

## Tasty Twist on the Bucket List

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## Running Full on an Empty Tank

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## Right Fit



## Patriot makes clients whole again

Dallas Curtis (left) and Michael Huggins have helped thousands of amputees find the right fit.

by Bobby Anderson, Staff Writer

If you get the right fit, then everything else will take care of itself.

It's the driving motto at Patriot Prosthetics in Yukon where Dallas Curtis and Michael and Michele Huggins have literally given thousands of Oklahomans a new lease on life.

In any given year, Oklahoma ranks either first or second nationally in the number of amputations.

There's a host of health reasons behind it but what's left every time is a person facing one of the most emotionally and physically draining experiences of their life.

That's where Patriot comes in.

The pieces of steel, plastic and carbon fiber Huggins and Curtis create aren't just works of

art but art that truly works.

"They become one with the patient," said Huggins, whose father had a prosthetic clinic on Oklahoma City's south side for 16 years. "After awhile it becomes them so you take it and you work with it just like that. This is part of this patient so you carry it and work with that in mind."

### THE RIGHT FIT

Huggins knows that every prosthetic clinic in America orders parts from the same handful of manufacturers.

In that respect, most shops

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# Tight knit work



story and photo by Bobby Anderson, Staff Writer

A mother and daughter's leisurely stroll through a craft fair has turned into a unique opportunity for thousands of Oklahoma craft lovers and businesses alike.

Karen Jobe had crafted all through her daughter's childhood before finally getting her to join in on the fun.

A few years back, they found themselves at a craft show one day talking to each other like mothers and daughters often do.

"We were telling each other what we would do differently because it wasn't like the best one," Jobe said. "We decided we were on the wrong side of this and we could do this really well. That's basically how we started."

"We decided we would go big or go home."

Going big has turned into the Indie Trunk Show, which has grown to more than 200 Oklahoma vendors and 2,500 in average attendance, the largest and only one of its kind in the state.

Daughter Stacy, a former financial analyst in the natural gas industry, and Karen, a former Reading Specialist, have found their niche promoting local artisans.

The duo rented the smallest building they could at the Oklahoma State Fairgrounds in 2014. Eighty-five vendors showed up for the inaugural event with a waiting list for more.

Bigger and bigger buildings were rented at the fairgrounds until a lease was finally inked on the

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## KNIT

Continued from Page 1

71,000-square foot building known as The Pavilion.

"We made it and we never really intended on getting outside of Oklahoma City but some of our vendors who started with us and have done every show with us felt like they had good exposure in OKC and asked us to do August," Jobe said.

Eight Oklahoma City Shows and two Tulsa shows have been held to date.

The duo will debut a new offering on September 24 with the Indie Bride Bridal Show and Market at OKC Farmer's Market.

Florists, wedding favors, calligraphers, wedding decor, bridal party wear, bakeries, jewelry, photographers, gifts for the bridal party, dress makers/designers, stationary, rentals, musicians, caterers, and more expected.

There will be samples from wedding caterers and even a cash bar.

Food trucks are also expected. "We are different," Jobe said of the Indie Trunk Show.. "We don't

have to try really hard. It's hard to explain how we're different but when people walk into our show they totally get it."

Along the way, Stacy had a child while working as a financial analyst with OG&E.

The Indie Trunk show has allowed her to stay home and raise her son.

"That's the best thing in the world," Jobe said. "We both have our strengths and we work together well. Since we are mother and daughter we know what the other thinks. There's a trust there that I don't think you can have with another person unless you're related like we are."

The rules are simple: you have to be from Oklahoma and you have to be independently owned to get into the Indie Trunk Show..

"There's a lot of different kinds of shows. There's lots of junk and vintage and we found a huge group of people who don't really feel like that's not their target audience."

Shopping local and shopping with independent business has always been the driving force behind the Indie Trunk shows.

More than 200 vendors showed up when the Indie Trunk Show resurfaced in Oklahoma City in June.

The success has spawned opportunities for workshops to teach others how to market themselves and their products. This September the Indie Girl Boss Workshop Retreat will spring up in downtown Oklahoma City. Topics ranging from visual merchandising to Social Media for Creative Businesses are scheduled to be covered.

Karen and Stacy will cover several topics as will guest speakers.

"The thing we want people to know is that everyone there is an independent business and that's how they're making a living," Jobe said of the shows. "We have so many vendors that everything they have is hand-made, one-of-a-kind and we have the boutique shopping."

"You can buy every kind of gift or anything for yourself you can possibly find and it's all in one place. There's very few places where you can go and do that."

And few places with a mother and daughter can bond so well.

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## WHOLE

Continued from Page 1

are the same.

But what Huggins and Curtis pride themselves on is taking the extra time to ensure the right fit.

"No matter what we put on underneath that socket it doesn't matter," Curtis said. "If the fit's not good who cares if you have microprocessor-controlled knees or power ankle and feet systems. There's so much technology out there now in our field it's ridiculous, but it's how you apply it."

Growing up, prosthetics was close to home for Huggins.

He was around 10 when his father lost his leg above the knee following a car accident.

He watched his dad literally learn to walk again and often times regrets having to do so.

He saw the look on his dad's face most mornings before he had to strap on the 16-pound apparatus that was allegedly his new leg.

After years of fit issues and being told 'that's the best we can

do' his father compressed four years of school into two before teaming with the legendary Ray Buddin - a below-the-knee amputee.

### THE PROCESS

Patriot offers mobile, on-site, care for many of its patients. Staff can team up with your physician, therapist, or other healthcare provider to coordinate appointments near you or at your home.

Huggins says clients appreciate not having to spend the day driving across Oklahoma City for a single visit while many still enjoy coming to Patriot's Yukon office.

The steps taken to be fit with a prosthesis or orthotic device vary from patient to patient. Commonly, patients are referred by a physician or therapist early in the healing process for an initial free evaluation to discuss their needs in detail.

Measurements and/or a casting may also occur during this initial visit.

It was while playing football at Northeastern State University in Tahlequah, Curtis found his way

into the world of prosthetics.

While spearheading several community service programs with NSU athletes he literally uncovered his niche.

Spending time with a nursing home resident one day, Curtis saw a man come in, raise the man's pant leg and uncover a prosthetic limb.

"I didn't even know he was an amputee. He functioned really well," Curtis said. "I had no idea until that prosthetist showed up. I was just hanging out, chatting and playing checkers."

A new major followed for Curtis as did a career as a prosthetist.

"Back then everybody wanted it covered," Curtis said of the stigma amputees carried. "Everybody wanted to disguise it as much as possible."

Before opening Patriot, Curtis was the prosthetic supervisor at the Oklahoma City VA Health Care System.

Now he and Huggins have become the go-to clinic for those who have been told "that's the best we can do."

Huggins said the rule has and

always should be "if it hurts then something's wrong."

### THE RIGHT TECHNOLOGY

"The function of this is unbelievable," Curtis said, holding a microprocessor prosthetic knee that has bluetooth connectivity.

After fitting a client with the technology Curtis can connect wirelessly via his laptop and make a host of adjustments to match the client's natural gait.

Patients are taught how to reprogram the joint for different activities through their smart phone.

Carbon technology allows energy to be returned to the client through rebound technology on some prosthetics.

But technology isn't their passion.

"This stuff is not about us. This is about the amputee," Huggins said. "We play a small part by casting and knowing how to modify and make that socket work throughout the day. The amputee takes it and does the rest."

"I don't feel like I can take credit for a lot of what they do. That's up to them."

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## 5 Ways for Healthcare Providers to Get Ready for New Medicare Cards

By Angela Brice-Smith, MPA, RN - Regional Administrator, Centers for Medicare and Medicaid Services, Region VI (AK, LA, NM, TX, OK)

Medicare is taking steps to remove Social Security numbers from Medicare cards. Through this initiative the Centers for Medicare & Medicaid Services (CMS) will prevent fraud, fight identity theft and protect essential program funding and the private healthcare and financial information of our Medicare beneficiaries.

