Polishing the **Emerald**



INTEGRIS Launches new concept



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Information for Oklahoma Seniors

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Norman Regional Hospital's Bill Burrows, 68, completed the half marathon course at the recent Oklahoma City Memorial Marathon.

by Bobby Anderson, Staff Writer

n Monday, April 29, Bill Burrows showed wouldn't know until I did it. up for his regular 2:30-11 p.m. shift at the engineering plant at Norman Regional Health System just like has been doing for the previous five years.

A little stiff, a little sore, Burrows went on about his day like always.

Not bad for a 68-year-old who had just run a half marathon with half a lung.

"It was pretty good," Burrows said. "Kind of the first time out so I didn't know how I would do. I was kind of optimistic so I

"It went well. The temperature was good and I moved along pretty well considering physical condition."

Not bad at all considering just three years earlier he was staring a lung cancer diagnosis right in the face.

BUMP IN THE ROAD

The Norman resident and

See RUNNING Page 3

Education in life

Tealridge Retirement Community provides peace, growth



Dr. and Mrs. Bailey McBride use Tealridge Retirement Community as their home base while they travel the world.

story and photos by Bobby Anderson, Staff Writer

For 48 years, Dr. Bailey McBride taught and lived at Oklahoma Christian University in Edmond.

"I love the students. The students were just so good," Dr. McBride said. "They have great hearts. They have great sense of purpose and destiny for their own lives. They're fun to work with and get to know."

So when the time came after nearly a half century to stop teaching, McBride couldn't imagine leaving

Turns out he didn't have to.

Nestled right on the 200-acre college campus is Tealridge Retirement Community, a full-service community providing independent, assisted living and memory care services to the community of Edmond.

The all-inclusive retirement community located in Edmond is designed for maintenance-free comfort, which freed up McBride to retire on his terms.

Dr. McBride remembers his decades at Oklahoma Christian fondly.

"Over the years there was a lot of changes in the way students looked at life," he said. "When I first came to OC they looked at life much more positively than students nowadays do but I've seen some cycling back.

TEALRIDGE Continued from Page 1

"The last year I taught I had some of the most positive and optimistic freshman I had ever had. I really enjoyed it."

Tealridge Retirement Community was also where he met his wife, Linda.

The two went out for lunch and things were never the same.

Now the pair will celebrate their second wedding anniversary this June in London. Linda's grandchildren will come along for a trip of a lifetime.

"I really like the people who are a part of this community," Dr. McBride said. "There isn't anybody here that I don't really enjoy being around. They've got great stories to tell and they've had great life experiences."

"Good people."

One of those people Dr. McBride admires Cheryl is Parker.

At 92, Parker has called Tealridge home for the better part of 12 years.

Along the way she was able

to help guide two sisters through health issues, all the while coming back to Tealridge to rest and recharge.

"When they were beginning to build this they sent people out to different congregations to let them know what was happening," Parker said. "We weren't ready then to think about it but we put it in the back of our mind."

"When it became time to think about coming over here my husband really was ready."

Even after the passing of her husband, Parker knew Tealridge would always be her home.

"I knew several people and that helps a lot," she explained of the feeling of comfort she felt when she moved in.

Across the hall from Parker lives Sarah Fleming, a relatively new Tealridge resident.

Fleming found her way to Tealridge the hard way from Lake Tenkiller.

"I fell four times in January flat on my face out in public of course," she laughed. "My daughter lives in Edmond and had heard about Tealridge."

Keeping up with a large house

on an acre of land had become too much for Fleming. Living at the lake was fun, but being close to family and services when she needed them the most was more important.

and she believes it led her to where she is today.

is where God wants me. I love people. I love getting to know people," she said.

It only took a week before Tealridge Executive Director Melissa Mahaffey, MHA, asked Fleming to come visit her in her office.

The offer was extended for Fleming to help welcome new residents.

"I know this is where I'm supposed to be," she laughed.

After seven houses in 14 states, Fleming says this is the first time she's ever lived in a city.

And she loves it.

Dr. McBride and wife, Linda, are a different story.

Linda has two daughters - one in Colorado Springs and one in Edmond.

"When they decided I needed Fleming found her faith at 15 to be close to one of them the one with the grandchildren won out," she said. "I told them up "I have no doubt that this front I wasn't playing favorites that certainly entered into but the decision."

> Todd Markum and his wife, Nancy, sold their home just a half mile away to move to Tealridge.

> "We always wanted to be here," he said." We got the chance to do it and came."

> Their third-floor residence has a view overlooking geese, ducks and people fishing in the nearby pond. Ask around and the stories are similar among residents.

> Tealridge Retirement Community was a choice. And one that everyone is glad they



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RUNNING Continued from Page 1

Norman Regional Health System employee, trained this past winter for the Oklahoma City Memorial Half Marathon—his longest run since conquering lung cancer.

Burrows previously completed six full marathons and three half marathons before his lung cancer in 2016.

He has since ran one 5K this past fall but nothing like the distance he covered the final Sunday in April.

Burrows was diagnosed with lung cancer after seeing one of Norman Regional's internal promotions for their \$79 lung scan. The low-dose computed tomography (CT) scan is a noninvasive and painless way to screen for lung cancer.

Burrows said he decided to have the scan since it was a good price and would only take about 10 minutes.

Since he was a healthy runner he expected no problems to show on the scan, but his doctor called and said he wanted to have a specialist look it over just to make sure everything was fine.

Burrows had a stroke in 2010

and made it back from that so he figured this was nothing.

"I got it and they saw something," he said. "I had a previous scan years before and this wasn't there then."

Burrows met with Norman Regional's interventional pulmonary specialist Sergio Garcia, MD.

A biopsy was taken which revealed he had non-small cell carcinoma.

Soon after the news, Burrows was contacted by Norman Regional's oncology nurse navigator Sherri Jo Johnson, R.N, who explained his diagnosis, the steps to deal with it and helped guide him throughout the treatment process.

Next Burrows had surgery to remove the top right lobe of his lung and became cancer free. Since the cancer was detected before it spread anywhere else in his body, Burrows did not need further treatment such as radiation or chemotherapy.

"Mr. Burrows is a prime example of why the lung screening program offered at Norman Regional Health System is very important," Dr. Garcia said. "It provides early detection.

