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Right Place, Right Time

At 83, Glenn Boyer still works and workouts out every day while living at Grand Tapestry at Quail Springs.

by Bobby Anderson, Staff Writer

Throughout Glenn Boyer's life he's had a knack for being in the right place at the right time.

Even after retirement - living life the way he wants to - little has changed.

"I've been blessed with a lot of things," Boyer said. "Most of these things I didn't choose, they chose me."

Being a man of firsts, Boyer has filled his life with love, laughter and a passion for his profession.

His home for the past year, Grand Tapestry at Quail Springs, has helped him continue living life the way he wants.

"It's great," Boyer said of his Northwest

Oklahoma City apartment. "You meet a lot of people here. I don't want three meals a day or babysitting. I want to do what I want to do. You choose what you want and you do it."

By 7:30 each morning you'll find Boyer in the workout room or he might be taking a few laps in the heated salt water exercise pool.

Some days he'll invite his men's bible study over for a catered four-course meal.

In the evenings you might

See BOYER Page 3

Epidemic proportions

Seniors needed in vaccine debate



Norman pediatrician Dr. Thomas Kuhls is leading an effort to ensure children receive the vaccinations they need.

story and photos by Bobby Anderson, Staff Writer

Whooping cough, polio, measles and rubella.

Anyone over the age of 50 remembers hearing horror stories about the diseases that plagued previous generations.

For the much of the current generation the above are simply footnotes in history with no real meaning.

But that may be changing.

From January 1 to March 25, 2017, 28 people from 10 states (California, Colorado, Florida, Michigan, Nebraska, New Jersey, New York, Pennsylvania, Utah, and Washington) were reported to have measles.

Those numbers are alarming for Norman Pediatrician Dr. Thomas Kuhls, so alarming that for the first time in his life he's entered politics.

"I've never done anything political in my life. I don't think I even ran for student council in middle school," Kuhls laughed.

Then two things happened. Kuhls read that an immunization bill by Sen. Ervin Yen would not be heard in the 2016 session.

"Senator Yen's bill would strengthen immunizations because rates are dropping," Kuhls said. "More importantly, at the end of the legislative year when the anti-vaccine bill was passed by an overwhelming majority and went to the Governor."

See VACCINE Page 2

VACCINE

Continued from Page 1

Thank God Gov. Fallin vetoed it but what scared me was when the Republicans tried to override their own governor and came just 13 votes short.

"It was clear the majority of those legislators even with my ignorance I knew there weren't that many people that didn't have their kids vaccinated. It had to do more with misinformation and misunderstanding and not really truly understanding vaccines."

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That's why Kuhls is supporting the non-profit political action group Vaccinate Oklahoma.

Kuhls taught vaccines at the University of Oklahoma for years. His background is in immunology and pediatric infectious diseases.

Kuhls still has his smallpox scar.

"In my generation and in my parents' they all knew the importance of vaccines because many of those era have seen polio," Kuhls said. "Back in my era vaccines were always important."

WHAT'S AT STAKE

"I think people don't realize what's at stake," Kuhls said. "Our personal exemption rate is increasing yearly in this state. Other states when their rates go up have had outbreaks of diseases like in California."

"When the population isn't immunized it sets us up for a disaster, an outbreak."

Before the middle of the last century, diseases like whooping cough, polio, measles, Haemophilus influenzae, and rubella struck hundreds of thousands of infants, children and adults in the U.S. Thousands died every year from

them. As vaccines were developed and became widely used, rates of these diseases declined until today most of them are nearly gone from our country.

Statistics from the CDC paint an interesting picture.

*Nearly everyone in the U.S. got measles before there was a vaccine, and hundreds died from it each year. Today, most doctors have never seen a case of measles.

*More than 15,000 Americans died from diphtheria in 1921, before there was a vaccine. Only two cases of diphtheria have been reported to CDC between 2004 and 2014.

*An epidemic of rubella (German measles) in 1964-65 infected 12½ million Americans, killed 2,000 babies, and caused 11,000 miscarriages. Since 2012, 15 cases of rubella were reported to CDC.

Kuhls says the United States has very low rates of vaccine-preventable diseases, but this isn't true everywhere in the world.

Only one disease — smallpox — has been totally erased from the planet. Polio is close to being

eliminated, but still exists in several countries.

More than 350,000 cases of measles were reported from around the world in 2011, with outbreaks in the Pacific, Asia, Africa, and Europe.

In that same year, 90% of measles cases in the U.S. were associated with cases imported from another country. Only the fact that most Americans are vaccinated against measles prevented these clusters of cases from becoming epidemics.

Kuhls said one of the major drivers of non-compliance is public schools making it easier for parents to sign exemption forms rather than instructing parents to have their children vaccinated.

"I think anybody my age understands the importance of vaccines and have watched diseases go away," Kuhls said. "Your readers need to tell their grandkids these diseases are real and they've lived through them and they are the vaccines that made them go away."

"It's the grandparents that have seen that and have been through that."



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BOYER

Continued from Page 1

see him in the billiards room teaching a friend's granddaughter how to play pool.

"Things like that just make it home," Boyer said.

Being one of the inaugural Grand Tapestry residents is just another in a long line of firsts for Boyer.

In college, he was a shooting guard for Wichita State University's basketball team. He's a member of the first Shocker postseason tournament team.

An ROTC cadet, Boyer was drafted out of college and sent to Ft. Bliss.

"Little did I know from then on it would be my career," he said.

The math major was assigned to the computer, missile and radar fields. He spent two years of his four years in the service on a missile site.

He applied for a job as a coach and teacher on the outskirts of Kansas City. The offer was \$4,000 a year.

At the same time, Bendix Corporation offered him \$12,000 a year as a computer programmer - a first for him.

"That was in 1961 when there were very few computers," Boyer said. "I've been in the field ever since."

He came to Oklahoma City in 1969.

In 1972 he started Applied Computer Systems, a business he still runs today with son Glenn Jr. at 3509 N. Classen Blvd.

Boyer enjoyed 65 years with his wife before she passed.

"I didn't know what I wanted but I knew I didn't want to live by myself in my house," said Boyer, who lived at Ski Island for 44 years.

His daughter brought him to Grand Tapestry.

It's a story told time and again.

"I just gave it a try and it turned out to be a good fit," said retired psychiatrist Liliana Schechter. "It's very cozy, very nice and we all help each other."

She definitely didn't expect

to meet a fellow resident whose mother was also from Poland.

Schechter's Polish mother survived the Auschwitz concentration camp and the Holocaust.

The conversation between the instant friends just flowed.

"We go to the synagogue (together)," Schechter said. "It was truly a miracle."

Gwyn Walters watches the sun rise each day from her third floor apartment.

"Most of us would say the people," Walters said of what drew her to become a founding member. "And we have some really fun things to do. The educational offerings have been great, too."

From listening to University of Oklahoma Football Coach Bud Wilkinson's story told by his own son, Jay, to learning more about current topics, Walters has been able to experience it all in the comfort of her home.