CMS will issue new Medicare cards with a new unique, randomly-assigned number called a Medicare Beneficiary Identifier (MBI) to replace the existing Social Security-based Health Insurance Claim Number (HICN) both on the cards and in various CMS systems we use now. We'll start mailing new cards to people with Medicare benefits in April 2018. All Medicare cards will be replaced by April 2019.

CMS is committed to helping providers by giving them the tools they need. We want to make this process as easy as possible for you, your patients, and your staff. Based on feedback from healthcare providers, practice managers and other stakeholders, CMS is developing capabilities where doctors and other healthcare providers will be able to look up the new MBI through a secure tool at the point of service. To make this change easier for you and your business operations, there is a 21-month transition period where all healthcare providers will be able to use either the MBI or the HICN for billing purposes.

Even though, your systems will need the capability to accept the

new MBI format by April 2018, you can continue to bill and file healthcare claims using a patient's HICN during the transition period. We encourage you to work with



your billing vendor to make sure that your system will be updated to reflect these changes as well.

Beginning in April 2018, Medicare patients will come to your office with new cards in hand. We're committed to giving you information you need to help your office get ready for new Medicare cards and MBIs.

Here are 5 steps you can take today to help your office or healthcare facility get ready:

1. Go to our provider website and sign-up for the weekly MLN Connects® newsletter.

2. Attend our quarterly calls to get more information. We'll let you know when calls are scheduled in the MLN Connects newsletter.

3. Verify all of your Medicare patients' addresses. If the addresses you have on file are different than the Medicare address you get on electronic eligibility transactions, ask your patients to contact Social Security and update their Medicare records.

4. Work with us to help your Medicare patients adjust to their new Medicare card. When available later this fall, you can display helpful information about the new Medicare cards. Hang posters about the change in your offices to help us spread the word.

5. Test your system changes and work with your billing office staff to be sure your office is ready to use the new MBI format.

We'll keep working closely with you to answer your questions and hear your concerns. To learn more, visit: [cms.gov/Medicare/SSNRI/Providers/Providers.html](http://cms.gov/Medicare/SSNRI/Providers/Providers.html)

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# Getting an Education on Growing Older

There is no guidebook or manual covering all the complexities associated with getting older. The self-help section of every bookstore boasts several topics ranging from helping aging parents and financing retirement, to health and wellness advice or dealing with those ever returning boomerang kids, but there is no one-size-fits-all model for aging successfully.

It is with this in mind that Nikki and Chris Buckelew and their real estate team's mature moves division launched the "Senior Living Truth Series" back in 2016. The series includes a monthly educational program made up of seminars and expert panels dealing with topics important to mature homeowners.

"Because our team specializes in helping people who have lived in the same home for many years, we field questions daily on a range of topics. It's important to be aligned with highly competent professionals we can recommend," says Nikki Buckelew. "We introduce seminar attendees to these professionals through our expert panels."

Seminar attendees are often either looking ahead to prepare for their own post-retirement lifestyle or are caring for an aging relative or friend. They are seeking answers to questions like what types of 55+ housing options are available, where to get support, how to pay for long-term care needs, ways to simplify and de-clutter, and more.

"Our attendees are smart people and when they have the resources they need, they feel more capable of making decisions. We all feel that way and that's why we developed the series," adds Buckelew.

Those attracted to the seminars appreciate the professional and organized fashion in which the seminars are delivered.

"The seminars are well-organized and well presented," said Frank Andrews, a retired corporate trainer.

Frank and Carol are familiar faces at the truth series events and began attending after seeing an article in the paper.

"It's about learning that you have to plan early and about understanding what you need and what you don't," added Carol. Jennifer Forrester, Community Relations Director with Oklahoma Hospice Care, a regular sponsor of the event, said the series has a way of helping people deal with the hard questions a lot of people tend to avoid.

"Nikki is the only Realtor I know who has a background in both counseling and gerontology, and as the moderator she has a way of taking hard topics and making them lighter and easier to talk about," Forrester said. "She just says it like it is and doesn't apologize for it."

The Buckelews and their specialized team have made it their personal and professional mission to educate and guide consumers about best practices related to post-retirement living.

"People are doing the best they can and credible information is hard to find. Our attendees tell us they appreciate meeting local people with whom they can have a personal conversation without feeling pressured or rushed," says Chris Buckelew.

James and Joan DonDero began attending the seminars a year ago.

"We attend frequently and chose to meet with the Buckelews personally to talk about downsizing in the future. It was just what they said - no pressure and no sales pitch," said James.

The seminars serve to empower, equip, and educate by providing information to help people think about what their next steps might be and the timing to begin taking them.

"Going to the seminars helped us realize we had some things to think through," added Joan.

The next event is titled "The Truth About Successfully Aging in Place" on July 13th from



Left to Right: Nikki Buckelew, Rex Lawrence - Spanish Cove resident, Carolyn Merritt - Spanish Cove resident, Jill Huff - Spanish Cove, Julie Davis - Concordia, Harriette Boatright - Concordia resident, Chris Buckelew

10:00am - 11:30am and from 2pm - 3:30pm. The morning event has reached capacity and reservations are being accepted for the afternoon event.

"We know that people prefer to remain in their own homes and neighborhoods for as long as possible. The challenge is many have not prepared and need information on best practices for 'staying put,'" Buckelew said.

The August event is titled

"The Truth About De-cluttering Your Home." With morning and afternoon sessions starting at 10am and 2pm.

Events are held at the MAPS3 Senior Health & Wellness Center located at 11501 N Rockwell in Oklahoma City. Pre-registration is required and space is limited. Admission is free for those 55 or older and their guests. Professionals pay \$25. Go to [www.seniorlivingtruthseries.com](http://www.seniorlivingtruthseries.com) or call 405-563-7501 to register.

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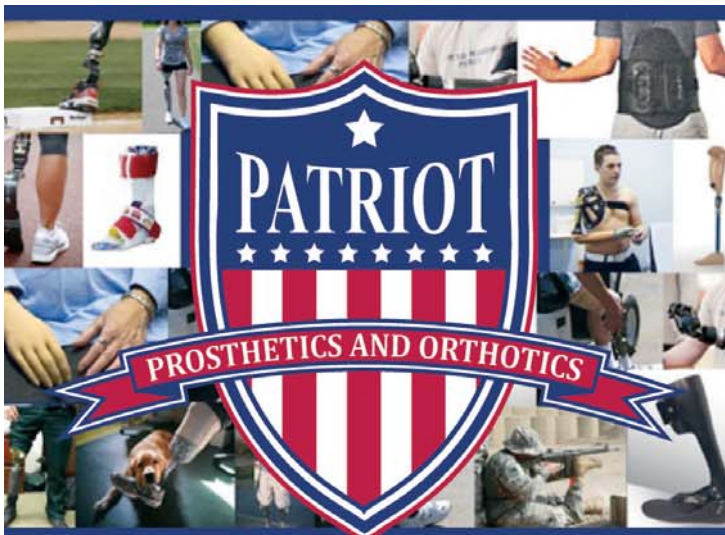
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## COMMUNITY

# Cause for Paws: ICSVH nurses rally for pets

by Bobby Anderson,  
Staff Writer

Food drives, donations and bake sales run rampant in hospitals when it comes to raising money for community service projects.

But a group of nurses at Integris Canadian Valley Hospital took something near and dear to their hearts and their community to make a difference recently.