This one simple scan saved his life."

"I knew I would run again," said Burrows, who helps maintain the system's infrastructure. "I knew some day I was going to run from my house back to room 5207 at the Healthplex and back. That was a goal. The first year or so I was afraid to do too much because I didn't want to blow anything up."

When Burrows decided he wanted to run another half marathon, he knew it wouldn't be easy.

Functionally, 50% of his total lung capacity remained.

Things would have to advance slowly.

He bought a \$50 used treadmill and set it up at his house. He'd run for a few minutes, walk for a few more.

His main reasoning for wanting to push himself to run another half marathon and full marathons in the future is that he wants to do it for those who can't—those who are going through chemotherapy, those who have a terminal diagnosis, and those who were unable to conquer their cancer.

After hearing about Burrows'

desire to run the half marathon, Dr. Garcia, Cardiothoracic Surgeon Kyle Toal, MD; Chief Nursing Officer Brittni McGill and Norman Regional's Pulmonary Rehabilitation staff came together to provide Burrows an exercise plan and offer him the support he needed to ensure he was able to run safely.

Part of his exercise plan was monthly visits to Dr. Garcia's office for cardiopulmonary exercise testing (CPET) - a non-invasive procedure where a patient uses a treadmill while monitored by their physician or a respiratory therapist.

"I'm addicted again," said Burrows, who plans on running the full marathon next April.

Quitting was never an option for the the Navy vet and New Jersey-born Burrows.

"I didn't have the breath but it seemed like my muscles and legs were working," he said. "I wasn't going to stop. I just went mile by mile."

One by one the miles added up as Burrows was counting them down.

"I'll keep going," Burrows said. "I refuse to get old."



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Editor/Publisher Steven R. Eldridge steven.eldridge@seniornewsandliving.com

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

Send all News, Letters to the editor and press releases to news@metropublishingok.com

Advertising Sales:

Steven.Eldridge@seniornewsandliving.com

Advertising Services: Lisa Weigel advertising@seniornewsandliving.com

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Getting Old Pays Off

OPINION



Dear Almost,

One of the great perks of growing older in America is the many discounts that are available to boomers and seniors.

There are literally thousands of discounts on a wide variety of products and services including restaurants, grocery stores, travel and lodging, entertainment, retail and apparel, health and beauty, automotive services and much more. These discounts - typically ranging between 5 and 25 percent off - can add up to save you hundreds of dollars each year.

So, if you don't mind admitting your age, here are some tips and tools to help you find the discounts you may be eligible for.

Always Ask

The first thing to know is that most businesses don't advertise them, but many give senior discounts just for the asking, so don't be shy.

You also need to know that while some discounts are available as soon as you turn 50, many others may not kick in until you turn 55, 60, 62 or 65.

Dear Savvy Senior,

What types of discounts are available to baby boomers, at what age do they kick in, and what's the best way to go about finding them? Almost 50

Search Online

Because senior discounts frequently change and can vary depending on where you live and the time of the year, the Internet is the easiest way to help you locate them.

To do a search, start by visiting SeniorDiscounts.com, which lists thousands of discounts that you can search for by city and state, and by the category you're interested in, for free.

You can also look for discounts at TheSeniorList.com, which provides a large list of national and regional business chains that offer them, or you can Google them individually. Just go to Google.com and type in the business or organization you're curious about, followed by "senior discount" or "senior discount tickets."

If you use a smartphone, another tool is the Sciddy app (see Sciddy.com) that lets you search for senior discounts and can send you alerts when you're at an establishment that offers them.

Join a Club
Another good avenue to senior
discounts is through membership
organizations like AARP, which offers
its 50 and older members a wide

variety of discounts through affiliate businesses (see

AARPdiscounts.com).

If, however, you're not the AARP type, there are other alternative organizations you can join that also provide discounts such as The Seniors Coalition or the American Seniors Association. Or, for federal workers, there's the National Active and Retired Federal Employees Association.

Types of Discounts

Here's an abbreviated rundown of some of the different types of discounts you can expect to find.

Restaurants: Senior discounts are common at restaurants and fast food establishments - like Burger King, Chick-fil-A, Subway, Wendy's, Applebee's and Golden Corral - ranging from free/discounted drinks, to discounts off your total order.

Retailers: Many thrift stores like Goodwill, and certain retailers like Banana Republic, Kohl's, Michaels and Ross stores offer a break to seniors on certain days of the week.

Supermarkets: Many locally owned grocery stores offer senior discount programs, as do some chains like Albertsons, Kroger, Publix

and Fry's Supermarkets, which offer some discounts on certain days of the week but they vary by location.

Travel: Southwest Airlines provide the best senior fares in the U.S. to passengers 65 and older, while Amtrak offers a 15 percent discount and Greyhound offers 5 percent off to travelers over 62. Most car rental companies provide discounts to customers who belong to organizations like AARP. Royal Caribbean, Celebrity and Carnival cruise lines offer discount rates to cruisers 55 and over. And, most hotels offer senior discounts, usually ranging from 10 to 30 percent.

Entertainment: Most movie theaters, museums, golf courses, ski slopes and other public entertainment venues provide reduced admission to seniors over 60 or 65. And the National Park Service offers a lifetime pass for those 62 and up for \$10 (see nps.gov/findapark/passes.htm).

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.

SSM Health St. Anthony Hospital partners with City of El Reno to provide health care services SSM Health.

SSM Health St. Anthony Hospital and the City of El Reno have reached an agreement for SSM Health St. Anthony Hospital to begin leasing a portion of the facility formerly known as Mercy Hospital El Reno. A definitive agreement was finalized on April 2.

Under the terms of the lease agreement, effective May 1, SSM Health St. Anthony Hospital began operating the emergency department of El Reno hospital as a department of SSM Health St. Anthony Hospital. SSM Health St. Anthony will maintain a full service, 24/7emergency department in order to serve needs of the residents of El Reno and surrounding In support of the emergency department, SSM

Health St. Anthony will also offer outpatient services including laboratory services and diagnostic imaging to provide convenience for patients. Although acute inpatient services will not be provided, the freestanding emergency department will ensure seamless protocols for immediate transfer of any patients needing a higher level of care.