She enjoys greeting visitors each day.

"I think this place is great," Walters said. "It's comfortable. That's one of the big things

I feel here is comfortable and safe."

"I didn't feel this safe in my own house."

A new and vibrant place to call home, Grand Tapestry at Quail Springs is tailored to active adults age 55 and better, centrally located in the Quail Springs area of Oklahoma City.

Here, residents like Boyer chase their passions, enjoy their hobbies and seek out new adventures.

The architecture and interiors were designed to create comfort and convenience in a caring, maintenance-free setting. From the theatre offering an exclusive cinematic experience with reclining lounge chairs, to an outdoor kitchen equipped with grills, a fire pit and water feature, to the raised-bed garden, Grand Tapestry offers a social environment for everyone.

Residents also take advantage of concierge-style services and enjoy the community beyond Grand Tapestry at a variety of dining, shopping and entertainment options within steps of the front door.

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OPINION

THE SAVVY SENIOR

Dear Loud,

If your husband feels he's not ready for a hearing aid but needs some hearing help, there are dozens of "assistive listening devices" on the market today that can make a big difference.

Assistive listening devices are over-the-counter electronic products (they are not FDA approved hearing aid devices) that can amplify and improve sound to help your husband in different listening situations. It's also important to know that these products are best suited for people with mild to moderate hearing impairment, and they usually aren't covered by insurance or Medicare.

Here's a breakdown of some of the different devices that can help.

Personal amplifiers: For better hearing, especially in noisy environments, there are personal sound amplification products that can be worn in the ear like a hearing aid, and are designed to amplify sound while reducing background noise. Two top rated products

Dear Savvy Senior,

What types of products can you recommend to help people with hearing problems? My 65-year-old husband has some hearing issues, but doesn't think he needs a hearing aid, so I'm looking for some alternative devices that can help.

Loud Talker

to consider that were recently recommended by Consumer Reports are the SoundWorld Solutions CS50+ and the Etymotic Bean.

The CS50+, which costs \$350, looks like a Bluetooth cell phone headset, and has customizable settings that can be programmed with a smartphone. The Etymotic Bean, which costs \$399 a pair or \$214 for one, is ready to use right out of the box and is best suited for those with high-frequency hearing loss.

If these are too pricy, there are also a number of small hand-held or body-worn amplifiers - like the Williams Sound Pocketalker (\$139) and Bellman & Symfon Mino Personal Amplifier (\$188) - that have a microphone and headphones or earbuds that are very effective too.

TV amplifiers: To hear the television better, there are TV listening devices that will let your husband increase the volume and adjust the tone to meet his needs, without blasting you out of the room.

Some of the best options include wireless infrared, radio frequency or Bluetooth devices that come

Nifty Gadgets That Can Help Seniors with Hearing Loss

with standard or stethoscope headphones. Sennheiser makes a variety of quality products with prices running between \$130 and \$450. Or, for a more affordable solution, consider the Serene Innovations TV Sound Box for \$120. This is a wireless amplified TV speaker that would sit near your husband, and provide clear stereo sound from the TV without the need for headsets.

Amplified telephones: To have clearer phone conversations, there are a wide variety of amplified telephones that offer enhanced volume and tone adjustments, and they usually come with extra loud ringers and flashing ring indicators to alert him when a call is coming in.

Some top makers of these products are Clarity, ClearSounds and Serene Innovations, and a top seller today is the Clarity XLC2+ Amplified Phone (\$144), which is a cordless phone that provides three tone settings and 50 decibels of amplification.

Alerting devices: There are also a variety of alerting devices that can help people who have trouble hearing the doorbell, phone, alarm

clock, smoke detector or even weather radio. These products use flashing lights, multi-tone ringers or vibrating devices as a means to alert you.

Some popular products in this category include: The Bellman & Symfon Care Home Alerting Solution that provides door and phone notification with a flashing alert (\$198); the Silent Call Weather Alert Radio with strobe and bed shaker (\$165); and the all-in-one Serene Innovations CentralAlert CA-360 Clock/Receiver Notification System, which provides alarm clock, doorbell, phone, motion and storm warning alerts (\$180).

To locate these and any other hearing loss products visit Harris Communications (HarrisComm.com), or call 866-476-9579), which offers more than 2,000 assistive devices and provides customer support services to assist you.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Can I Inherit My Parent's Debt?

Dear Savvy Senior,

Dear Worried,

In most cases when a person with debt dies, it's their estate, not their kids, that is legally responsible. Here's how it works.

When your mom dies, her estate - which consists of the stuff she owns while she's alive (home, car, cash, etc.) - will be responsible for paying her debts. If she doesn't have enough cash to pay her debts, you'll have to sell her assets and pay off her creditors with the proceeds.

Whatever is left over is passed along to her heirs as dictated by the terms of her will, if she has one. If she doesn't have a will, the intestacy laws of the state she resides in will determine how her estate will be distributed.

If, however, she dies broke, or there isn't enough money left over to pay her "unsecured debts" - credit cards, medical bills, personal loans - then her estate is declared

insolvent, and her creditors will have to eat the loss.

"Secured debts" - loans attached to an asset such as a house or a car - are a different story. If she has a mortgage or car loan when she dies, those monthly payments will need to be made by her estate or heirs, or the lender can seize the property.

There are, however, a couple of exceptions that would make you legally responsible for her debt after she passes away. One is if you are a joint holder on a credit card account that she owes on. And the other is if you co-signed a loan with her.

NOTE TO SPOUSES: These same debt inheritance rules apply to surviving spouses too, unless you live in a community property state - Arizona, California, Idaho, Louisiana, Nevada, New Mexico, Texas, Washington or Wisconsin. In these states, any debts that one spouse

Q. What happens to a person's debt after they die? My mother has taken on a lot of medical and credit card over the past few years and I'm worried that my brother and I will be responsible for it when she dies. What can you tell me? *Worried Daughter*

acquires after the start of a marriage belongs to the other spouse too. Therefore, spouses in community property states are usually responsible for their deceased spouses debts.

Protected Assets

If your mom has any IRAs, 401(k)s, brokerage accounts, life insurance policies or employer-based pension plans, these are assets that creditors usually cannot get access to. That's because these accounts typically have designated beneficiaries, and the money goes directly to those people without passing through the estate.

Settling Her Estate

You also need to be aware that if your mom dies with debt, and she has no assets, settling her estate should be fairly simple. Her executor will need to send out letters to her creditors explaining the situation, including a copy of

her death certificate, and that will probably take care of it. But, you and your brother may still have to deal with aggressive debt collectors who try to guilt you into paying.

If your mom has some assets, but not enough to pay all her debts, her state's probate court has a distinct list of what bills get priority. The details vary by state, but generally estate administering fees, funeral expenses, taxes and last illness medical bills get paid first, followed by secured debts and lastly, credit card debts.

Need Help?

If you have questions regarding your situation, you should consult with a consumer law attorney or probate attorney. Or, if you just need a question or two answered, call your state's legal hotline if available ([see LegalHotlines.org](http://LegalHotlines.org)), or legal services provider.