"The Council of Nurse Excellence is a committee made up of all of the nurse of the year winners each year and during National Nurse's Week we always do a community project that week," said Kaci Brosh, RN and one of the

organizers. "We are all animal lovers and this was something we thought would be fun and a little different."

So the group decided to raise awareness and supplies to help combat the growing population of dogs and cats in the community.

Christine McMurray, RN, explained the mission of the Council of Nurse Excellence is to improve the health of the people and the community the hospital serves.

During Nurse's Week, a pet donation drive collecting puppy pads, food, toys, bowls, collars and other items was also held at

Continued next page



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## PAWS

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ICVH with staff bringing items each day.

At the end of the drive, local rescue agencies were invited to come and select items that they needed.

"They were so appreciative," said McMurray, who has a rescue puppy of her own at home courtesy of fellow coordinator Megan Gorham, RN.

The event also culminated with an adoption event on a Saturday where people could come and add a member to their family.

Megan walked away from the event with a little something special.

"I'm a crazy animal person," said Gorham, who adopted a Chiweenie mix named she named Koda.

Gorham swore she had no idea she would be coming home with a new baby.

"Oh, we did," McMurray laughed. "I think she had to pretend she was in denial because of her husband."

Gorham and her husband already have two large dogs and Koda, which means little bear, spoke to both their hearts.

The week went so well the group has plans for the future.

"We're hoping to make this an annual event and get bigger. We learned about more agencies for the future to make it better," McMurray said.

The group found out that national pet adoption week immediately precedes National Nurses Week.

A new cat rescue called Nine Lives was able to accept donations of cat supplies.

"We're a pathway to excellence hospital so part of our designation is really focused on what the nurses do and their input," McMurray said. "We don't just do things here. We like to get out and volunteer and help the community."

The nurses agreed that the fundraiser spoke both to their hearts and to the community they serve.

"I heard someone say nursing is the most trustworthy profession," McMurray said. "When you're sick, depressed or whatever you turn to your



Megan Gorham, RN, Kaci Brosh, RN, Christine McMurray, RN and Integris Canadian Valley Hospital's Council of Nurse Excellence recently held an animal fundraiser to benefit their community.

nurse and you turn to your pets."

Bosh said people just showed up to help or donate during the process including Big D's Barbeque in El Reno and Kona Ice.

Volunteers showed up from the hospital along with their family members.

"It was very laid back," Bosh said. "It was a fun day. The weather was beautiful. It was just perfect."

"I think the great part about our hospital is it felt just like you were at a picnic with your family," Gorham said.

When she's not adopting animals Gorham is a house supervisor at ICVH. Bosh is a lead nurse in the Women's Center in labor and delivery.

Formerly a house supervisor, McMurray is transitioning to ICU and Telemetry clinical nurse manager.

Brosh, who has a 10-year-old Chihuahua at home, said it's not a rare sight to see service dogs brought to the hospital for therapeutic support on a regular basis.

Gorham said the council promotes continuous improvement throughout the hospital.

"It's to let nurses have a

voice in the way things happen and the things that are changing based on what we hear from our patients and co-workers,"

Gorham said. "It's to allow nurses be heard."

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# OMRF receives new grants to study blood clotting, ovarian cancer

The Oklahoma Medical Research Foundation has received a pair of grants totaling nearly \$2.1 million from the National Institutes of Health. The projects will focus on mechanisms that underlie proper blood coagulation and ovarian cancer.

OMRF scientist Ray Rezaie, Ph.D., received a four-year, \$1.74 million grant from the NIH's National Heart, Lung, and Blood Institute that will allow him to continue research on a protein called antithrombin, which inhibits coagulation of blood.

Rezaie joined the foundation's Cardiovascular Biology Research Program in 2017 from the St. Louis University School of Medicine. He studies blood clotting and inflammation, including how clotting factors work together to stop bleeding and how they regulate inflammatory responses when blood vessels are injured.

Antithrombin, which is located in blood plasma, is an inhibitor necessary for regulating coagulation and inflammatory pathways that are essential for maintaining healthy processes in blood vessels. "We know that antithrombin binds to molecules in the vascular system to



Oklahoma Medical Research Foundation scientists Ray Rezaie, Ph.D., and Magdalena Bieniasz, Ph.D., have received grants from the National Institutes of Health combining

initiate an essential anti-inflammatory response to keep vessels intact and healthy," said Rezaie. "But we still don't know how it works."

Through better understanding this process, scientists ultimately hope to develop new therapeutic agents to control thrombosis, clotting

and inflammatory diseases, primarily heart disease and atherosclerosis.

The second grant was awarded by the NIH's National Cancer Institute to Magdalena Bieniasz, Ph.D. Over

See OMRF Page 9



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## OMRF

Continued from Page 8

three years, it will provide \$339,000 to study the underlying mechanisms of a receptor called sfRn, which has been implicated in aggressive ovarian cancer progression.

"This sfRn receptor actually makes the cancer aggressive and resistant to standard treatments, and that's why we need to know how it works," said Bieniasz, a scientist in OMRF's Functional and Chemical Genomics Research Program.

She will also be testing drugs that inhibit this receptor in order to search for therapies that will work in targeting the receptor present on cancer cells.

Bieniasz became a principal scientist at OMRF in 2016 after completing a postdoctoral fellowship at the Huntsman Cancer Institute in Utah. She receives funding support for her research from the University of Oklahoma's Stephenson Cancer Center, where she is also a member.

In her lab at OMRF, Bieniasz studies how ovarian cancer grows and spreads in the body, as well as the genetic changes in cancer cells that can lead to chemotherapy resistance.

This grant from the National Cancer Institute is tailored to provide new investigators with the early support to help them generate more data to be highly competitive for future grants.

"There are not many grants out there that do this," she said. "Now I have assets to hire people for my lab and do more experiments. It's a really great boost for this research in its early stages."

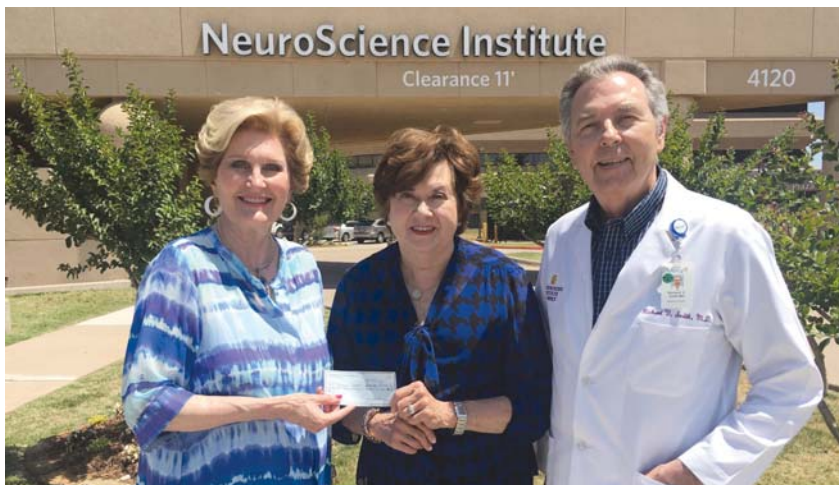
Rezaie's NHLBI grant designation is 2R01 HL062565-19A1 and Bieniasz's NCI grant is 1K22 CA207602-01. OMRF Vice President of Research Rodger McEver, M.D., said these grants speak volumes about the quality of research being done by these scientists in an increasingly tough climate for funding.

"The NIH is the major funder of biomedical research in the U.S. and applications for NIH grants are rigorously reviewed and highly competitive," said McEver. "Awards like these are a testimony to the rigor and creativity of their research."

## Local Art Show Raises Thousands for Stroke Patients

A local art show raised more than \$3440 for Mercy's stroke education, treatment and prevention programs. The benefit, which was organized by Oklahoma Artists Invitational (OAI), featured original works from 24 artists, including Mercy's Dr. Dustan Buckley. To date, OAI has donated more than \$16,617 to Mercy's stroke center.