Services will continue to be provided at the current address on Parkview Drive while the City of El Reno constructs a new \$9 million facility patterned after SSM Health St. Anthony Healthplex locations with a campus featuring a freestanding emergency and department, diagnostic services. The City of El Reno will be the owner of the new freestanding emergency

In mid-May, SSM Health Medical Group will also provide urgent care and primary care services at 2315 Parkview Drive. Providers in this location will include Robert DiCintio, PA-C, Alex Rasmussen, PA-C, and Alina Quy, APRN-CNP.

"SSM Health St. Anthony Hospital is pleased to have been selected by the City of El Reno to be the community's health care partner. We look forward to expanding our ministry into El Reno and keeping important health care services within the community," stated Joe Hodges,

President, SSM Health

"We have worked closely with SSM Health St. Anthony to develop a long-term approach to provide health care services for our residents," stated Mayor Matt White. "Our partnership with SSM Health St. Anthony will ensure continuity of health care in our community."

Miller Architects was engaged by both the City of El Reno and SSM Health for the design of the new health facility campus, and Waldrop Construction will serve as the construction manager. Miller and Waldrop have worked together on many successful projects for SSM Health.

For more information about our providers and urgent care service, please call 405-231-8866.

Brightmusic Presents Summer Chamber Music Festival 2019 Intimate Portraits in Chamber Music



Oklahoma City, Okla., -- The Brightmusic Chamber Ensemble will present its eighth annual Summer Chamber Music Festival June 6, 8, 9 and 11 at the historic St. Paul's Cathedral in downtown Oklahoma City (127 NW 7th Street at Robinson). This four-concert festival will explore that most celebrated aspect of chamber music—its intimacy. Intimate Portraits in Chamber Music gets up close and personal with classical music's most intimate expression: sonatas, trios and quartets, featuring works by Haydn, Beethoven, Brahms, Dvorők, Piazzolla and others. Parking is free just south of the cathedral.

Chamber Music has covered a lot of ground since Joseph Haydn developed the string quartet in the mid 18th century, but the art form remains at its very core what Goethe called "a stimulating conversation between intelligent people," with us, the audience, listening in.

Works on the program are: Concert No. 1 – 7:30 pm, Thursday, June 6 – Sonatas Francis Poulenc, Sonata for Clarinet & Piano - Johannes Brahms, Sonata No. 2 for Viola & Piano in E-flat Major, Op. 120, No. 2 - Richard Strauss, Sonata for Violin & Piano in E-flat Major, Op. 18

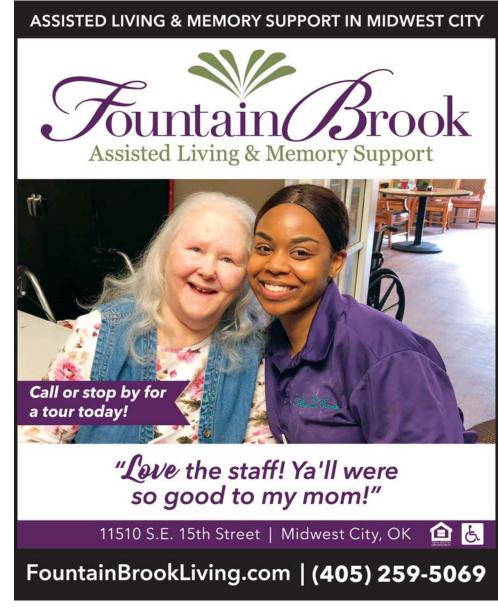
Concert No. 2 – 7:30 pm, Saturday, June 8 – Duos and Trios Bohuslav Martinu, Trio for Flute, Cello & Piano - Ludwig van Beethoven, Sonata for Cello & Piano No. 3 in A Major, Op. 69 - Carl Frьhling, Trio in A Minor for Clarinet, Cello & Piano, Op. 40

Concert No. 3 – 4:00 pm, Sunday, June 9 – Trios with Strings The Mae Ruth Swanson Memorial Concert - Ludwig van Beethoven, String Trio in C Minor, Op. 9, No. 3 - Ingolf Dahl, Concerto a Tre for Clarinet, Violin & Cello - Franz Joseph Haydn, London Trio No. 1 in C Major, Hob. IV:1 for Flute, Violin & Cello - Ernų Dohnônyi, Serenade for String Trio in C Major, Op. 10

Concert No. 4 – 7:30 pm, Tuesday, June 11 - Quartets Wolfgang Amadeus Mozart, Quartet in F Major for Oboe, Violin, Viola & Cello, K.370 - Astor Piazzolla, Libertango and Oblivion for Clarinet, Violin, Cello & Piano - John Mackey, Breakdown Tango for Clarinet, Violin, Cello & Piano - Antonhn Dvorók, Piano Quartet No. 2 for Piano & Strings in E-flat Major, Op. 87

Musicians appearing in the summer festival are: Gregory Lee and Katrin Stamatis (violin), Mark Neumann (viola), Zachary Reaves (cello), Parthena Owens (flute), Lisa Harvey-Reed (oboe), Chad Burrow (clarinet), Amy I-Lin Cheng, Sallie Pollack and Ruirui Ouyang (piano).

Brightmusic Chamber Ensemble, Oklahoma City's own chamber ensemble, presents fine classical chamber music in the beautiful and acoustically-rich St. Paul's Cathedral at NW 7th and Robinson near downtown Oklahoma City. Tickets are \$20 at the door. Children, students and active-duty military personnel admitted free with ID. Free parking south of the cathedral. For more information, visit us at www.brightmusic.org





COMMUNITY

Polishing an Emerald

Heart Living Centers shine

by Bobby Anderson Staff Writer

Polly Milligan officially started her career in senior health as a dietary aide in a small Perry, Oklahoma residence as a young girl.

But truth be known the executive director of Emerald Square Assisted Living in Oklahoma City was born for working with seniors.

"I've literally known nothing else my entire life other than geriatrics," Milligan said. "This is where I'm comfortable, this age group. I fit right in."

That first dietary aide position quickly advanced when the dietary manager took ill and Milligan stepped in.

"One day no one showed up to work the floor and they said they needed some help," Milligan said. "I did that and the steps kept going."

