Medicare, the federal health insurance program for seniors 65 and older, and some younger people with disabilities, does not pay for long-term care. It only helps pay up to 100 days of rehabilitative nursing home care, which must occur after a hospital stay.

Find Help

For more detailed information, contact your state Medicaid office (see Medicaid.gov for contact information). You can also get help from your State Health Insurance Assistance Program (see ShiptaCenter.org), which provides free counseling on all Medicare and Medicaid issues.

Jan/Feb AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

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Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Jan 8/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Kruck

Dale Robertson Center - 1200 Lakeshore Dr.

Jan 8/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky

Rose State Convent. Learning Center - 6191 Tinker Dia. room 203

Jan 11/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards

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

Jan 22/ Tuesday/ Mustang/ 9 am - 3:30 pm/ 376-3411/ Kruck

Mustang Senior Center - 1201 N. Mustang Road

Jan 28/ Monday/ Shawnee/ 9:30 am - 3:45 pm/ 818-2916/ Brase

Shawnee Senior Center - 401 N. Bell Street

Jan 29/ Tuesday/ Okla. City/ 8:30 - 3:30 pm/ 773-6910/ Kruck

Healthy Living Center - 11501 N. Rockwell Ave.

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

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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For New Year's resolutions, think small!

Eliza Chakravarty's journey to better health started with an impulse buy in a checkout line.

"It wasn't some grandiose plan to get in shape," Chakravarty, an immunologist at the Oklahoma Medical Research Foundation, said of the beginner's Pilates DVD she tossed in her grocery cart years ago. "It was just a small step in the right direction."

Despite her busy schedule as a new mom and medical resident, she committed to doing the 17-minute video every evening while the baby napped.

It didn't seem like much, she said, but soon she felt more energized, happier and, generally, better about herself.

"That was several years ago, and I've slowly built on that foundation. This year, I completed my first half-marathon, and it all started in that check-out line."

Chakravarty said it's these small, positive decisions that ultimately lead to real lifestyle changes. Overly ambitious goals are a big reason more than nine out of 10 Americans fail to stick to their resolutions.

So instead of pledging to drop 30 pounds or run a marathon, start slowly instead. Go for a walk three days a week or give up one poor food choice. Then,

once the changes become routine, add on new goals in bite-sized pieces.

OMRF President Stephen Prescott, M.D., agrees. "You only have so much willpower and self-discipline, and you don't want to set yourself up for failure. Focus on one tree, not the whole forest."

Big goals can lead to setbacks that discourage you and knock you off course. Small, manageable goals have the opposite effect. "Small steps allow you to build gradually on your successes. The more you succeed, the more you crave that feeling of accomplishment," Chakravarty said. "The little lifestyle changes really add up."

These principles, she said, can be applied to anything from fitness to passion projects or even financial health. For example, consider saving just \$10 a week in a separate account, Chakravarty suggested. "It might not seem like a lot, but by the end of the year, it adds up and might help adjust your attitude on spending."

Over time, she said, little changes can pay off in a big way for your health, both physically and mentally.

"Before you know it, you've done something you didn't think you could—and it didn't require a total system shock or radical lifestyle change to do it," said Chakravarty. "That can be incredibly empowering."



Oklahoma Medical Research Foundation immunologist Eliza Chakravarty, M.D. (Photo Courtesy Oklahoma Medical Research Foundation).

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'Oklahoma!' royalties: A gift that keeps on giving at OMRF



Oklahoma Medical Research Foundation Vice President of Development Penny Voss with memorabilia from 'Oklahoma!'. Through a generous gift, OMRF has received more than ,000 for medical research through ticket sales for the musical.

The Oklahoma Medical Research Foundation has received its share of interesting donations over the years. Along with the typical gifts made by check and credit card, there have also been cars, houses, jars of change collected at a lemonade stand, and even a toy soldier collection.

But none quite rival the estate gift that Claremore's William Edgar Riggs left to the Oklahoma City nonprofit.

Riggs' brother Lynn penned "Green Grow the Lilacs," the 1931 play that Richard Rodgers and Oscar Hammerstein II used as the basis for the musical "Oklahoma!" When Lynn died, he willed equal shares of his 1-percent royalty on the musical to William Edgar and his three other siblings.

William Edgar lost his wife to heart disease and his daughter to cancer. So, when he passed away in 1977, he left his royalty share to OMRF to benefit research for those two diseases.

"It was a really generous and foresighted thing to do," said OMRF President Stephen Prescott, M.D.