Mercy Hospital Oklahoma City is currently home to the state's largest group of neuroscience specialists in the southwestern United States, and the state's largest number of neurohospitalists – physicians dedicated solely to providing neurological care for patients admitted into the hospital. In February, Mercy was named a top stroke center in the nation.



Jan Smith, OAI, Kay Oliver, executive director of philanthropy for Mercy, and Dr. Richard V. Smith, medical director of Mercy Neuroscience Institute.



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# Outreach Health Brings Decades of Experience to Metro

story and photo by Traci Chapman

Outreach Health Services might be new to the Oklahoma City metropolitan area, but it's a company that brings with it more than four decades of caregiving for seniors and individuals with disabilities.

"As the company has this depth of experience, so do we," said Karen Mangan, Outreach Health RN director of patient care. "We have bonded over our shared outlook of patient care and service."

Mangan forged that bond with Outreach Administrator Ginger Meyers, a home health administrators of more than 30 years' experience, the last 20 in Oklahoma City, she said.

"I've just always been in the business of caregiving," Meyers said.

Mangan has been in nursing for about 40 years - 10 as an LPN, 30 as RN, working in virtually every

aspect of healthcare.

"I was at my doctor's office and they offered me a job as a file clerk, and it just went from there," she said. "It's always just been my calling, what I knew I was meant to do."

Their backgrounds were a natural fit, then, for Outreach Health, Meyers said. Founded in 1975 in Texas by William Ball, Outreach was one of the first home health agencies in that state, according to company literature. Today, more than 8,000 employees across Texas - and now in Oklahoma City - provide home care, self-directed and personal emergency response services, assistance to women, infants and children, pediatric and behavioral health services.

"We have some really significant differences to other companies in this field - not only our long-range track record, but the fact we are both family owned and operated and our philosophy is faith-based," Meyers



Outreach Health Services Administrator Ginger Meyers, left, and Karen Mangan, RN director of patient care.

said. "That's something that really called to me, and it's illustrated in everything we do."

That includes not only patients, but employees, Mangan and Meyers said. Outreach makes how staff see themselves as a part of the firm's crucial mission a priority, helping them to reach new professional levels

while empowering patients and their families, Meyers said.

"It truly is a positive, supportive environment," she said. "We support each other while we support those we work to help every day."

"That kind of environment is positive for everyone," Mangan said.

See OUTREACH Page 11

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## OUTREACH

Continued from Page 10

"When you have the right people, dedicated employees who really live for this kind of service, you want to make sure they're happy.

"That, then, makes the care they give even more significant – not just technically superior, but with a kind of care that comes from the heart, as well as through skills," she said.

Outreach Health works hard to ensure just that, Meyers said. In addition to standard benefits like health insurance, the company offers emergency assistance funds, scholarship and loan programs, as well as counseling and outreach programs that include a library for employee growth, chaplains and Bible studies. That type of care extends to Outreach's patients, Mangan said. Beyond physical care and assistance, caregivers provide friendship and companionship, a sense of safety and a symbol of faith. Chaplains are also available to those clients who need or ask for their services, while caregivers fulfill duties ranging from bathing and hygiene, mobility

assistance, home safety assessments, shopping, housekeeping and meal preparation, transportation and escort to community events and other activities, medication and doctor's appointment reminders and more, she said.

"Of course, there are so many other things we offer, including RN visits and assessments, pre- and post-operative care assistance, hospital sitting and much more," Mangan said.

Many of those Outreach Health seeks to serve are older individuals, although some might be dealing with disabilities at a younger age, chronic conditions and the like, Meyers said.

"Normally we're looking at geriatric, multiple diagnosis patients unable to care for themselves," she said.

Beginning July 1, Outreach will begin its ADvantage Waiver contract, a program designed for "frail elderly and adults with physical disabilities age 21 and over who do not have intellectual disabilities or a cognitive impairment," according to Oklahoma Health Care Authority.

Services available under

ADvantage Waiver include: \* Case management \* Adult day health, including personal care \* Skilled nursing in a home health setting; \* Physical and respiratory therapy \* Hospice \* Speech/language therapy \* Specialized medical equipment/supplies and environmental modifications \* Respite and Restorative home delivered meals.

As Meyers and Mangan count down to the July 1 ADvantage kick-off, their first focus is to continue their efforts to build up their staff,

individuals who will bring the care and commitment that has been a way of life for each of them.

"We're very strong advocates for people having their own choice, and we like being a part of making that possible," Meyers said. "Having the right staff is how we do that."

For more information about Outreach Health, go online to its website at [www.outreachhealth.com](http://www.outreachhealth.com) or contact Mangan or Meyers via email at [info@outreachhealth.com](mailto:info@outreachhealth.com) or by phone at 405-256-2998.

## Oklahoma Insurer Files 2018 Rates for Federal Marketplace

Blue Cross Blue Shield of Oklahoma has submitted a Qualified Health Plan application, along with rates, for certification in the federally-facilitated exchange for 2018. This is an initial indication that, for the second straight year, only one insurer in Oklahoma will offer exchange products in the individual market.

"There is an incredible amount of uncertainty in the market right now," said Oklahoma Insurance Commissioner John D. Doak. "Insurers participating in Obamacare have experienced major losses. While we expect a full repeal of this disastrous experiment, insurers have to go by the regulations in place right now. That's why we've seen so many insurers dropping out of exchanges across the country or resorting to double digit premium increases."

The Oklahoma Insurance Department does not have statutory authority to approve or deny rate increases filed by insurers on the federal exchange. Oklahoma, along with Texas and Wyoming, is a direct enforcement state with no authority to enforce provisions of the Affordable Care Act.

The Centers for Medicare and Medicaid Services (CMS) intends to post information on proposed rate filings for consumers to review on <https://ratereview.healthcare.gov> on Aug. 1, 2017. In compliance with state statutes, OID cannot release or comment on the rates until that time. CMS officials will review the proposed rate changes, determine if they are justified and post final rate information on Nov. 1, 2017 in time for open enrollment.

According to the American Academy of Actuaries, individual market stability, including insurer decisions on participation for 2018, hinges on:

- \* Continued funding of cost-sharing reduction (CSR) reimbursements.

- \* Enforcement of the individual responsibility penalty.

- \* Risk mitigation mechanisms aimed at lowering premiums, increasing enrollment and improving the risk pool.

- \* Avoiding legislative or regulatory actions that could increase uncertainty or threaten stability.

State Question 756, passed in 2010, amended the Oklahoma Constitution to prohibit laws which compel individuals, employers and providers to participate in health care systems. Because of that legislative change, insurers offering products on the Oklahoma exchange are required to submit rate filing justifications to CMS for evaluation and approval.

History of Oklahoma Exchange Carrier Participation

2017 – Blue Cross Blue Shield

2016 – Blue Cross Blue Shield, United Healthcare

2015 – Blue Cross Blue Shield, Community Care, Global Health, Assurant

2014 – Blue Cross Blue Shield, Community Care, Global Health, Aetna, Coventry

## OMRF seeks healthy minority participants for one-time blood sample donation

Scientists at the Oklahoma Medical Research Foundation need the help of minority volunteers to help expand their collection of human blood samples for research. Healthy individuals ages 19-90 are encouraged to participate.

"Our sample collection is a priceless resource that helps us learn more about diseases and identify better ways to treat and even prevent them," said OMRF physician-scientist and Vice President of Clinical Affairs Judith James, M.D., Ph.D.