The experiences of a lifetime spent taking care of others has landed her in the driver's seat at Emerald Square Assisted Living where new ownership is investing in renovation and expansion with an eye on becoming the leading choice for thoughtfully-planned senior living in the metro.

A NEW HEART

With two decades spent in senior living, Milligan was comfortable right where she was at, leading a local residence owned by a

nationwide company.

That was before the owners of Heart Living Centers called.

"I'm not one for small corporations much but there's just something about this husband and wife that started this that I just knew was right," Milligan said of the Colorado-based Heart Living Centers.

As the owners shared their passion for what they were doing, Milligan began to open up about hers.

"I was adopted by my grandmother when I was six weeks old out of an orphanage," Milligan said. "My mother and father, when they divorced, neither wanted the kids. There were three of us so they put us in an orphanage."

"My mother was 67 years old when she adopted me and she was taking care of her two oldest sisters."

Due to her age, the orphanage would only let Milligan's new mother, a Pentecostal preacher, adopt one child.

"Being an infant girl, she knew if I got adopted she would never see me again so she adopted me and bought the house across the street to the orphanage so she could stay next door to my brothers," Milligan said.

Milligan still remembers going

across the street every day to play with her siblings at the orphanage.

It was all about family and honoring that bond.

Milligan has carried that with her ever since, building relationships wherever she has gone.

At Emerald she called on those relationships to begin putting her touch on the facility immediately.

VETERAN APPROVED

Milligan leads one of only a handful of residences in the metro that carries a special Veteran's Administration approved designation.

"We have a lot of veterans here," Milligan said. "The VA's representatives come here frequently and visit their veterans and insure their needs are met. If we need something for them we can just call them and they will bring it to us. They take care of their transportation to their doctor's visits."

"It's a whole working system."

The designation means that approximately half of Emerald's residents have served our country with pride.

Building on that program is on her to-do list.

Overseeing construction of more independent cottages in the back of the facility is also on her radar.

Continued next page





EMERALD

Continued from Page 6

A new memory care will soon be offered.

"I'm so excited," Milligan beamed.
"It totally has blown my mind."

Milligan's staff is all hand picked through her years of experience in the industry.

They've helped initiate resident-favorite amenities.

Soon, Emerald Square residents will experience all-day dining, allowing them total control of when and what they will eat.

"It's essentially a restaurant open from 6 a.m. to 8 p.m. at night," Milligan said. "They'll be able to order and eat whenever they are ready."

There so much excitement around Emerald Square right now but some things will not change.

"The biggest thing is I have one expectation," Milligan began. "The expectation I have of everyone is to take care of the residents to the best of your ability. Everything else will take care of itself. Your finances will be fine. Your staff will be happy."

"You have to provide the best care you can. You never tell a resident they can't do something. You find a way to make it happen because we are in their house."



Emerald Square Assisted Living Center is undergoing an exciting transformation under Heart Living Centers and new Executive Director Polly Milligan.



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A community near you Integris launches new concept

by Bobby Anderson

A new healthcare delivery concept partnering Integris and Emerus Holdings, Inc. is popping up all over the metro.

And the move is creating more options for local nurses.

As part of its expansion initiative, Integris, the state's largest nonprofit health care system, entered into a joint partnership venture with Emerus, the nation's first and largest operator of microhospitals, to build and manage four new community hospitals.

"Oklahomans have told us want quicker, convenient medical care without compromising quality or safety," said Timothy Pehrson, president and chief executive officer at Integris. "These community hospitals allow us to do just that, bring high-quality care

closer to home for many of the residents we serve."

February, Integris Community Hospital at Council Crossing, 9417 N. Council Road., opened followed by Integris Moore Community Hospital at

the month.

March, Integris Del City Community Hospital, 4801 SE 15th St, began accepting

Later in May, the Integris OKC West Community Hospital at 300 S. Rockwell Ave., will

Emerus Holdings Inc., is the nation's first and largest of health care allows great operator of these small-format facilities and promises the new sites will bring a transformative

1401 SW 34th St. at the end of concept of health care to Central Oklahoma.

> Emerus Chief Executive Officer Craig Goguen said the company is honored to partner with INTEGRIS, an awardwinning, highly respected health system brand, as it expands its footprint throughout central Oklahoma.

"Our transformative concept health systems like Integris to expand its reach into the Continued next page





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CONCEPT

Continued from Page 8

community to provide a variety of patient services that are fast, convenient and economical," Goguen said.

Christopher McAuliffe, BSN, MBA, RN, CAPA is the Emerus market chief nursing officer and says the new concept will bring options for both consumers and health care workers.

"In addition to serving areas considered underserved in their healthcare needs, the smallscale, fully licensed inpatient hospital is open 24 hours, seven days a week," McAuliffe said. "It is conveniently located in communities where patients live, work and play, providing them with quick and easy access when they have emergency medical needs. If the patient additional specialty requires services, working with our partner, INTEGRIS Health, we can quickly access appropriate services and make transfers, as needed."

McAuliffe said the concept is using the same electronic medical record system used by Integris.

The small-scale inpatient hospital provides many efficiencies resulting from its smaller footprint. Parking is ample and accessible, compared to the large hospital setting.

"There are several resources, from a clinical standpoint, that improve quality of care," McAuliffe said. "We have a CT/X-ray room dedicated specifically to our patients. We do not do any outpatient diagnostics, leaving the RT to focus only on those patients who come through the ED or an ordered inpatient test.

"We also have staff crosstrained to do many different roles. All clinical staff, RT, ED Tech and Nursing staff are thoroughly trained in our lab. This allows us to quickly complete a lab order, from start to finish, without having to wait on the tube system or on another department in a remote location to complete."

hospitals will operate through a teamwork concept that has Emerus numerous awards including the Guardian of Excellence Award for Superior Patient Experience from 2013 to

These new community hospitals will serve a variety of patient needs including medical emergency and inpatient care other comprehensive health services. While the ancillary services vary, each community hospital has a set of core services including the emergency department, pharmacy, lab and imaging.