With the gift, OMRF receives one-quarter of 1 percent of the musical's box office share each year.

The show enjoyed a series of revivals from 1979 through 2002, including two on Broadway and one in London's West End starring Hugh Jackman, and is still performed approximately 700 times a year. As a result, William Riggs' gift has now provided OMRF researchers with more than \$700,000.

"I've worked in the nonprofit sector my whole life, but I'd never heard of a donation like this until I joined OMRF," said Penny Voss, OMRF's vice president of development. "It truly is a gift that keeps on giving."

Indeed, the donations will continue as long as "Green Grow the Lilacs" remains under copyright. In 2017, OMRF received just over \$10,000 in "Oklahoma!" royalties.

With "Oklahoma!" celebrating its 75th anniversary in 2018, the musical saw a surge in the number of productions. That should mean a corresponding boost in revenues for OMRF.

"Even though OMRF didn't yet exist when Lynn Riggs wrote his play, I hope he'd find it fitting that his work benefits Oklahoma's homegrown research institute," said Voss.

Grassroots support from Oklahomaans in all 77 counties helped make OMRF a reality in 1950. "Those are the same kind of people portrayed in the musical—strong, caring, forward-looking," she said. "We still see that spirit in our donors today."




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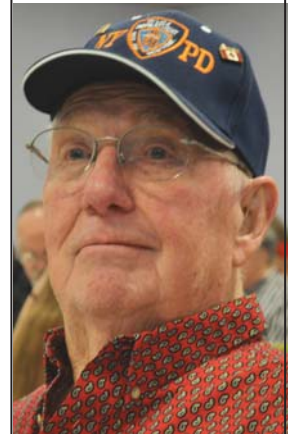
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I guess quit eating so much candy and cookies.



Don Hockersmith

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LIVING INTENTIONALLY

By Darlene Franklin

What would you do if you only had six months to live?

That question confronted me during a recent close brush with death. A blood clot had formed in my lungs. I filled a tiny red notebook provided by the hospital with thoughts on how to leave nothing important unsaid or undone.

Living intentionally is like carpe diem, seize the day. Don't put off to tomorrow what is on my mind today. But it's also not carpe diem. I'm not ignoring the future; I want to live life to the fullest today because tomorrow is uncertain.

I'm not talking about doing more. I'm talking what I choose to do. Yes, prioritize. After all, I won't care if I have 100 unique book titles written before I die (although I hope to) but I will regret not sharing as much of myself as I can with my grandchildren while I am still able and they are still listening. My to-do list (which gets longer on a daily basis) will probably still have unfinished projects on it when I die, and that's okay. God's got it covered.

But there are things only I can do in the time where I am, in the place where I live, with the people around me. That's where I want to make a difference while I can.

What did I add to my intentional living list? What last things did I want to make sure I focus on?



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

See FRANKLIN Page 29

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LIFESTYLES

Art Serves as Vehicle for Social Change in Two New Exhibitions

by Kaylee Kain, Director of Communication



Mildred Howard's work incorporates a variety of media to create nuanced examinations of gender, race, politics and other issues central to contemporary society. Through her use of collage, sculptural assemblage and large-scale installations, Howard blends American folk art and family photographs among other appropriated objects to explore these increasingly relevant issues of sexual harassment, racial oppression and class struggles found in America.

Her methods for creating these pieces is just as diverse as the themes behind them. Over the course of her influential career, she has not limited herself to any one medium. Her Casanova series is a perfect example of her versatility, in which she uses both collage and jacquard woven tapestry. The endless possibilities and combinations for multiple materials is what fascinates Howard most. "I started off with collage, and I love the mixture of materials," says Howard. "That's always interested me – patterns within patterns. You can make art out of anything. That's my reason for using those materials, because I'm interested in history, because I'm interested in memory and in place, and looking at objects in other kinds of ways that what they were originally intended for."