The foundation hopes to recruit up to 2,000 healthy African-American, Hispanic and American Indian individuals who are willing to have their blood samples stored and tested for blood markers of lupus, a disease in which the immune system becomes unbalanced and attacks the body's own tissues. Lupus can result in damage to the joints, skin, kidneys, heart and lungs.

"For decades, we have worked with scientists worldwide to unlock the secrets of autoimmune diseases like lupus, rheumatoid arthritis, scleroderma and others that tend to disproportionately strike minorities," said James. "By donating these samples for research and further study, these generous people can help us learn more about lupus and other autoimmune diseases."

The samples collected will be stored in OMRF's Biorepository, an ultra-cold facility that houses more than 1 million coded biological samples gathered from research subjects over the past three decades. The biorepository serves as a resource for many clinical studies, as well as for multiple research projects around the globe.

If you are interested in participating or would like more information about the study, please call (405) 271-7221 or email [Virginia-roberts@omrf.org](mailto:Virginia-roberts@omrf.org).

## TRAVEL/ ENTERTAINMENT

# “The Feminine Face of God” by Connie Seabourn is on exhibition

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

Travel before July 28 to experience the art and intellect of noted Oklahoma artist, Connie Seabourn, at the Oklahoma City University Nona Jean Hulsey Gallery, in the Norick Art Center. Connie's exhibition of 45 paintings, “The Feminine Face of God,” shows her thoughts on how God is not limited by gender, race or age.

“Several of the paintings deal with how God/Goddess/Spirit is understood through various religions,” says Connie. “Myths and cultural stories help explain those things that we individually or as a culture, feel and know, but can't otherwise explain.” Connie continues, “The overlapping of stories and differing version basically the same stories in various religions makes it even more real to me, rather than making me throw out or questions the entire myth.”

Connie Seabourn is daughter of veteran senior Oklahoma artist Bert Seabourn, and as such has always grown up in an artistic atmosphere. Connie says, “Growing up in a home filled with art and musical influences, I've been making art as long as I can remember. Although I was winning awards and selling artworks as a child, I began exhibition in adult competitions and museum shows at the age of 18.”

She received a B.F.A. from the University of Oklahoma and a M.Ed. in art education from the University of Central Oklahoma, in Edmond. Most of her career has been making fine art full-time, she also has taught part-time as an adjunct college professor for seven and a half years and taught art in public schools, grades K – 12 for nine years.

Her intellectual prowess shows itself in this current art showing where her paintings are inspired by “A God Who Looks Like Me,” based on a book by Patricia Lynn Reilly, and “God Holds Us In Her Arms Like a Mother/God Loves

us Like a Mother” a reference to Isaiah 49:8-15.

Connie says, “When I pictured God in my mind, He was always male – that is, until Sister Klein told us about early, inspired writings, original texts (many of these from the Bible), that sometimes referred to God as She, which sometimes talked about God loving us as a Mother. That feels right; it rings true. God is neither Father nor Mother, but we can only understand God better by making those familiar comparison. God isn't limited by gender!”

While the art is influence by traditions and myths, you need not know about or recognize these references to enjoy and appreciate her artistic craft and interpretation. Her ethereal painting style lends itself perfectly for this subject matter, where spirits and classical figures may float faintly around and in her current work.

Connie's artistic talent doesn't fall far from her artistic father, Bert Seabourn. In a mission statement Bert says, “Paintings should contest the creative elements. Order versus chaos: contemplative versus emotional; raw versus refined, I try to make each piece of art a unique fusion of design, color, form and composition, using a layering of texture with drips, smears, runs and splatters. The responsibility of the artist is to make a unique experience for himself and the viewer.”

Bert Seabourn's artistic success is proven with inclusion in the collection of the Vatican, the Smithsonian Museum of Natural History, Washington, DC, American Embassy, London, England, China's national Palace Museum and Moscow University. In Oklahoma City his 23-foot tall bronze of “Wind Walker” is on exhibit at the southwestern Bell State Headquarters, and is a frequent exhibitor at the 50 Penn Place Gallery. Bert and wife Bonnie have been married 67 years.



Oklahoma artist, Connie Seabourn.

Connie also is a veteran artist having exhibited in galleries from coast to coast and has her works in many public, corporate and museum collections. She also has produced art for greeting cards by Leanin' Tree, of Longmont, Colorado. She has created covers for several books including 22 full page illustrations for “Rainbow Spirit Journeys: Native American Meditations and Dreams.”

A leisurely travel through “The Feminine Face of God,” is an intellectual, emotional and pleasurable visual experience, which often raises questions and inspires more investigation on the exhibition theme. With free admission it is an easy and natural retreat into the mind of an artist, in a cool atmosphere during the summer heat of July.

The Nona Jean Hulsey Art Gallery, located in the Norick Art Center on the Oklahoma City University Campus, is the center of the University's participation in the visual arts. The gallery provides a contemporary exhibition space for significant and challenging exhibitions by local and national

artists and art organizations. The Hulsey Gallery houses the Oklahoma City University Art Collection and affords the School of Visual Arts student educational opportunities related to collection management and exhibition of art in a professional gallery.

The mission of the Nona Jean Hulsey Art Gallery is to promote the understanding of and extend the audience for contemporary art, and to present exhibitions that inform, inspire and challenge the public, particularly students of Oklahoma City University. The Hulsey Gallery and the Oklahoma City University Art Collection are an integral part of the School of Visual Arts, and it is used daily by visitors, students, and faculty.

Looking forward, the annual Oklahoma High School Art completion of two dimensional artworks will take place November 5 – 19, 2017. There is an opening reception planned for Sunday November 5 from 2 – 5 pm.

For more information on hours and location: <http://www.okcu.edu/artsci/departments/visualart/exhibits>

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# Significant Women in Agriculture Highlight: Barbara Jacques

A life fully devoted reaps fully deserved rewards.

Barbara Jacques, an Oklahoma native and current Shidler resident, has fully devoted her life to promoting and educating others about the agricultural industry.

"I was one of these kids that grew up and just wanted to be on my horse every day, all day long," Jacques recalls. "If I got in trouble, my punishment was to be grounded off my horse, which was the most painful thing my parents could have ever done."

She laughed.

Barbara grew up around agriculture but didn't become completely consumed by it until she married a full-time rancher, Dave Jacques, in 1979. Together, the two established Seven D Ranch, which consists of a cow-calf operation, stocker cattle and a small hay operation. The Jacques continue to manage a cowherd and stocker operation for Dave's parents as well.

"I think that was something that was just in my blood," she said. "I can't imagine that I would've ever married anyone who wasn't in agriculture because that was what I loved and where I wanted my life to be."

Jacques first developed a passion for teaching others about agriculture when she went to college and was surprised to learn many people did not have an understanding or appreciation for an industry that impacted their daily lives.

"I realized it is very important for those of us in agriculture to always try to be educating the people who aren't in agriculture," Jacques said. "Everyone has basic needs of food, water, clothing, and shelter. They need to understand that agriculture provides all of these things for them every day."

Contributions

In 2012, Jacques was appointed to serve on the Cattlemen's Beef Board by Tom Vilsack, U.S. Secretary of the Agriculture at the time. During her six-year term, she has served as both a committee chair and an executive committee

member for the board.

"I'm very proud to have had the opportunity to serve on Cattlemen's Beef Board," she said. "I think that is a very important job. The beef board is a driving force that propels our industry forward both home and abroad."

The Cattlemen's Beef Board consists of 100 members who oversee the Beef Checkoff. In addition to research and promotion within the U.S., the checkoff works hard to put American beef on the global map, which a single producer would struggle to do alone.

"Ninety-five percent of the world's consumers live outside of United States," Jacques said, "so I think it is of the utmost importance for us to be able to market our products on a global level."

Jacques considers this honor to have been the most noteworthy of her contributions to agriculture, but says that her work with children through local, state and national cattlemen's associations has been equally significant to her.