The rest of the services the needs depend on the community, but common examples include primary care, dietary services, women's and low-acuity services outpatient surgeries. The community hospitals offer:

- Health system integration allowing for coordination, consultation and seamless transition across the care continuum
- Fully licensed as a hospital and subject to all hospital conditions of participation and regulatory requirements
- Emergency-trained physicians and outpatient ambulatory clinical services on site — ensuring patients receive the highest quality care, when they need it
- Inpatient bed capacity - allowing patients to stay closer to home when lower level admissions/recoveries are needed
- All patients accepted without regard to insurance or ability to pay, including Medicare, Medicaid and Tricare
- Community-based hospitals open 24 hours a day, seven days a week - offering ease of access to our patients

"The joint venture with greatly benefits Integris patients," McAuliffe said. "In the metro, several of Integris facilities have been experiencing large volumes of patients, resulting in some challenges. Our 32 additional inpatient beds allow Integris the opportunity to have additional clinical resources.

"The 32 additional ED McAuliffe stressed that the beds help reduce the strain on the often overcrowded Emergency Rooms Integris frequently experiences."

OK American Cancer Society Launches ResearcHERS to fund Women-Led Cancer Research

Today the American Cancer Society (ACS) in Oklahoma City announced ResearcHERS: Women Fighting Cancer, a new initiative engaging women of influence to raise funds directly supporting women-led cancer research. The program spotlights the life experiences and discoveries of women in research and aims to inspire the next generation of girls to pursue their dreams of a career in science.

"One in three Americans will battle cancer in their lifetime, and we need the best and brightest minds engaged in reduce the cancer burden in our communities," said Jeff Fehlis, Executive Vice President of the American Cancer Society. "Recognizing the unique challenges we face, women have expressed a strong interest in supporting scientifically sound women-led cancer research."

ResearcHERS of Oklahoma City is chaired by Cynthia Black of Oklahoma City. Black, along with her husband Chris, are the owners of RK Black, a printing business that has been in their family for six decades. She will be supported by an elite group of Ambassadors committed to raise funds, serve as role models, and build awareness of the contributions of women in the fight against cancer.

"One brilliant idea or concept can save countless lives," said Black. "Cancer doesn't discriminate, and the next big discovery may come from a scientist funded by the ResearcHERS initiative."

ACS is the nation's largest, non-governmental provider of cancer research funding, with more than \$4.8 billion invested since 1946.

"Our goal is to raise \$50,000 during May, and I am thrilled to be carrying the torch for this inaugural ResearcHERS campaign," Black said.

Senior-Focused Educational **Event Scheduled at Crossing** Community Church May 10

RSVP of Central Oklahoma is proud to partner with Eunice Khoury, Well Preserved Advisory, and Crossings Community Church to host Senior Day on Friday, May 10, 8:30 a.m. to 4:30 p.m. at Crossings Community Church, 14600 Portland Avenue, Oklahoma City.

"For a number of years, I have been looking to have a senior-focused educational event that brings together the seniors in our community with trusted professionals who provide services and have the resources our seniors need," said Senior Day founder Eunice Khoury.

Senior Day is for people 55+ and is a day-long event that will include approximately 20 classes on such topics as Caregiving, Carla Scull, Oklahoma Alzheimer's Association; Medicare, Ray Walker, Director of Medicare Assistance Program, Elder Fraud, Elaine Dodd, Oklahoma Banking Association, and the Care Trak Bracelet for Alzheimer Families, Patrick O'Kane, Sunbeam Family Services.

Berry Tramel, sports editor for The Oklahoman will be the keynote speaker. A lifelong Oklahoman, sports fan and newspaper reader, Tramel joined The Oklahoman in 1991 and has served as beat writer, assistant sports editor, sports editor and columnist.

Registration for Senior Day at Crossings Community Church is \$12 and includes lunch. You may register online at www.crossings.church/senior-day or call 405.848.5790.

strange

SBT Saturday mail delivery in Canada was eliminated by Canada Post on February 1, 1969!

SO THEY SAY ...

BBT In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!

BBT There are 18 different animal shapes in the Animal Crackers cookie zoo!

BBT Should there be a crash, Prince Charles and Prince William never travel on the same airplane as a precaution!

BBT Your body is creating and killing 15 million red blood cells per second!



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

MAY

SENIOR CLASS: Try our class/seminar this spring for residents ages 55+:

STRENGTH TRAINING

2pm-3pm Mondays and Wednesdays. **FREE.** Taylor Recreation Center, 1115 SW 70th St. Oklahoma City, OK 73139

FREE EMBARK FARES

Try out public transportation for freee during EMBARK's Third Fridays Free program. All fixed-route, Zone 1 ADA paratransit services and the OKC Streetcar are free on the third Friday of every month from April to September: April 19, May 17, June 21, July 19, August 16 and September 20. Visit embarkok.com to plan your trip.

Moore Chess Club Sundays from 1pm to 4pm Moore Public Library 225 S Howard Ave. in Moore

All ages and skill levels are welcome. For more info., contact Mr. Kissinger at ishmaelkissenger@ mooreschools.com

Senior Classes (residents age 55+) Will Rogers Senior Center 3501 Pat Murphy Drive Call 297-1455 for details.

Zumba Gold: A dance class for all levels at Will Rogers Senior Center, 3501 Pat Murphy Drive. 10am-11am every Tuesday and Thursday through May. Ages 55+. \$3 per class. Call 405-297-1455 for details.

TOTAL BRAIN HEALTH:

Sponsored jointly by the senior center and the University of Central Oklahoma, this class uses scientifically proven methods to address all aspects of brain health. 2-3:30PM Tuesdays in May. FREE.

MAY

Spring Family Fitness Challenge

The Family Fitness Challenge runs through May. Register in 6-man teams to get fit and earn prizes. \$5.00 per person. All Ages. Visit www.okc.gov/parksignup and search keyword 21689 to sign up.

Mid Day Dance

WEEKLY on Tuesdays \$5.00 and Thursdays \$6.00 Lessons 12:30-1:30pm. Dance 2-4pm. Live Band - All ages welcome. 4361 NW 50th, Suite 400 Oklahoma City, OK 73112 for more info. 405-943-1950

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

Learn about the ways Westerners contributed to the US effort in World War I at this exhibit featuring military, rodeo and other historical memorabilia from the time period. National Cowboy and Western Heritage Museum 1700 NE 63rd St. Oklahoma City, OK 73111

Senior Activities.