Kick Start Retirement Planning Today

Oklahoma's seniors are the perfect target for con artists. Many of them have a "nest egg," own their own home and have excellent credit. This summer the Oklahoma Insurance Department is arming seniors with the tools they need to protect themselves from fraud.

"Scam artists exploit the very traits in our older citizens that we love so much," Oklahoma Insurance Commissioner John D. Doak said. "Seniors were taught to be polite and trusting. But we're teaching them techniques and giving real-life examples to help them be mindful of the risks involving insurance and many other interactions and decisions."

A panel of experts will fan out across the state to share information and advice in seven different cities in June and July. These Senior Fraud Conferences include topics on insurance fraud, Medicare fraud, investment fraud, banking fraud and current senior scams.

Some red flags that attendees will learn about include:

- Unrequested calls from Medicare or Social Security. Fraudsters claim to be with these offices asking for financial or other personal information to get beneficiaries a new card or better benefits. These are almost always a scam.
- Pressure to act quickly. If an offer

is legitimate, it will still be there tomorrow.

- Unsolicited offers for free money or fast cash. A promise of lottery winnings and guaranteed returns from an unknown inheritance are likely scams.
- If it seems too good to be true, it probably is. Scam artists have a knack for making people believe they'll be better off if they take the deal.

Each seminar is free for seniors and includes breakfast. Insurance professionals can attend a conference for four hours of Continuing Education (CE) credit. The cost for CE credit is \$30.

The conferences are partially funded by the Administration on Community Living's Senior Medicare Patrol grant. To attend, please RSVP by registering online at map.oid.ok.gov or by calling 800-763-2828.



2017 Senior Fraud Conference Schedule

Registration - 7:30 a.m. Breakfast - 8:00 a.m.

Conference - 8:30 a.m. to 12:15 p.m.

June 1 - Pauls Valley

Donald W. Reynolds Recreation Center
1005 N. Willow
Pauls Valley, OK 73075

June 6 - Altus

Privett Event Center
1320 North Forrest
Altus, OK 73521

June 15 - Oklahoma City

Tower Hotel
3233 N.W. Expressway
Oklahoma City, OK 73112

June 27 - Tulsa

Marriott Tulsa Hotel Southern Hills
1902 E. 71st St.
Tulsa, OK 74136

June 28 - Grove

Grand Lake Event Center
26301 S. 655 Rd.
Grove, OK 74344
(Next to Grand Lake Casino Lodge and 1.5 miles south of Grand Lake Casino on Highway 10)

July 20 - Elk City

Western Technology Center
301 Western Dr., Rooms 103 & 104
Elk City, OK 73644

July 26 - Tahlequah

Go Ye Village
1201 W. 4th St.
Tahlequah, OK 74464

Kingfisher to host seventh steer wrestling benefit for OMRF

The seventh annual Cross Family Benefit for the Oklahoma Medical Research Foundation will be held on May 7 in Kingfisher. Cowboys from across the country will saddle up to raise money for cancer research and also to honor the life of Floyd Cross.

Cross battled – and defeated – recurring bouts of colon and liver cancer for 12 years before passing away in 2016. The Cross family continues to fight the disease in his honor by raising funds to support cancer research at OMRF.

"The Cross family is a great example of how Oklahomans can do something meaningful to help combat diseases like cancer," said OMRF Vice President of Development Penny Voss. "Grassroots efforts like this one make a big difference in giving momentum to the world-class research happening right here in Oklahoma City." In addition to the steer wrestling competition and t-shirt sales, raffle tickets will be sold for \$1 or six for \$5 for a wide variety of prizes. A weekend getaway to Red River, New Mexico, will be up for auction. The event will be held at 1 p.m. at the Kingfisher Rodeo Roundup Club Arena. To enter or for more information, call Sherrie Cross at (405) 375-4872 or (405) 313-1776. The books are open from 10 a.m. until noon on May 7. Admission is free.



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SFlawgroup



COMMUNITY

Simple intervention *AllianceHealth outcomes change lives*

by Bobby Anderson,
Staff Writer

The message sent to the Midwest City community a few months back was resounding.

More than two years of work and planning by multiple AllianceHealth Midwest departments culminated in a prestigious accolade that will benefit patients throughout the metro.

For the first time, the hospital received full Chest Pain Center with PCI (Percutaneous Coronary Intervention) Accreditation from the Society of Cardiovascular Patient Care.

"Essentially what it did was validated to our community we were serious about our cardiology

program and our treatment and our evaluation of chest pain patients," said Mark Macklin, RN, BSN, cardiology director and chest pain coordinator. "This has always been a community-based hospital and it was important for us to relay that to the community that we had committed ourselves to improving in those particular areas."

To receive accreditation, AllianceHealth Midwest demonstrated its expertise and commitment to quality patient care by meeting or exceeding a wide set of stringent criteria and completing on-site evaluation by a SCPC review team.

AllianceHealth Midwest is the only hospital in the state of

Oklahoma to receive this level of accreditation.

"This accreditation is another large step in our commitment to providing superior emergency and cardiac care to the residents of Midwest City and Eastern Oklahoma County" said Damon Brown, CEO, AllianceHealth Midwest. "This accreditation was made possible because of the dedicated work and commitment of a multi-disciplinary team that included employees, physicians and paramedics."

Macklin has spent the last 12 of 22 years in nursing in cardiac care after an emergency medicine and trauma background.

And he's seen cardiac care come to the forefront.

TREMENDOUS NEED

"Any community in Oklahoma, cardiovascular disease is going to be a primary focus," Macklin said. "Particularly for the process of chest pain accreditation it was important for us because of our volume throughputs, lengths of stay and those issues that we standardized the process so patients are treated not exactly the same but at least within the same guidelines and standards so we don't miss small things along the

way."

Macklin stressed that the purpose of obtaining chest pain accreditation wasn't to just put the emblem on the paperwork. The process was one the entire AllianceHealth system has committed to in order to improve its processes and insure better outcomes.

"What it tells (the community) is that along with the accreditation process is the process of ongoing performance improvement and what might be standard of care today is fluid and those standards change annually, even more often than not based on evidence-based practice and clinical research.

"We have cardiologists that embrace the recommendations that come out of the American College of Cardiology and published literature."

Macklin likes to use the phrase "parking lot to parking lot" to describe the program.

The program simply doesn't work if all departments don't work together.

"It's not just an emergency process, it's not just a cath lab process and it's not just an inpatient observation process," Macklin said.

Continued next page

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Charlie served in WWII as a Navy Pilot in the Pacific, he enjoyed 64 wonderful years loving his wife Jeanette, an avid fisherman, with a passion for Bluegrass and Gospel music, Charlie was a world traveler. He now spends his time with friends at Rambling Oaks Assisted Living in Norman. He enjoys spending time with his 2 sons, 4 grandchildren and 3 great grandchildren.



RAMBLING OAKS
ASSISTED LIVING

INTERVENTION

Continued from Page 6

That became obvious during the entire accreditation process.