Jacques' devotion to these organizations and the agricultural industry is undeniable. She served as the Beef in Curriculum chair for the American National CattleWomen, an Oklahoma co-chair for the National Beef Ambassador Contest, a National Beef Cook-off committee member, and an executive committee member for the Oklahoma CattleWomen for 10 years.

Additionally, she has served as president and vice president of the Oklahoma CattleWomen, president of the Osage County CattleWomen, and was named Oklahoma CattleWoman of the year in 2011.

Outreach

Jacques found a great avenue to combine her passion for children and love for agriculture by serving on the advisory council of the highly successful Ag in the Classroom program.

On top of being involved on the ranch, Barbara taught art in public schools for over seven years,

where she incorporated agriculture in her lessons. Barbara left public school to serve as a curriculum specialist and course developer for a private education company for eight years. She and her husband now own the Salt Creek Gallery & Marketplace in Pawhuska, where she works as a designer and silversmith.

Her latest endeavor includes hand-engraved western belt buckles and jewelry, fine art, clothing, handmade crafts made by local people and "cream of the crop" Oklahoma-made food products.

"We have a lot of people from all over the world coming into Pawhuska," she said, "and I think if they want to take home some Osage County pecans or some Oklahoma honey or pepper jelly, then I think that's a great way to showcase the outstanding products that we have in our state."

Many of her customers are agriculturalists from the area, but numerous people from across the state and nation visit the gallery. Jacques feels she is teaching others about agriculture through her business and spends time with customers answering questions about the industry.

Heather Buckmaster, a friend and colleague of Jacques, describes her as a leader in the industry.

"While working on the ranch, taking care of her family, running an art gallery and producing beautiful jewelry, she also finds the time to advocate for agriculture literacy within our schools and serve in national leadership positions as a volunteer for the beef industry. She is an Agriculture Wonder Woman who I admire tremendously," Buckmaster said.

When asked what inspired her to dive into agriculture and serve others, Jacques said it was never a conscious decision.

"It was just something that comes from the very core of my being, from my heart," she said.

The tone of her voice encompassing a whirlwind of emotion made her passion for agriculture even more evident.



by Reflections Photography

**Barbara Jacques, recognized in the Significant Women in Oklahoma Agriculture series, has lived a life fully devoted to agriculture.**

"Every year that goes by there's a bigger need than there was the year before to make people understand," she said. "We have to have agriculture."

At 61, Jacques still has goals set to impact agriculture. She is already pushing for a children's agriculture museum in the state and is planning to make handouts using Ag in the Classroom lessons to give out at her store.

Her daughters have also chosen to pursue agriculture.

"You can just tell that it's in their blood," she said, in hopes that her grandchildren will become the fifth generation of agriculturalists in her family.

Buckmaster describes her as a "tireless supporter of agriculture literacy."

When asked about this statement, Jacques said with that same emotion, "This is so important to me. It's just who I am. I will stop trying to teach people about agriculture on the day that I die."

Barbara Jacques has truly lived a life fully devoted to agriculture, and both she and the industry have reaped the rewards of her dedication.

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# Oklahomans head for the hills...

by Ron Hendricks

Oklahomans head for the hills, mountains actually, Salt Lake City for the annual Hearing Loss Association of America national convention. The HLAA convention is held every year in late June in various cities across the country. The Central Oklahoma Chapter (COCHLAA) sponsored the convention here in Oklahoma City in 2007, the One Hundredth birthday of Statehood. This year two members will receive national awards. Vernice Meade; Spirit of HLAA and Sharon Hendricks; Website. COCHLAA is a very active chapter and brings home national awards almost every year. The convention is an opportunity for members to meet and exchange ideas. There are speakers on all sorts of topics from the latest technical advances in hearing aid technology to well known motivational experts, and always, food and fun.

COCHLAA's summer schedule is more relaxed. In early June we enjoyed a bingo and pizza night. July 21st we will hold a game night with sandwiches and August 5th is the annual Ice Cream Social where new chapter officers will be named and our two scholarship winners will be introduced. All meetings are held at the Lakeside United Methodist church, 2925 NW 66th St. The public is invited and there is no charge. September thru May meetings are a little more formal with a guest speaker and a business meeting. All are hearing friendly. For convenience sake, there are two group meetings monthly. Evening meetings are on the 2nd Monday at 6:30 PM and the day group meets on the 3rd Thursday at 1PM. For more information visit the website. WWW.OKCHearingLoss.org

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## July AARP Drivers Safety Classes

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

- Jul 6/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi**  
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100
- Jul 11/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky**  
Rose State Learning Center - 6191 Tinker Diagonal
- Jul 11/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Kruck**  
Dale Robertson Center - 1200 Lakeshore Dr.
- Jul 14/ Friday/ Okla. City/ 9 am - 3:30 pm/ 950-2277/ Edwards**  
S.W. Medical Center - 4200 S. Douglas, Suite B-10
- Jul 14/ Friday/ Bethany/ 9 am - 3:30 pm/ 405-440-1100/ Kruck**  
Southern Plaza - Bethany, Oklahoma
- Jul 18/ Tuesday/ Warr Acres/ 9 am - 3:30 pm/ 789-9892/ Kruck**  
Warr Acres Community Center - 4301 Ann Arbor
- Jul 21/ Friday/ Okla. City/ 9 am - 3:30 pm/ 681-3266/ Palinsky**  
Woodson Park Senior Center - 3401 S. May
- Jul 27/ Thursday/ Yukon/ 9 am - 3:30 pm/ 350-5014/ Kruck**  
Spanish Cove - 11 Palm Ave.
- Jul 29/ Saturday/ Shawnee/ 9 am - 3:30 pm/ 818-2916/ Brase**  
Shawnee Senior Center - 401 N. Bell St.
- Jul 29/ Saturday/ Piedmont/ 9 am - 3:30 pm/ 373-2420/ Kruck**  
First Baptist Church - Piedmont, Ok.

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

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## CROSSWORD CORNER

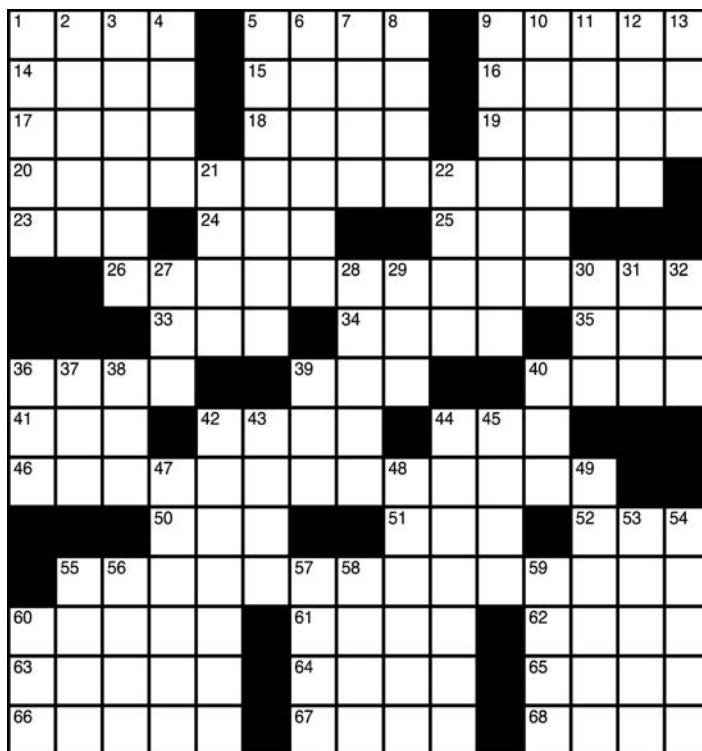
### Across

- 1 Observe Ramadan, in a way  
5 \_\_\_ and terminator: criminal court  
9 Tapered fastener  
14 Scratch the surface?  
15 Sub spot  
16 "Glee" club  
17 "Sharknado" actress Reid  
18 Banish to Hades, say  
19 Like most tarantulas  
20 Bond portrayal Daniel's BuzzFeed piece?  
23 That guy  
24 Stay-at-home \_\_\_  
25 Bonfire residue  
26 Leftover bit of a physics experiment?  
33 Yes, on Talk Like a Pirate Day  
34 Love god  
35 Seagoing mil. group  
36 "\_\_\_ you!"  
39 Source of 20s  
40 Icky buildup  
41 Sydney school  
42 Charlatan  
44 18%, often  
46 Ezine feature?  
50 "Collages" novelist  
51 Chest-beating beast  
52 Marked, as a ballot  
55 Beantown treat?