Classes and seminars this spring for residents age 55+: **Total Brain Health:** Sponsored jointly by the Will Rogers Senior Center and the University of Central Oklahoma, this class uses scientifically proven methods to address all aspects of brain health. 2pm-3:30pm Tuesday in May. Ages 55+. FREE. 3501 Pat Murphy Drive.

Will Rogers Gardens events
May events at Will Rogers Gardens, 3400 NW 36th Street:
May Flowers Garden: Learn what to plant in your own landscape to have the same blooms next spring, 9am-10:30am May 4.
FREE. All Ages. Visit okc.gov/parksignup and search keyword 21841 to sign up.

MAY 4

FREE LANDFILL DAY MAY 4

The City will host a Free Landfill Day for all City water or trash customers from 7am to 3pm Saturday, May 4. Bring an original, current City water bill, or a copy of an e-bill, to prove residency.

- East Oak Landfill 3201 Mosley Rd. (South side of NE 36th Street east of Sooner Road)
- · SE Landfill 7001 S. Bryant Avenue
- · OKC Landfill 7622 SW 15th Street
- NE Landfill 2601 N Midwest Blvd. in Spencer (construction and demolition materials only)
 Bulky waste rules and regulations apply to free landfill day. Household hazardous waste, tires, oils, car batteries, propane tanks, pool chemicals, electronic waste and appliances containing Freon or other refrigerants are not accepted.

MAY 5

CINCO DE MAYO

Join Oklahoma City Parks for a Cinco de Mayo presentation with family-friendly activities from 1pm-10pm May 5 at Wiley Post Park, 2021 South Robinson Avenue. The event is presented by Scissortail Community Development.

MAY 8-9

Senior Activities

Classes and seminars this spring for residents age 55+:

Springtime at Beaver's Bend
Trip: Travel on a luxury coach bus for a two-day trip seeing the natural wonders of southeast Oklahoma, overnighting at Beavers Bend Lodge.

Trip departs Taylor Park,
1113 SW 70th Street, at 6am on May 8 and returns at 6pm on May 9. Ages 55+.

\$195 per person.
Call 405-297-1459 for details.

MAY 18

Will Rogers Gardens events May events at Will Rogers Gardens, 3400 NW 36th Street: Garden Festival: Join teh Council of Garden Clubs for its annual Garden Festival, 9am to 3:30pm May 18. Find everything garden-related plus stained glass, jewelry, kids activities and a disc golf tournament fundraiser for the Friends of Will Rogers Gardens Foundation. FREE. All Ages. Visit okc.gov/parksignup and search keyword 21843 to sign up, or contact the OK Disc Golf Association for the tournament.

MAY 27

Memorial Day: May 27

- · City offices closed.
- No Trash or recycling pickup. Makeup day is Wed, May 29.
- · No EMBARK bus service.
- · Streetcar on regular schedule.
- Municipal Court pay window closed.

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

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

Call us today at (405) 631-5100 or email your listing to advertising@ seniornewsandliving.com for more information and to be included!

Free Workshop titled "Monarch Butterfly, Importance of Pollinators" to be held



SHAWNEE, OK - Two of the many incredible facts about the Monarch Butterfly is that they are important and beautiful. Join the Natural Resources Conservation Service (NRCS) and several conservation partners for the FREE pollinator workshop and lunch on May 29 in Shawnee. This workshop is titled, "Monarch Butterfly, Importance of Pollinators" and it is certainly one in which you will want to bring a friend.

At this workshop, Michael Sams of NRCS will talk about NRCS Monarch and Pollinator Conservation Efforts in Oklahoma.

Tonee Wolf of the Choctaw Nation will provide a Choctaw Nation Pollinator Project update. Also, the Chickasaw Nation Pollinator Initiatives will be covered.

Plus, Jane Breckinridge will share about projects of the Euchee Butterfly Farms.

NRCS partners for the workshop include, the Oklahoma Tribal Conservation Advisory Council (OTCAC), other USDA agencies and conservation groups. The Seminole, Shawnee and Konawa Conservation Districts are the district partners for the workshop.

Our conservation program discussions will be led by Farm Service Agency, National Agriculture Statistics Service, NRCS,

and the Oklahoma Conservation Commission and others.

The workshop will be held on May 29th and will start at 10 a.m. The meeting will be held at Citizen Potawatomi Nation (CPN) South Reunion Hall, located at 1702 Gordon Cooper Dr., in Shawnee, 74801. The South Reunion Hall is located behind the CPN Putt Putt and on the south side of Firelake grocery store.

Attendees are encouraged to pre-register by May 23rd by calling Marie Youngblood, (405) 273-2076, ext. 3 or emailing Jane Breckinridge, jbreckinridget@hotmail.com or contacting Dr. Carol Crouch carol.crouch@usda.gov , (405) 742-1203. The workshop is open to the public.

Questions?

Email nrcsinfo@ok.usda.gov.

USDA is an equal opportunity provider, employer, and lender.

If reasonable accommodation is needed please notify when you RSVP to Dr. Carol Crouch at 405-742-1203 or

carol.couch@usda.gov.

Who: Open to the Public

When: 10 a.m., Wednesday, May 29
- RSVP DUE May 23rd

Where: Citizen Potawatomi Nation (CPN) South Reunion Hall, located at 1702 Gordon Cooper Dr., in Shawnee, 74801. The South Reunion Hall is located behind the CPN Putt Putt and on the south side of Firelake grocery store.