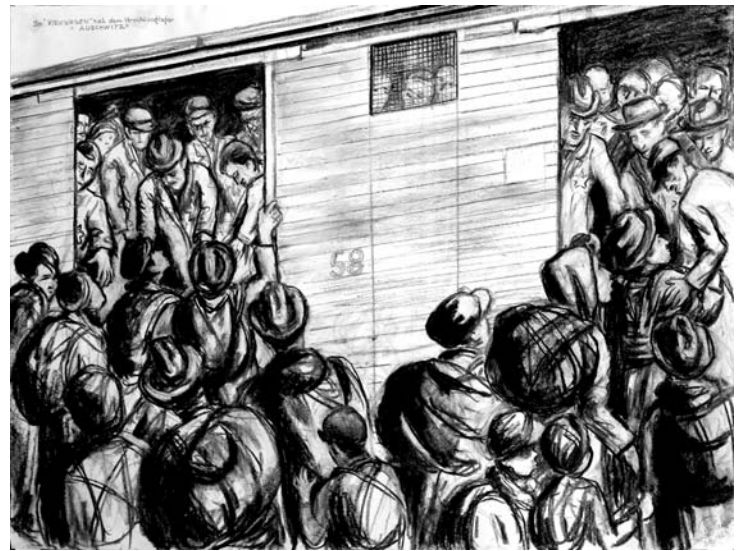
Her work in this exhibition provides a platform for discussion revolving around political and sociological topics currently making headlines in regard to the #MeToo movement and immigration, among others.

Also opening this month is *Testimony: The Life and Work of David Friedman*, which surveys the artist's long career, with a focus on his series *Because They Were Jews!*, a visual diary of his time in the Lodz Ghetto in Poland and his internment at the Nazi concentration camp of Auschwitz-Birkenau.

Friedman(n) was born in Mährisch Ostrau, Austria (now Ostrava, Czech Republic), but moved to Berlin in 1911, where he studied under German impressionist Lovis Corinth. With the rise of Nazism, he and his family escaped to Prague in 1938, where he continued to paint for himself and sold artwork until 1941 when the family was deported to Lodz Ghetto. Most of the work from earlier in his career was lost, destroyed, or looted by Nazis.

Art becomes the platform for discussion surrounding history, race, sex and injustice in The Westheimer Distinguished Visiting Artist Chair: Mildred Howard and *Testimony: The Life and Work of David Friedman*, both opening on Jan. 25 at the Fred Jones Jr. Museum of Art.

San Francisco-based artist Mildred Howard, who has achieved an international reputation for her collages and installations, will serve as the seventh Jerome M. Westheimer, Sr. & Wanda Otey Westheimer Distinguished Visiting Artist Chair. An exhibition of Howard's work will open at the Fred Jones Jr. Museum of Art on Jan. 25 with a public opening at 7 p.m. Thursday, Jan. 24.



In 1944, Friedman was separated from his wife and daughter, never seeing them again, and was transferred to Auschwitz-Birkenau. Friedman survived his internment at the infamous concentration camp and married fellow survivor Hildegard Taussig. After living in Israel for five years, the family immigrated to the United States in 1954, eventually becoming citizens and settling in St. Louis, where he worked as a commercial artist for an advertising company, later retiring in 1962. As a Holocaust survivor, Friedman found a new purpose in life to fight anti-Semitism and racial hatred by depicting the horrors he had witnessed and to show them to the world.

Testimony offers a glimpse into the lifelong effects of the Holocaust, but also serves as an affirmation of survival. An event is scheduled on Feb. 28 featuring the artist's daughter, Miriam Friedman Morris, and Lorne Richstone, associate professor of music at OU, will honor the legacy of Friedman's work and will include musical excerpts from Jewish composers who were lost to the Holocaust.

More information about these exhibitions and related programs is available on the museum's website at www.ou.edu/fjma.

The Fred Jones Jr. Museum of Art is located in the OU Arts District on the corner of Elm Avenue and Boyd Street, at 555 Elm Ave., on the OU Norman campus. Admission to the museum is complimentary to all visitors, thanks to the generosity of the OU Office of the President and the OU Athletics Department. The museum is closed on Mondays. Information and accommodations are available by calling (405) 325-4938 or visiting www.ou.edu/fjma.

A new exhibition at the Fred Jones Jr. Museum of Art focuses on artist Mildred Howard (b. 1945) and her influential career. She has used a variety of media to engage in pointed yet nuanced examinations of the history and politics of gender, race and other issues central to contemporary society. Howard serves as the seventh guest artist in the university's Jerome M. Westheimer, Sr. and Wanda Otey Westheimer Distinguished Visiting Artist Chair program. A native of San Francisco, Howard received her master of fine arts degree from John F. Kennedy University in Orinda, California, in 1985, and has worked in the Bay Area for the majority of her career. This exhibition will be on display Jan. 25 through April 7.