"What we identified early on in the process was we were already pretty good at the acute MI," Macklin said. "What we identified through the process and our surveyor's neutral eyes was that our biggest opportunity was our EMS arrivals and starting to take those EMS patients who were acutely myocardial infarcting straight to the cath labs, shaving 20 sometimes 30-times off our perfusion times.

"That's been our biggest improvement you can see on a daily basis. We've empowered EMS that if it walks like a duck, and it quacks like a duck call it a duck and we'll take them to the lab."

The process is ongoing.

Macklin knows time is muscle and staff are always up against the clock.

The pride comes through the continual refinement of the process.

Representatives from every department met regularly through the accreditation process and still are called back in to maintain



Mark Macklin, RN, BSN and AllianceHealth Midwest cath lab staff are on the cutting edge of cardiac care in Oklahoma.

improvement.

"This is a group of people who aren't afraid to call somebody out and it's a group that isn't afraid to tell you what they need," Macklin

said. "This is a team sport."

Certification lasts for two years but statistics are monitored monthly by the accreditation agency.

Ongoing employee education

and community education are tenets of maintaining certifications.

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SPECIAL TO SN&L

WHO IS A HERO?

By Darlene Franklin

When I'm asked to name my heroes, I readily name a handful: Rosa Parks, Corrie Ten Boom, Eleanor Roosevelt, alongside Abraham Lincoln, George Washington, and others.

What makes a hero? Dwayne Johnson asked that question in his 2013 television series, *The Hero*.

In addition to my addiction to reality TV, I was interested in the answer. I was facing my own hero's challenge. I had to battle back from a month-long hospitalization. I had never fully recovered from crippling weakness and arthritis which had left me unable to walk or do most of my daily activities, and led to my moving to a nursing home.

On my first day of therapy, I was wheeled down the hall to the gym. My physical therapist

worked with my lower extremities, core strength, standing, endurance-walking? The occupational therapist focused on "activities of daily living," more upper body. Could I raise my arms enough to brush my hair? Dress myself?

We had a long way to go, and a hundred days (according to government mandated guidelines) to accomplish the task.

Weakness and pain nibbled at the edges of my motivation. In one of my first sessions, my physical therapist gave me a simple task: stand up.

I called on all my strength and pushed myself to my feet. I remained there, tottering, for a few seconds.

"Sit down-gently. Don't plop."

I reached back for the wheelchair arm with one hand, then the other, then as slowly, as carefully as I could, lowered myself into the chair. I was spent.

"That was good," she said cheerfully. "Now do it four more times."

Every muscle trembled, and most of them screamed with pain. I adapted the mantra of the winner of *The Rock's* competition as my own: "I will not let pain or fear defeat me. I will only fail if I cannot, physically, complete the task."

I stood four more times that day. I learned an essential lesson in facing an overwhelming task: success has more to do with my willingness to do the hard thing than with physical facts.

My health continues to fluctuate. I've been to the hospital three times

See HERO Page 11



Darlene Franklin is both a resident of a nursing home in Moore, and a full-time writer. In addition to 46 unique book titles, She has been published in dozens of magazines and nonfiction books.



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LIFESTYLES

Generation Builder

Senior educates generations

by Bobby Anderson,
Staff Writer

The sounds of children's playful voices float through Southwinds Montessori Preschool in Norman.

Inside, the classrooms are a flurry of activity with 45 smiling faces whirling around from activity to activity.

In the background, Carol Zerboni smiles a big, beautiful proud smile.

It's been that way more than 40 years now for Zerboni, who operates the private Montessori school along Highway 9.

And she laughs at the time when running a school and teaching children was the farthest thing from her mind.

"I just wanted a paycheck - a little extra money to have to spend," Zerboni said of looking

for a job as a young art major at the University of Oklahoma.

"I asked if they needed an art teacher and she hired me immediately."

"I didn't have a clue what Montessori was. Being Italian, I thought for sure I'd figure it out."

When Zerboni figured out the Montessori philosophy hailed from Italy she was intrigued.

When she found out what it could do for young children she was hooked.

"I watched and looked at the materials and equipment and the way they were learning and it was different than anything I'd ever seen," Zerboni said. "The materials were just incredible - beautiful. There was a purpose for everything."

She switched her major



For more than 40 years, Carol Zerboni has taught the next generation through the Montessori philosophy.

to elementary education and then went on to Oklahoma City University to complete her Montessori training.

The textbook definition of Montessori discusses an emphasis on independence, freedom within limits, and respect for a child's natural psychological, physical, and social development.

For Zerboni - and literally millions of children through the years - it just seems natural.

THE MONTESSORI CONCEPT

The education system originated in Italy with Dr. Maria Montessori, the second female

See BUILDER Page 11



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Volunteers help travelers on their way

by Bobby Anderson
Staff Writer

When Paul and Kim Sanders retired they wanted to volunteer.

The first assignment they found was stuffing envelopes for an upcoming local fundraiser.

It wasn't exactly what they were looking for.

"The majority of my life I've been an outside salesperson," Paul Sanders explained. "Sitting in an office just wasn't my cup of tea."

But while he was volunteering he did strike up a conversation with someone who volunteered at Will Rogers World Airport.

An invitation was extended and he decided to give it a try.

It's been eight years now since Sanders – and eventually wife Kim – began manning the

Traveler's Aid welcome centers at Will Rogers World Airport.

And for both of them it's one of the highlights of their week.

"It's a lot of fun. We have a good time," Kim Sanders said. "We meet different people. Everyone who comes through with questions is always friendly."

The Sanders' and around 70 others volunteer their time each week to man one of the welcome center booths - one on the main terminal level and the other by baggage claim.

WELCOME WAGON

Will Rogers World Airport sees around four million passengers annually.

That's a lot of coming and going and volunteers like Paul and Kim are in the thick of it.

NBA stars, mayors from other cities and TV personalities



Traveler's Aid Volunteer Coordinator Megan Chapman (left) says it's seniors like Paul and Kim Sanders who help travelers coming in and out of Will Rogers World Airport every day.

- are just a few of the people that have come to Paul over the years looking for help.

"It's a fun experience and it's only four hours a day so you're not tied down," Paul

said. "It's a four-hour shift so if you've got to be gone or going on a trip we've got people who can come in."

See TRAVELERS Page 11

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TRAVELERS

Continued from Page 8

Upward Transitions (formerly Traveler's Aid) runs the visitor's center at Will Rogers World Airport. For more than 90 years, Upward Transitions has touched the lives of Oklahomans, elevating those in need, stranded or homeless to a position of self-sufficiency.

Upward Transitions was founded in 1925 as Travelers Aid and was one of the first agencies to become a member of the United Way of Central Oklahoma. The group receives support from a diverse set of funding sources including the United Way, private foundations, federal, county and city grants.

Megan Chapman serves as the Traveler's Aid Volunteer Coordinator.