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Krista Beucke, Activity Caregiver of the Year Wellington Parke Assisted Living, Memory Care & Independent Living, Del City

Jonna Warrick, Administrator of the Year

Iris Memory Care, Edmond
Kimberly Beard, Dietary Caregiver of the Year
Emerald Square Assisted & Independent Living,
Oklahoma City
Anita White, Caregiver of the Year

Brookdale Edmond Danforth, Edmond
Karla Osborne, Longevity Caregiver of the Year, 28 years!
West Wind Assisted Living, Marlow
Jim Delzell, Maintenance of the Year

Tealridge Assisted Living, Memory Care & Independent Living, Edmond Stephen Williamson, Marketing of the Year Brookdale Senior Living, Statewide Sandy Sitter, RN, Nurse of the Year

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Jessie Motsinger, Team Member of the Year Iris Memory Care, Edmond





MARK YOUR CALENDARS

May 16 July 18 Aug 22, 23 Sept 18, 19, 20 RCAL Admin Cert Class 2 September 8 - 14 September 10

November 5 Nov 7, 8 Dec 4, 5, 6

November 19 December 12

Survey Prep (New in 2019) **Boot Camp** National Assisted Living Wk. Statewide **Statewide BINGO Day AL CEU Seminar RCAL Admin Cert Class 3 Survey Prep (New in 2019)**

Tulsa Tulsa (location change) **OKALA Office Statewide Oklahoma City OKALA Office Oklahoma City OKALA Office**

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May/June AARP Drivers Safety

Date/ Day/ Location/ Time/ Registration # Instructor

May 2/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi Integris 3rd Age Life Center - 5100 N. Brookline

May 9/ Thursday/ Norman/ 9 am - 3:30 pm/ 307-3177/ Palinsky Norman Regional Hospital - 901 N. Porter Ave.

May 10/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards S.W, Medical Center - 4299 S. Douglas, Suite B-10

May 14/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky Rose State Conventional Learning Center - 6191 Tinker Diagonal, room 203

May15/ Wednesday/ Warr Acres/ 8:30 am - 3 pm/ 789-9892/ Kruck Warr Acres Community Center - 4301 N. Ann Arbor Ave.

May 20/ Monday/ Shawnee/ 9:30 am - 4 pm/ 818-2916/ Brase Shawnee Senior Center - 401 N. Bell St.

May 31/ Friday/ Midwest City/ 9 am - 4 pm/ 739-1200/ Edwards Midwest City Senior Center - 8251 E. Reno Ave

June 1/ Saturday/ Midwest City/ 9 am - 3:30 pm/473-8239/ Williams First Christian Church - 11950 E. Reno Ave.

Jun 6/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi Integris 3rd Age Life Center - 5100 N. Brookline, Suite B-10

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

HEALTH

Medi Flight: Up in the Clouds

by Vickie Jenkins, Staff Writer

If you find yourself looking for James Brigida, you will most likely have to look up in the sky. He will be one of the three crew members on the Medi Flight helicopter. James is a Flight Nurse and a National Registered Paramedic.

Born in Las Angeles, CA and raised in the bay area, James was in his early twenties when he decided to visit a cousin in Oklahoma. He liked Oklahoma so much, he decided to move here and go to nursing school. That was sixteen years ago and he has enjoyed his job ever since. Having a job as a paramedic in 1998, he soon had the opportunity to be a flight paramedic. From there, he became an RN, and then a Certified Flight Registered Nurse. "I was getting great critical care experience and good basic knowledge. Now, I work for Medi Flight based out of Chickasha, OK and the parent company, Air Methods is based out of Denver, CO," he said.

James explained how the helicopter crew consisted of one pilot, one nurse and one paramedic. "We have to do some life-threatening actions. There are two different types of flight emergencies calls. 1. Scene flight; a call made by a firefighter or a policeman. 2. Transfer call; these are the phone calls usually coming from smaller towns where there is no hospital; needing to transfer the person by helicopter," James said. "Either way, the flight nurse and paramedic have to know what to do, how to do it and when to do it. We have seconds to take care of that patient in a unique and isolated situation while we are 1,000 feet in the air. We have to have critical thinking skills, performing emergency procedures. Seconds count! The flight nurse and flight paramedic work as equals," he added.

"Flight nurses have bits of the same schedule as a firefighter. We work 24 hours, twice a week. We have eight flight nurses and eight flight paramedics with four shifts, rotating the schedule. Medi Flight is at Grady Memorial Hospital in Chickasha, OK. Mr. Deacon Vice is the Medical Director of the ER there," James commented.

Does the helicopter fly in any weather? "Actually, the pilot of the helicopter is like a weatherman. They have to know all of the weather conditions before taking off. There has to be 1,000 feet from the ground to the ceiling (clouds) and be able to see two miles ahead for visibility. In the winter, they have to watch for the helicopter freezing over," James replied.

Asking James to describe himself, he said, "I'm an outgoing, passionate guy that has a true desire to help. I am a great team player and have a lot of empathy for others."

What advice would you give to someone if they wanted to be a flight nurse? "I would encourage them to start out by getting experience in the critical care unit. The reason is the fact that all of this training and experience will get them closer to becoming a flight nurse. Also, get all of the certifications you can. It will be even better when you try to get a job as a flight nurse," James answered.

James isn't always up in the sky though. "I also have a second job," James said. "I work at the OU Trauma Center in the ER. This is the one and only Trauma Center in Oklahoma. I am blessed to have a job that I love, doing what I love to do, helping others and fulfilling my



James Brigida is a Certified Flight Registered Nurse and a National Registered Paramedic for Medi Flight based out of Chickasha, OK. He has exceptional medical skills while on the ground and in flight.

passion for flying."

Living in Edmond, OK, James is married to the love of his life, Patty. They have three children, Matthew, 18, Dante, 20 and Alejandra 22.

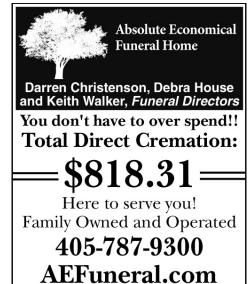
James' hobbies include exercise; working out at a great place called True Grit in Edmond, OK. "It can be a great stress-reliever," James said. "That's pretty much my hobby. Working out and sleeping. I love to sleep," he said with a laugh.

From the days of hi

childhood, dreaming of aviation and flying, James is blessed to have the title Flight Nurse. "I get to take care of patients and fly in a helicopter. I continue to learn and use my critical thinking skills in my everyday job. I have a wonderful family and I continue to help others in any way that I can, in the air and on the ground," James said.

Asking James to sum up his life in one word, he answered, "passionate".





OMRF receives \$5.9 million grant to study bleeding



OMRF scientist Courtney Griffin, Ph.D., was recently named the scientific director of OCASCR.