Mildred Howard (U.S., b. 1945)

Casanova: Style, Swagger, and the Embrace of the Other I, 2018

Jacquard tapestry, 72 x 54" Courtesy of Magnolia Editions and the artist

Testimony: The Life and Work of David Friedman surveys the career of artist David Friedman (1893-1980), from his early days in Berlin to his late career in St. Louis, Missouri. The exhibition includes portraits and landscapes as well as his powerful series *Because They Were Jews!*, a visual diary of his time in the Lodz Ghetto in Poland and his internment at the Nazi concentration camp of Auschwitz-Birkenau. *Testimony* is both an indictment of the horrors of the Holocaust and an affirmation of survival. This exhibition will be on display Jan. 25 through May 26.

David Friedman (Austria, 1893-1980)

Cattle Train to Auschwitz from the series *Because They Were Jews!*, December 1963, Charcoal, 18 x 24"

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COMMUNITY

Jack of all trades RN makes house calls

By Bobby Anderson, staff writer

Growing up on the family farm, Brandon Steffens, RN, never saw a contractor's truck pull up in the driveway.

No plumber, no electrician, no drywall guy and no painter ever set foot inside the house.

"I just grew up always working on the house with my dad. We never hired anything out," Steffens said. "We did all the electrical, all the plumbing - whatever it was we did it ourselves."

That work ethic carried the eventual float pool nurse through a seven-year stint with Home Depot and now to his current side business, Brandon's Home Improvement.

Before he was working in the ICU and the ER, Steffens was plying the knowledge bestowed on him by his dad.

Elbow grease and a passion to

make things better would make his dad proud.

Then nursing school and working with his hands took on a new meaning.

"People come to you in nursing in their worst states and it's an emergency," Steffens said, taking a break from an apartment remodel in Midwest City. "They're dilapidated, sick or injured and we get the opportunity to put our hands on them and fix them and make things new again."

Working nights four to five days a week for the past five years brought Steffens to a crossroads.

"Everyone told me to watch out, you'll get burned out," Steffens recalled. "I said 'No, I wouldn't' but you get burned out."

So Steffens decided to pour more of his time and talents into something else.

Being a contractor was a vocation



RN Brandon Steffens is truly a jack of all trades with his home repair business.

he held before nursing. That took him into Home Depot, where he oversaw the entire local install business for the big box company.

Whether it be a sink or a door, a microwave or a dishwasher, Steffens was in charge of the contractors who carried out the work under Home Depot's name.

It taught him even more about the business.

"I realized there is a huge need out there for people who just don't know how to do home improvements or they didn't have the time," he said.

Or too often, they didn't have a ton of money.

Home improvements are expensive. Steffens knows all too well the retail costs associated with a remodel.

And he knows the sizeable markup that goes with it.

Figuring things out and finding ways to save people a dollar are a challenge for him. Sometimes he challenges himself right out of a bigger check.

He showed up for a recent garage door opener install job one night. The customer had the new opener waiting for him in the box.

Steffens went up to unplug the old wire and noticed an electrical short.

"I saved him \$400," Steffens said. "I like that sense of accomplishment."

For some reason Steffens' specialty has always been tile. Projects that most contractors avoid like the plague, Steffens has a certain affinity.

"Most contractors shy away from it because it's hard, lot of up and down and on your knees. That never bothered me," he said. "I like the perfection of it, just to lay each piece

of tile in a certain way. It's kind of like art because you can do different things with tile that really finishes a house off."

For Steffens, the business venture has been a source of freedom. It's not a straight 12-hour gig, meeting sometimes unreasonable expectations with limited resources.

"I like the sense of accomplishment," Steffens said. "In nursing, I talk to people all day long and doing home improvement I get a lot of alone time. I get to just lose myself in work for some time and get to be creative."

"You go in and see something nasty and absolutely turn it around and make it new," says Steffens, who has remodeled two of his own homes. "I like to touch every surface. I like when people come in to a house I've remodeled and every surface in that house has been touched by me."

He admits he really hasn't advertised since taking on more work.

He hasn't had time.

"You do a good job and people tell people," explained Steffens, who can be found on Facebook under Brandon's Home Improvement. "People are always asking if you know anybody. It just snowballs from there."

With four kids, age five, 10, 15 and 22 - Steffens has a full plate at home. But he's already taken a couple of his kids along to start learning the trade.

"My 10-year-old has shown interest," Steffens beamed. "He helped with carpentry on a door frame. He had all these wonderful better ideas how to fix it. There's no science behind it."

But there's definitely an art.

And for now, the combination of science and art suits this nurse just fine.

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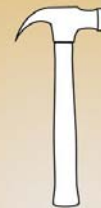
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