"One of the things that we have the opportunity to do that not a lot of agencies can do is we can provide financial assistance for stranded travelers," Chapman said. "It could be anything from you getting pickpocketed on your

way here and you can't pay for a taxi. We do help stranded traveler's get home. That's our mission of our agency both here and downtown - to bring people home."

Chapman said her organization has been called on to help victims of domestic violence often find their way to the airport. Those stranded at the airport overnight or facing personal emergencies can also turn to the group.

And they're greeted largely by senior volunteers trained to make things a littler easier.

"I'm always looking for people who are friendly," Chapman said. "This is an interactive position. It's not sitting in an office stuffing envelopes and doing mailings. The needs are greater. People are looking for lost baggage or a place to eat."

"Often our volunteers are the first face people see or the first person someone talks to when they arrive in Oklahoma. We're kind of looking for people who want to be ambassadors of Oklahoma City and the

airport."

Chapman was a Will Rogers airport volunteer after six years in the Navy. She loved the experience and a year into her service the position of director came open.

"The reason I love airports isn't the airplanes - don't get me wrong, I still have a heart for aviation - but it's because of the people," Chapman said. "You meet so many people. Everyone in here has a story whether they're traveling through on vacation or grieving the loss of a loved one. We like to find out

what their stories are."

That's the hook for Kim, whose smile automatically lights up a room.

"It gets us out and it helps other people," Kim said. "When you get done at night you've done something. And here it's something different every time. It's not like an office. You never know what's going to happen."

For more information on how to volunteer you can **contact Chapman at 405-232-5507, extension 107.**

BUILDER

Continued from Page 9

doctor in the country's history.

With compulsory education beginning at age seven, the streets of Rome were filled with young children with plenty of time on their hands.

With the idea that children learned 80 percent of their knowledge from birth to four, the pediatrician set up the first Montessori, Casa dei Bambini.

The program was a success, so much so that Prime Minister Benito Mussolini appointed her chairwoman of education for the country.

But during World War II she called the dictator "a fascist pig" and was booted from the country.

"She was so ahead of her time and really bright and really understood the child," Zerboni said of her icon.

Landing in India, Montessori continued her curriculum development, carrying it all the way through high school.

To this day, Zerboni still gets questioned about what Montessori is all about.

"I tell them it's a method of education where the teacher's role is totally different," Zerboni said. "It's not teacher-driven. Your job as a teacher is to create the environment to be inviting so that the kids can go in it and move. They need to move and they need to have meaningful work and for them to make their own choices and create independence."

That's why the halls at Southwinds are often a flurry of activity. To some it may seem like a classroom run amuck.

But spend a few moments observing and you'll see children

discovering the world around them through all five senses.

And they're enjoying it as the same time.

Zerboni will tell you Montessori school kids read earlier than those in traditional school. Phonic sounds are taught at age three but it's not done with them sitting in a hard-plastic chair for six hours a day.

"Freedom of movement is one of the biggest things that's different from public school," Zerboni said. "I really think sticking children that are young in desks is really not fair to the child. It is unnatural. They can't sit. They're not absorbing anything at all."

Absorption is key to knowledge. Children aren't just taught things in Montessori they experience them and store them with emotion and memory that will carry the information with them for the rest of their days.

Zerboni thinks a lot of that is missing in today's schools.

"I think what we're losing out on is we're waiting too long to get our kids involved in Math, Reading, Science and all the basics," she said. "They're ready for it. They get it."

Zerboni took her 40 years of experience and passion and poured them into her own line of instructional books.

Zeb Books was born nearly a decade ago - named after the family pet. "I've done the thinking about this and about what works and what doesn't," Zerboni said. "I'm not sure I have the only way but I know my way works because I've got kids reading up a storm."

"That's one reason people send their kids here." And the fact that they're having fun while learning doesn't hurt either.

HERO

Continued from Page 8

since Christmas and have just completed another hundred days of therapy.

I will not let pain and fear defeat me.

The lesson served me well. I began with enthusiasm, drive, and a definite goal: to walk around the nursing home.

More lessons headed my way.

• **Accept a different normal.**

My third hospitalization reminded me of a fact I had conveniently forgotten. Congestive heart failure-which leaves my heart pumping fine, sometimes high, more often low-creates problems for my other organs. They pick and choose when to work.

I decided to stop waiting for things to get better, because they probably won't. That decision led to the next lesson.

• **Do it anyway.**

So what if I'm sore from this afternoon's therapy and tired from last night's battle with sleeplessness? Go ahead and write. Sing. Visit with friends. Attend church. Live life in the now, because that's all I have.

And sometimes. . .

• **Miracles happen.**

For four years, I have worked to improve range of motion in my arms; I can't clasp my hands together behind my head. We've worked on it as much as we've worked on walking, standing and everything else. Nothing had changed.

Until one day this session, something popped in my arms and they moved a few more inches. I still can't rest the back of my head on my hands-but I can wash my hair and tie on a chin strap.

• The miracle you receive may not be the one you wanted or expected.

I ran into a foe that defeated my dreams of walking freely through the halls, at least until I can obtain appropriate equipment: I can't go without oxygen. My legs will take me further than my lungs will.

"A hero is a person who is admired for. . . courage." A lifetime has taught me courage is not the absence of fear, but acting in spite of fear.

In that case, maybe I am a hero. Maybe you are too.

TRAVEL/ ENTERTAINMENT

A Miami Florida Potpourri

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

Miami Florida is known for many attractions, and it may be difficult which to put on your tourist schedule. Some may be within walking distance of your hotel, especially if you stay in South Beach, and some may be more conveniently visited by taking a package bus tour. And if you find you have half a day free before your flight back home, a half day bus tour is the best use of your time. Bus tours are always

the best and most conveniently way to get a sampling of an area. Of course the bus has a schedule to keep and you may find that you would like to spend more time in one place than another.

One such bus tour can pick you up at your Miami cruise dock and then drop you off at the airport, once the tour is over.

The bus can take you through South Beach, and a glimpse of the art décor architecture, which you may be more than familiar with if you have stayed there. And while in South Beach you could take a walking tour with a guide describing the building styles, by signing up at the Art Deco Museum, there in south beach. I found this humorous as I was staying in one of the Art Deco Hotels, and one day the tour came into my lobby. If you are not a walker and one that does not like to stand, a walking tour may not suit your physical preferences.

Within an easy stroll from South Beach is the Wolfsonian museum, which is a treasure trove of near lost American art and culture. The collection has about 180,000 objects from 1850 - 1950 in a variety of media and its impact can be best expressed by the Wolfsonian mission statement.

"The Wolfsonian uses objects to illustrate the persuasive power of art and design, to explore

what it means to be modern, and to tell the story of social, political, and technological changes that have transformed our world. It encourages people to see the world in new ways, and to learn from the past as they shape the present and influence the future."