### Down

- 60 Real pip  
61 Trompe l'\_\_\_  
62 Online urban music magazine  
63 Actress Woodard  
64 Mantel piece  
65 Molecule component  
66 Perp subduer  
67 Help for the poor  
68 What's going on  
1 Sell for  
2 Game company formerly named Syzygy  
3 Beats it  
4 Asian language with 44 consonants  
5 "Probably ..."  
6 Shoppe descriptor  
7 Weena's race, in "The Time Machine"  
8 What swish shots don't touch  
9 Flaky metamorphic rocks  
10 Joanie's love  
11 Bubble and churn  
12 Green land  
13 Seinfeldesque  
21 Wagga Wagga welcome  
22 Starchy tuber  
27 Shock absorber  
28 Saint at a gate  
29 Operational branch  
30 Mongrel

- 31 "Gaux Tigers" SEC school  
32 Wind down or wind up  
36 Belly, to a tot  
37 Sean Lennon's middle name  
38 Jack-in-the-box flipper  
39 Police blotter letters  
40 Lowest-ranking NCO  
42 Fried corn cake  
43 \_\_\_ Domini  
44 Has a few  
45 Treats, as a sprain  
47 Make certain  
48 Lao-tzu's philosophy  
49 Whip up  
53 Fight (through), as a crowd  
54 Considers  
55 Composer Bart-k  
56 Klutzes  
57 Stellar phenomenon  
58 Ring out  
59 Nobelist Pavlov  
60 Ball club



Answers on page 25



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# What Oklahomans Should Know About Traveling to Mexico for Weight Loss

As those who have tried endless diets know, there are no easy fixes when it comes to losing weight and keeping it off. Even with dieting and exercise, many don't succeed. Brandi (last name withheld), a 35-year-old mother from Ardmore, Oklahoma, thought she found her answer when she discovered weight loss surgery at cheap prices was a booming business in Tijuana, Mexico.

She knew people from her small town who traveled to Mexico for successful gastric sleeve weight loss surgery, and in her research she found numerous clinics there advertising their services on YouTube with slick patient videos. Those Tijuana clinics charge as low as \$4,000 for the whole surgery plus anesthesia. The clinics woo potential patients by marketing the experience as more like a vacation than a possible life-threatening surgery.

In gastric sleeve surgery, which is usually suitable for patients who have 100 pounds or more to lose, the structure of the stomach is changed to be shaped like a long, skinny tube, which restricts the amount of calories the body absorbs. The new banana-sized stomach, or "sleeve," is about 1/10th the size of the original stomach.

Brandi traveled to Tijuana to have the surgery on March 11, and one day later "they put me on the plane while I was still hurting really bad, with no instructions on after-care," she says.

Once Brandi returned to Ardmore she ran into more problems. "I ran a low-grade fever for days and my back pain was horrible and getting worse. It got so bad after several days that I had to go to the ER. They told me I had a softball-sized abscess and leak from the surgery," she says. "Right away, the local ER rushed me to INTEGRIS in Oklahoma City for emergency surgery to repair the leak."

Brandi's story doesn't surprise

Hamilton Le, M.D., who performed that emergency repair surgery 10 days after her failed surgery by the other doctor in Mexico. Le is medical director at the INTEGRIS Weight Loss Center. "In just the last eight weeks or so, I've had to repair four people who had life-threatening complications — in some cases, critically ill and almost dead from sepsis — from gastric sleeve surgery by doctors in Mexico," he says.

Dr. Le points out all four patients are from smaller, more rural towns such as Ardmore and Woodward. He believes the clinics in Tijuana are targeting small towns with their advertising, since those potential patients aren't near the bigger cities that offer weight loss surgery locally. "The patients I'm seeing with complications aren't coming from Edmond, they're coming from Elk City," he says.

In Brandi's case, "Dr. Le thinks the infection came from the way they did my sleeve," she says. "It should look like a banana, but there is a big kink in the middle. When you look at the X-ray it doesn't even look like a gastric sleeve."

Although the price for weight loss surgery usually starts at \$10,000 in the U.S. and can run up to \$25,000, "you get what you pay for," Le says. "Any money people save by doing the surgery in Mexico could go down the drain. If you have complications once you get back to the states, often insurance won't cover care from an unapproved surgery, and many hospitals won't work on the patients without their paperwork."

Brandi says, "When I was so sick at the ER in Ardmore, I called lots and lots of doctors, but nobody else in the state would take me because the surgery was done in Tijuana. Thank God for Dr. Le. I don't know what I would have done without him."

She stayed in the INTEGRIS hospital for a week and continues to make bi-weekly trips to

Oklahoma City for follow-up care. She says she might need additional surgery in the future to do further repairs on the sleeve. Still, Brandi feels like one of the lucky ones. "My medical bills (from treatment of the complications) run in the hundreds of thousands of dollars now. I'm lucky because my insurance is helping me pay. I can't even imagine how the others with no help from insurance will make it," she says. Brandi advises, "Don't go down there and do it. It is much safer to pay for it here, and know what you're getting. I didn't even get the

right kind of sleeve it didn't even look like a normal sleeve."

Dr. Le says long-term outcomes of having weight loss surgery in Mexico aren't good. "The surgery is just the tip of the iceberg. When you have the surgery in the U.S., there are extensive pre- and post-surgery requirements and after-care, like getting an EKG to check heart health, meeting with a psychologist to make sure patients are emotionally ready for the surgery, and having a nutritionist teach them how to re-learn to eat." Without this coaching, patients are much less likely to maintain any weight loss, he says.

## INTEGRIS Health.

### St. Anthony Healthplex East Opens Onsite Pharmacy

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The benefits of the pharmacy include convenience for ER patients and patients of St. Anthony Physicians Group, St. Anthony Healthplex East, as well

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St. Anthony Healthplex East is pleased to offer these expanded services to patients and the community, in an effort to make health care more accessible and convenient.

St. Anthony Healthplex East is located at 3400 S. Douglas Blvd., in Oklahoma City. To contact the pharmacy please call 405-772-4034.



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Arbor House of Mustang	60	Mustang	405-376-2872	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
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>	*	*	*	*	*	*	*	*	*	*		
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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>	*			*	*		*	*	*	*		
Savannah House of Moore		Moore	405-378-2500									*				
Savannah House of Norman I		Norman	405-329-2450								*	*				*
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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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# Tasty Twist on the Bucket List



Kaitlan Kenworthy, associate of The Fountains at Canterbury, poses with residents Jess Franks, left, and Ann Forester, right.

The Fountains at Canterbury, in northwest Oklahoma City, is known for its thriving campus of residents keeping busy with new, exciting activities and programs.

While brainstorming fresh, extraordinary outings for her residents, The Fountains at Canterbury associate Kaitlan Kenworthy came up with an idea for a delicious notion to add to the group's famed bucket list outings, something she fondly calls 'Diners, Drive-Ins and Dives, Canterbury-style.'