Also the Wolfsonian hosts a coffee shop and book shop for a pleasant oasis and recuperative space. The Coffee table books and beverages are a tour with in itself. A few doors down is a bake shop where you might get a snack and return with it to the Wolfsonian coffee/gift shop, surrounded in a quiet and congenial atmosphere. <http://www.wolfsonian.org/>

A bus tour, may take you to Little Havana, a Miami hot spot during the days when Cuba was a closed society. Most famous is the domino park in Little Havana, where still today you can see locals and expatriate Cubans playing dominos and socializing. Also in the area are small cafes where you are encouraged to have your lunch break. This allows you to taste authentic cultural foods as well as a chance to chat and get to know your fellow bus tour travelers. Also nearby is a fast food outlet, if the familiar choices are your preference.

Little Havana is replete with many bright colored wall paintings and murals. In fact one stop might be a park and museum replete with a plethora of examples of outdoor indigenous art, and a good restroom stop, at Wynwood Doors.

Away in the Coconut Grove area of South Florida is the Vizcaya mansion, museum and gardens. The house is a example of another more luxurious times when tycoons lived in palaces. The interior is filled with authentic furniture and antiques and the gardens inspire days



gone by. There are bus tours that offer an extended visit or you may book some of their additional experiences. Always improving with preservation upgrades, a repeat visit is always new. <http://vizcaya.org/>

And of course you have to eat an upscale meal. The restaurant at the Versace Mansion is not to be missed, and talked about in previous issues. A Fish Called Avalon, in the South Beach Avalon Hotel does not disappoint with an upscale menu. As with so many South Beach eateries they have an outdoor as well as indoor dining area. You might enjoy the grouper, octopus, snapper, tuna, lobster or wild

salmon and if you are inclined, top notch steaks. If this sounds too heavy for you, their salads are mountains of deliciousness. With a common name of Chopped Salad you will be surprised at the over the top presentation. And of course ask about their daily specials. <http://www.afishcalledavalon.com/>

If the weather is clear and the ocean calm, you should indulge in a tourist cruise in the Miami bay, sightsee lux backyard of celebrities, and a panoramic view of Miami Beach. There are many more treasures you may explore in South Florida beyond the potpourri listed here. Explore !

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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OKC ZOO PLEDGES CONSERVATION FUNDS TO HELP SAVE "LITTLE" PORPOISE

Outpouring of Care and Support Brings Endangered Porpoise Closer to Safe Waters

When just 30 animals of a specific species are left in the world, the zoo and aquarium communities accredited through the Association of Zoos and Aquariums (AZA) are compelled to act. The Oklahoma City Zoo and Botanical Garden has partnered with over 100 other AZA-accredited institutions to help save the vaquita (Vah-KEE-tah) porpoise from extinction. Vaquitas, or "little cows" in Spanish, are the smallest and most endangered cetacean in the world.

To date, AZA organizations have contributed over \$1 million toward the emergency rescue of the Vaquita. AZA and its members are joining the Mexican government,

which today announced that it is pledging up to \$3 million to support the VaquitaCPR emergency rescue plan. VaquitaCPR (Conservation, Protection and Recovery) is an emergency action plan led by the Mexican government, with the input of an expert group of conservation scientists and marine mammal veterinarians. The Zoo has pledged \$5,000 from its Round Up for Conservation emergency intervention funds, collected from Zoo guests who volunteer to "round up" to the next dollar amount on purchases made at the Zoo.

"Without these combined rescue efforts, the vaquita will soon be

extinct," said Dr. Rebecca Snyder, Zoo curator of conservation and science. "We are fortunate to have these funds from our home-base conservation fundraising effort for emergencies such as the VaquitaCPR emergency rescue plan."

Vaquita can easily become entangled and subsequently drown in gill nets used to illegally catch other species, including the endangered totoaba fish, found off the coasts of the northwestern corner of the Gulf of California, Mexico. The fish's swim bladder is used in traditional Chinese medicine. In addition to securing funds, AZA is teaming up with other conservation organizations to capture the remaining vaquita and place them in sea pens to try to establish a protected assurance colony.

The Zoo is a founding member of the AZA's Saving Animals From Extinction (SAFE) program and the vaquita is one of the 10 signature SAFE species. AZA institutions have played a key role in bringing back other species from the verge of

extinction by establishing protective housing and breeding programs, such as for the California condor, Arabian oryx, golden lion tamarin and American bison. This expertise provided by AZA members is very valuable to the Vaquita Rescue Effort. The Zoo has other SAFE species in its animal collection, including the Asian elephant, gorilla, cheetah and shark.

Donations to the VaquitaCPR emergency rescue plan can be made through the Zoo by calling the ZOOfriends' office at (405) 425-0611 or can be made online at www.VaquitaCPR.org. A complete list of the AZA-accredited facilities that have contributed to the AZA SAFE Vaquita Rescue Plan can be found online at <https://www.aza.org/donors-to-the-aza-safe-vaquita-rescue-project>. To review the AZA SAFE Vaquita Conservation Action Plan, visit <https://www.aza.org/safe-vaquita-conservation-projects>.

Show your support for all the little and large animals of the world. Round Up for Conservation with every purchase at the Zoo!

Kick Start Retirement Planning Today

By John D. Doak, Oklahoma Insurance Commissioner

Retirement can be a new beginning for us, but planning for your golden years can be daunting. This week is National Retirement Planning Week® (NRPW). The goal of NRPW is to promote the importance of comprehensive retirement planning.

While retirement planning was once thought of as an issue for older people, the truth is that you must start preparing for a secure future as soon as you enter the work force.

Check out this retirement checklist to help you plan for a comfortable and secure retirement.

Review Your Finances

If your workplace offers a 401(k), 403(b), ESOP, profit sharing plan, IRA or Roth IRA, you should take advantage of their plan. Many employers will match contributions up to a certain amount. The sooner you start saving, the more money you'll have for retirement. Consider at least contributing the amount needed to obtain the employer match.

Review your finances to see how financially prepared you are for retirement. Track down and value your assets including cash, investments and anything else you can exchange for cash such as your house, savings bonds and even fine jewelry. Find the retirement accounts you have put money into throughout your career. You might want to think about consolidating some accounts so your money is easier to manage. If you decide to consolidate retirement accounts, seek advice on how to implement a rollover to avoid immediate taxation of your funds.

Assess Your Life Situation

Life insurance, like retirement, is something to consider at the beginning of your working years. Life insurance policies can provide benefits throughout life including whole life policies that build cash value. Whole life policies also allow you to take a loan, or borrow from them, but doing so does reduce the amount your beneficiaries will receive if you haven't repaid the loan. Please note: you will pay interest on the amount you borrow. Do your research carefully to determine if such a policy is right for you at your current life stage.

Also, review your specific needs for health insurance and long-term care insurance. Your need for various coverages will change throughout your life. Insurance can help provide financial security in your retirement years if a catastrophe happens.

Annuities

An annuity is a contract or policy between you, the policyholder, and an insurance company. An annuity pays a periodic (monthly, quarterly, semiannual or annual) income benefit for the life of a person (known as the annuitant). Annuities can also be purchased for a specified time period. Annuities can play an integral role in a financially secure retirement. There are four main types of annuities:

***Variable annuities with guaranteed lifetime withdrawal benefits:** Long-term, tax-deferred insurance products that contain investment and insurance components with optional guaranteed withdrawal benefits.

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***Single premium immediate annuities products:** Provide a guaranteed income for life or a specified period in exchange for a one-time lump sum payment.

***Deferred income annuities:** Provide for guaranteed income but don't begin until a specified age, such as 80 or 85.

Please note that annuities are not for everyone. Research your options thoroughly before purchasing one. Also, consider the costs associated with the annuity, such as the broker commissions.

Grow Your Nest Egg

Having a clear financial plan is important. A rule of thumb: 80 percent of your current annual income is a good amount to save up for retirement. Consider if you'll receive a pension and Social Security and subtract that amount from your annual income. Use that number to calculate a financial plan running out to age 100 for how much you'll need every year based on the year you retire.

Learn about investing and consider paying a certified financial planner for help. You might be keeping your money in accounts that have low rates of return and could earn more simply by moving the money.

A professional can help you invest your money for the best rate of return.

It is possible to retire on your own terms if comprehensive retirement plans are properly developed and managed. Visit www.RetireOnYourTerms.org for retirement resources such as a retirement calculator, basics on investing and information on how to find the right financial advisor.

For insurance information, contact the Oklahoma Insurance Department at 1-800-522-0071 or visit our website at www.oid.ok.gov.



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Glenn Boyer

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Liliana Schechter

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Believe it or not it's the sunrise I get to watch every morning.



Gwyn Walters

The fact I have a washer and dryer in my apartment. I'm easy to please.



Sandy Dolan

CROSSWORD CORNER

Across

- 1 "You're kidding, right?"
9 Will matter
15 "I give up"
16 Onomatopoeic dance
17 Criminology concerns
18 Weapons used on mounts
19 "Out of the Blue" band
20 Beyond harmful
22 Pabst brand originally brewed in Washington, familiarly
23 They're slow to pick things up
26 Weaken
27 Runner's distance
28 Fall deliveries?
30 Play or school follower
31 Alouette 1 satellite launcher
34 Catch
36 "Good ___!"
37 Oakland's county
39 Like some beaches
41 Gimlet flavor
42 2011 World Golf Hall of Fame inductee
44 By the fire, say
45 Sediment
46 Programming language named for a comedy group
48 "The world's an ___": Dryden
49 Mexican painter Frida

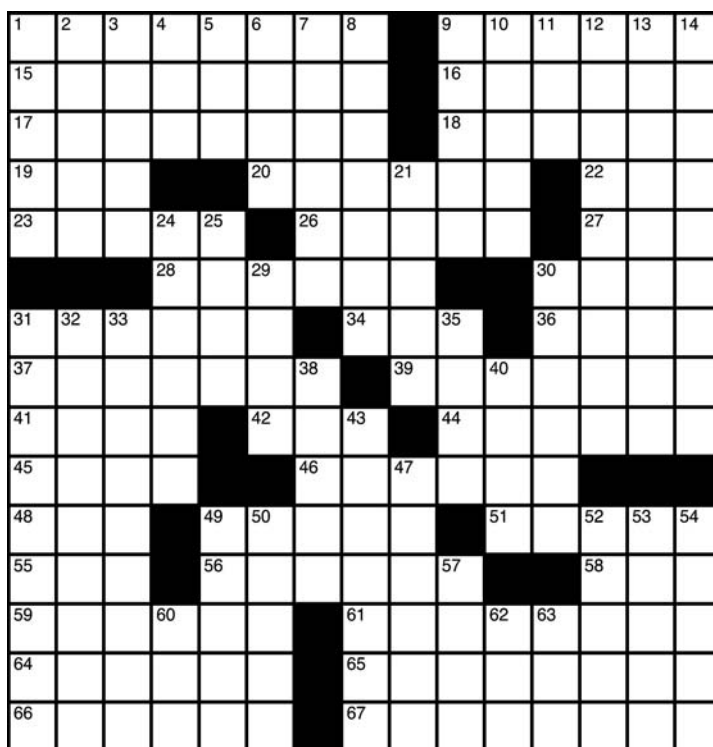
- 51 Teamsters president James

- 55 Gp. with carriers
56 Like old timers?
58 Word in many Mexican place names
59 Egg, perhaps
61 More than one can handle
64 Stuck at a chalet, maybe
65 French for "stick"
66 Fit one within another
67 "There was a point here somewhere"

Down

- 1 Babies"R"Us buys
2 Even a little
3 Half a playground exchange
4 Stuff that goes kablooeey
5 Trouble
6 Give a good toss
7 Equally close
8 1996 treaty subject
9 Panache
10 Fissile rock
11 Light shade ... or avoid the shade?
12 Praise
13 Gossip's stock-in-trade
14 "Piece of cake"
21 Goes after
24 Holds accountable

- 25 Perspective
29 Ordered
30 Pepperidge Farm treat
31 Joining the radio show
32 The Na'vi in "Avatar," for one
33 Rat
35 "Ice cream or cake?" response, perhaps
38 Highest-ranking
40 Bear with a "thotful spot"
43 Educational outlines
47 "Poor baby!"
49 Holmes of "Touched With Fire"
50 Words spoken after coming to?
52 High wind?
53 They can be hard to face
54 Grill leftovers
57 1951 title role for Audrey
60 Abbr. on a Miami itinerary
62 Pull
63 Marseille sight



Answers on page 25

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Significant Women in Agriculture - Katie Plohocky



Katie Plohocky of Tulsa is being recognized in the Significant Women in Agriculture series.

If you're heading north out of Tulsa and don't know what to look for, you could pass right by R & G Family Farm and never know it. However, nestled back in the woods off of State Highway 11 you can often find Katie Plohocky gardening, feeding the livestock and organizing her latest proposal to bring agriculture and food to the communities around her.

Born on a 400 acre centennial farm in Crosswell, Michigan, Katie Plohocky has been playing in the dirt since she could crawl. Upon graduating high school Katie headed for the business world. She earned a bachelor's degree in business leadership from Baker College as well as a master's and MBA from University of Phoenix. Already a well-seasoned commercial real estate agent, in 2000 she moved to Oklahoma to continue her career. It wasn't until she got involved with the Indian Healthcare Resource Center's 'Food for Life' in 2008 that she realized the food scarcity that many Oklahomans face.

"We are in a food desert," she said. "People in this area have to travel several miles to access food. We grow more than enough food in the state, but access and distribution of that food is a different story. Seventeen percent of households in this area do not have transportation, so food access is a problem. We help with community gardens, help people grow in their backyards and assist mobile farmers markets."

In addition to her selfless

attitude, Plohocky's entrepreneurial spirit and work ethic set her apart. The projects and service organizations she has developed did not come with an instruction manual, nor were they a guaranteed success. One thing that is guaranteed, however, is that when Katie recognizes a need with Oklahoma food and agriculture she takes action. Take for example her mobile grocery store.