"I wanted to create new, exciting, fun excursions for residents," said Kenworthy.

The inspiration for her delicious idea was derived from the hit Food Network show "Diners, Drive-Ins and Dives" with host Guy Fieri, and specifically the nine locations he visited in Oklahoma. The group has been to nearly all of the featured locations, including Clanton's Caf  in Vinita, Eischen's Bar in Okarche, the Rock Caf  in Stroud and Oklahoma City culinary legends Cattlemen's Steakhouse, Ingrid's Kitchen, Leo's BBQ and Mama E's Wings and Waffles.

Their most recent excursion was to Nic's Place Diner and Lounge. The new location offered natural light cascaded into a large, dark-wood room as several residents waited eagerly to order. They commented on the lovely d cor, discussed who wanted to split the large portions with whom and reminisced on their previous outings.

"I'm excited to try [Nic's]. We've been to a little bit of everything," said Ann Forester, resident of The Fountains at Canterbury. "I have not missed a trip since we started making them to various restaurants."

As Forester finished the first bite of her 'Old School Burger' she remarked, "It's very good."

Kenworthy said the program has been a hit with residents and she hopes to continue taking them to new places, even after they've completed the current series of outings.

"I think the residents have really enjoyed getting out, visiting new places and trying new food," said Kenworthy. "It would be amazing if Guy Fieri would come back to Oklahoma and go to a restaurant with our group to give them a live rendition of his show!"

As the residents of The Fountains at Canterbury are approaching the last outing in their 'Diners, Drive-Ins and Dives, Canterbury-style' series to The Diner in Norman this July, they are excited about the location, but sad to see the series come to a close. However, residents should not fear boredom as Kenworthy is already planning their next adventure.

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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# RUNNING FULL ON AN EMPTY TANK

By Darlene Franklin

"I'll give you a full life in the emptiest of places."

Whoa. Isaiah's words brought me to an abrupt halt. My life in a nursing home often felt like an empty place.

Literally speaking, my half of a shared room in a nursing home was far from empty. The essence of six decades of life was crammed into a few square feet. Correspondence, presents, toiletries, clothes, doo-dads filled my dressers to overflowing. Family pictures and framed poetry by my daughter brightened my walls. The fifty-plus books I'd written strained my six-foot bookshelf, and my clothes crowded my half of the rod.

When we added a hospital bed, bi-pap machine, oxygen generator, walker, and laptop, my roommate and I could barely wheel through the room. My wheelchair spent the night in the hallway because it blocked my path to the bathroom. My bedtable doubled as work space and dining room.

The crowded room reminded me of what wasn't here. My beloved cat. Shelves of family photographs. Family recipes. Daily routines varied little. How often did I get outside? How many meals excites my palate? Whom could I chat with, with a speech-impaired roommate and aides busy working?



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

See TANK Page 29

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Sandy Scroggins

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*Drink something cool - iced tea if I have to be nice.*



Donna Reese

*Go to the pool. My daughter-in-law and son have one in their neighborhood so I play with my grandchildren.*



Connie Oubre



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Arbor House of Midwest City 9240 E. Reno Ave. MWC, OK 73130  
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\*SLU's Administrator Level 1 course is listed as recommended references on NAB's website.

\*\*Must be Registered by 1 week prior to start of class in order to complete pre-course work.

\*OKALA Members receive \$50 discount off of registration fee.

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Per Person  
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or

**D.downer@okala.org**

**2017 Class Dates**

November 2, 3, 6 & 7, 2017

Gemini Bldg  
3101 Tinker Diagonal  
1st Floor Training Room  
Oklahoma City, OK

## Oklahoma State Regulation 2017 "BOOT CAMP"

Is your company new to Oklahoma? Are you looking for a way to help you and your staff get on the same page and work better as a team? This regulation review is designed for Regional Directors/Owners who are new to Oklahoma and to bring a community's Nurse, Administrator and Marketer together to learn requirements for operating an Oklahoma Assisted Living community. Class participants will be given a crash course on Title 63 Continuum of Care and Assisted Living Act; Title 310, Chapter 663 and will bring home a binder that will quickly become a vital reference tool in day-to-day operations.

For additional info. or questions, please call the OKALA office at (405) 235-5000

\*OKALA Members receive a \$25 discount off of registration fee.

**\$150\***

Per Person & Includes Binder  
(\$200 total with CEU's)

Space is Limited

**Register Now**

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or

**D.downer@okala.org**

**2017 Class Dates**

December 8, 2017

**Class Location:**

GEMINI Bldg.  
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# OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

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# OKC Foundation Awards \$97,500 to Six Charities Providing Services for Elderly Citizens

The Oklahoma City Community Foundation recently awarded \$97,500 to six charitable organizations in central Oklahoma providing services for elderly citizens.

"Seniors are in need of programs that help them to live happy, healthy lives," says Whitney Moore, development director for recent grant recipient Oklahoma City Ballet. "Remaining active as seniors age is very important in maintaining their independence and health."

The Community Foundation's Services for the Elderly iFund program supports organizations that provide direct services for our community's older citizens

who still live in their homes. By supporting wellness and exercise activities, this program helps to allow independent living to continue and provides positive social and recreational opportunities improving their quality of life.

"Oklahoma City is continually listed as one of the nation's least healthy cities. The Oklahoma City Community Foundation is actively working to change this by creating a culture of health and wellness in central Oklahoma," Oklahoma City Community Foundation President Nancy B. Anthony said. "We are pleased to work with charitable organizations

See AWARD Page 31



photos by the Oklahoma City Ballet

Members of the Golden Swans - Oklahoma City Ballet's outreach program for elderly and Alzheimer's sufferers - practice their skills. Oklahoma City Ballet is one of Oklahoma City Community Foundation's most recent grantees. The nonprofit organization received a \$10,000 Services for the Elderly iFund grant to provide ballet classes to help improve senior mobility.

## Check Out Our All NEW Assisted Living Program!

This new program is intended for Seniors who are independent of ADL's, but would benefit from the assisted living environment.

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We would provide the following services to them:

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## AWARD

Continued from Page 30

that share our vision and provide creative solutions to improve the lives of citizens in our community."

The following grants were awarded through the Services for the Elderly iFund:

American Red Cross of Central Oklahoma - \$12,500 for a campaign to prevent home fires among elderly residents.

NewView Oklahoma - \$20,000 for a medication management program for seniors who are vision-impaired.

Oklahoma City Ballet - \$10,000 for the Golden Swans program providing ballet classes to help improve senior mobility.

Rebuilding Together OKC - \$20,000 to provide critical heating, cooling and electrical repairs to low-income seniors allowing them to remain safe, warm and dry in their homes.

Regional Food Bank of Oklahoma - \$20,000 to provide nutritious food and healthy

living resources to low-income seniors.

The Salvation Army Central Oklahoma Area Command - \$15,000 to support the Senior Watch program that provides immediate, short-term assistance for seniors in need of additional household, emotional or spiritual support.

An initiative of the Oklahoma City Community Foundation Trustees, the iFund program utilizes gifts from donors to support services for children and elderly, as well as provide access to health care. Since 2011, the iFund program has awarded more than \$2.5 million to charitable organizations serving central Oklahoma. For more information, visit [www.iFundokc.org](http://www.iFundokc.org).

Founded in 1969, the Oklahoma City Community Foundation is a 501(c)(3) public charity that works with donors to create charitable funds that will benefit our community both now and in the future. To learn more about the Oklahoma City Community Foundation, visit [www.occf.org](http://www.occf.org).

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## Tunes *at* Tapestry

Enjoy summer with Tunes at Tapestry. This 2017 Event Series will be held the fourth Friday of each month through the patio season.

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