Founded in 2010, R & G Family Farm's mobile grocery store was just the first of many different ways Plohocky is striving to increase access to food and having a lasting impact on agriculture in Oklahoma. The mobile grocery store served over 10,000 people in only its second year of operation.

"We started a mobile grocery store to serve food deserts about four years ago," she said. "We converted a nine-horse trailer into a grocery store that we can transport to different neighborhoods each day. We have 16 acres that consist of chickens, goats, aquaponics, fruit trees and vegetables that we stock the store with. We also have partner farms that grow produce for us as well as let us utilize the food they do not sell. Our customer base continues to expand significantly each year."

With a portfolio which shows over 100 percent growth in food sales each year, her selfless attitude and entrepreneurial mindset is working well to benefit others. It is easy to see how her volunteer base is growing with individuals

See KATIE Page 22

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KATIE

Continued from Page 20

that want to give back.

In 2015 R&G Family Farm started 'Hands to Harvest', which redirects unsold produce to those who need it most. With this program, Plohocky takes volunteers to partner farms, grocery stores and restaurants to harvest unwanted food and leftover food waste. This food is either distributed through R&G Family Grocers' mobile store, Food on the Move, Food Bank of Eastern Oklahoma, or taken back to their commercial kitchen for preservation. Between her farm, gardens, mobile grocery store and volunteering it can be hard to see how Plohocky has any free time to do anything else. However, Plohocky understands the importance of educating people across Oklahoma on our food needs at both the local and regulatory level.

Don't be surprised if you see Plohocky out of her work clothes on the steps of the state capitol building. She has become a resounding voice for Oklahoma food security and has traveled to the state capitol several times to discuss policy related to food growth and distribution. Each year

she coordinates the Oklahoma Food Security Summit which brings together national, state, tribal, and local food policy experts and community members to discuss food insecurity and develop solutions to take action. On the local level, she began the "Cooking for Health" program which teaches people how to grow and prepare fresh, healthy food all the while reducing food waste.

"We currently work with Tulsa Food Security Council, Lacy Park Community Center, Tulsa City-County Health Department, OSU Health Sciences, Tulsa Public Schools, Tulsa Community College, and many others to provide community classes around healthy food," she said.

Listening to Plohocky describe all of the different facets of food and agriculture with which she's involved can be challenging to keep up with. However, she claims it's all more than worth it at the end of every day.

"By doing what we do, we hope to change lives for the better. Healthy diets can only be possible through diverse farming systems that ensure everyone has adequate access to local foods. Any day we get to do that is a day well spent," Plohocky said.

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Q. I am a health care provider and I am very concerned with all the pharmaceutical drugs being advertised on TV. I worry that people will believe everything they see and hear in the commercial and dump more money into this industry that is failing us in so many ways. These are some of my concerns. ---- Rhonda

A. I don't know how many readers have paid close attention to these frequently run drug commercials. It is crazy to think that drugs are being advertised on TV....really?

It is highly unlikely that any of these drugs will make you sing, dance or ace a game of volleyball but you would never know it if you fell for the message in the commercial. Notice how the speaker enunciates very clearly until he gets to the side affects of the drug. Then suddenly he has a manic episode, his speech is pressured and barely audible. The last thing you think you heard is something about coma and possible death. But with those butterflies and beautiful surroundings who focuses on being in a coma.

So ok, you think one of these drugs might help you. You talk to your doctor, who also thinks this drug might help your symptoms and he writes a prescription. Now the scary part. You pull into the pharmacy parking lot with your prescription in hand. The pharmacy tech takes over while you wait. Your name is called and you are told you owe \$475.00 after insurance has paid their part. Now you have symptoms related to finding out the pharmaceutical industry is raping you.

So what has happened? You watch a commercial for a new drug with people who are smiling big, some are singing, dancing, growing beautiful flowers and don't forget the butterflies and maybe the ocean. These are happy people taking their new drug. Who wouldn't want to smile big and grow beautiful flowers.

So now your hooked. Your doctor writes the prescription. The pharmacist tells you the price. You announce he can keep the drug because there is no way you can pay for it unless you stop eating.

Or another issue.....Maybe your doctor gives you samples of the new drug and you find it does help your symptoms. But when you are told it will cost \$475 after your samples are gone, what is the point.

I was personally given a prescription for a skin cream, with a coupon because the doctor told me it might be expensive. When I went to pick up the prescription the pharmacy tech had a strange look on his face when he told me the small tube of cream was \$1042 after the coupon!!

Be cautious. Pay attention to the side affects listed for these drugs. If you can make behavioral or life changes, try that first. Your health and your money are at risk.

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

MESUA



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A:

Answers from March

Jumbles: FLAME JOINT HERALD JARGON
 Answer: When she inherited the weaving device, she described it as an — "HEIR" LOOM

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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



(Answers next month)

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Hats off to ISMC Hospitalists

by Sheila Kennedy-Stewart, MSN, RN, CMSRN & Melodie Hopkins, BSN, RN

The hospitalist movement has arrived and it has transformed the care of hospitalized patients and the collaboration among healthcare professionals. For Integris Southwest Medical Center (ISMC) nurses and members of the Clinical Practice Council (CPC), having a close, professional relationship with our hospitalists is a must to improve the value of inpatient care. In the fifteen years since the hospitalist movement and quality movement began, our nurses have supported the initiative for 24/7 hospitalists in the hospital for a safer health care system. The engagement of collaboration is mutual between our nurses and hospitalists. Melodie Hopkins, Intermediate Care Team Lead for Integris Southwest Medical says, "The Hospitalist Group have respect for the nurses' judgement and recommendations in patient care. We feel we now have a voice that is being heard." ISMC's Clinical Practice Council is instrumental in supporting nurses by introducing LEAN projects to curtail hospital costs, supporting evidence-based practice for maintaining the highest standard of patient care and raising funds for the celebration of the annual 'Nurses Week'. This time of year, the CPC would normally be organizing a fund raiser for the special week's celebration. But ISMC is about to transition to EPIC computer system and all the nurses are busy with extra educational classes. When the hospitalists became aware that this year's nursing week might not be well celebrated due to lack of funds, they jumped into action.

Our hospitalists organized and are sponsoring the "Brushes and Bubbly." This event will be a painting fundraiser. The event is to be held May 25th, 2017 at Nosh Restaurant in Moore. Tickets for the event are \$35.00



and all proceeds will go to the Clinical Practice Council. The Nurses of ISMC are grateful for the comradery of our wonderful hospitalists and we salute you: Mobolagi Olulade, M.D., Carolyn Pimsler, D.O., Jeanette Kelley, D.O., Nicole Dodson, D.O., Adrian Scaunasu, M.D., Abie John, M.D.,

Emenike Uba, M.D., Shiedeh Khodadadian, D.O., Ryan Morgan, D.O., Siddhartha Rangineni, M.D., Matthew Kallenberger, D.O., Mahdi Mussa, M.D., Ralph Shadid, M.D., Magesh Sathaiah, M.D., Dubari Ashraf, M.D., Susan Mathew, D.O., Paragkumar Patel, M.D.

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