The National Heart, Lung and Blood Institute has awarded an Oklahoma Medical Research Foundation scientist \$5.9 million to study new ways to control bleeding like that which occurs in aneurysms.

OMRF researcher Courtney Griffin, Ph.D., received a seven-year grant to pursue novel research into blood vessel function and factors that lead to uncontrolled bleeding.

"Seven years is like paradise to a scientist. It allows us to address questions and take our research in new directions we couldn't have before," said Griffin, who joined OMRF from the University of North Carolina at Chapel Hill in 2008. "This will give us the opportunity to dig in on basic science questions that could lead to new drugs and therapies for devastating conditions."

The grant was awarded under a new federal granting program known as the R35, which was established to promote scientific productivity and innovation by providing sustained support and increased flexibility in research. NHLBI program officer Yunling Gao, Ph.D., said the R35 award is designed to provide long-term support to outstanding investigators like Griffin who are conducting research that breaks new ground or extends ongoing studies that are making significant contributions to

the field.

"Dr. Griffin has been supported by the NHLBI's programs over the past decade, and she has emerged as an expert in the field on proteasemediated regulation of vascular stability," said Gao. "We look forward to her new breakthroughs and achievements for years to come."

Griffin's work is focused on proteases—proteins that chew up other proteins. At OMRF, she studies the role proteases play in a healthy setting and also the damage they can cause in blood vessel development when they go awry. When blood vessel integrity is compromised, they become weaker and can rupture, which can be fatal.

By knowing what vessels are susceptible and under what conditions, they can identify disease links that may be predictable and lead to the development of therapeutic interventions.

"The competition for these grants is fierce, and you must have an incredible track record to be considered for one of them," said OMRF President Stephen Prescott, M.D. "The NHLBI is betting on Dr. Griffin, and she is an outstanding choice for this award. I have no doubt she will reward them with her incredible work."

The grant, No. R35 HL144605, is from the NHLBI, a part of the National Institutes of Health.

HIGHLIGHT ON VOLUNTEERING

South Oklahoma City Man Volunteers to Give Back for Blessings Received

National Volunteer Week was celebrated April 7-13



In his retirement, Fred Selensky enjoys his membership in the Oklahoma City Fiat Car Club and has built many friendships with other car enthusiasts over the years. But his weekly volunteer role has also brought new friendships into his life.

"When I retired, I was looking for a way to give back for the blessings I've received," Selensky said.

So, he signed up to be a volunteer driver for the Retired and Senior Volunteer Program of Central Oklahoma (RSVP) Provide-A-Ride program, which provides low-income seniors transportation to doctor's appointments. Last year, 66 RSVP Provide-A-Ride volunteers drove more than 400 clients to 6,065 medical appointments.

"It's fulfilling a need in the clients I take because they don't drive and don't have to pay for a taxi to medical appointments," he said. "It's really fulfilling for me, too, and I enjoy doing something people appreciate. It's not a chore"

April is National Volunteer Month, a month dedicated to honoring volunteers and encouraging volunteerism. Selensky is one of more than 900,000 Oklahomans who gave of their time last year, according to the Corporation for National and Community Service. Research shows that adults who volunteer are more likely to experience health benefits—longer life span and better mental health.

If you are interested in volunteering with RSVP as a Provide-A-Ride driver or with one of the many RSVP nonprofit partners, call 405.605-3110 or visit www.rsvpokc.org.

TRAVEL/ ENTERTAINMENT

Comfort in Palm Springs (Part Two)

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

Here are more options for your travel comfort tour as we continue our Palm Springs tasting which began in last months issue. Restaurants abound in Greater Palm Springs. I say Greater Palm Springs as that includes the adjacent towns of Cathedral City, Palm Desert, Desert Hot Springs, and Rancho Mirage. Each city has its own upscale resorts and dining options too numerous to mention here.

Concentrating on Palm Springs proper we find, Spencer's, https:// www.spencersrestaurant.com, next to the racket club, also with welcomed valet parking, which offers an excellent and cozy patio dining beneath an ancient spreading ficus tree. Very very popular and busy in a friendly way, but when I ordered my Martini with "ice on the pond", meaning so cold and diligently shaken that tiny ice floats on the top, I got my beverage but with ice on the side in a glass, which I found amusing. It was so busy the waiter must have misheard my instructions. well-dressed luncheon clientele were also enjoying the exquisite tomato basil bisque with the a little too dry honey brine pork chops, and delicious corn cake. Eaves dropping on neighboring tables juicy conversations can be intriguing. Spencer's has a strict dining scheduled and reservations are mandatory, even for lunch.

For a touch of French dining, Le Vallauris, www.levallauris.com, on West Tahquitz Canyon Way, is your choice. Tucked up near a canyon cliff, Le Vallauris with its fresh roses distributed throughout the dining areas, the chalk board type menus, and the congenial and efficient wait staff lets you know you are in a special place. With upscale elegance, dining inside or preferred out, was the perfect bon voyage for me as I was flying out that afternoon. I saved the best for last. The many items on the luncheon menu all were tempting, but with my theme of comfort food I had the Eggs Benedict with prosciutto. I like a super lemony Hollandaise but did not need to ask for more of it on the side, as it was generously served. When I think of this dish in the future, it will always be compared to mine at Le Vallauris. Owner Omar, who travels the world was kind enough to join me for a brief conversation and pose for a photo as he was explaining the chalkboard menu to other eager patrons. In keeping with seasonal best gourmet dishes, Le Vallauris offers frequent email updates to the menu, to remind you of their expertise in freshness and an initiation to return,

Of course reservations are needed in Palm Springs whether for dining or of course for overnight lodgings. I had no reservation at the poolside/patio at the Riviera Resort (psriviera.com) but had a delight lunch lounging around the pool like I was a guest. I think the accommodations there would be perfect for a mid-range budget.

On the upscale side of Palm Springs is the new downtown Kimpton (rowanpalmsprings.com) The posh high-rise roof top restaurant, Four Saints, is a touch of elegance from the liquor bottles floating above the bar and the see and be seen dining area which is topped off only by the adjacent roof top pool and specialty bar. You need not order a full meal as an \$18 appetizer and beverage can satisfy your palate. An eccentric Palm Springs sight was a well-behaved dog rolled into the dining room in a black baby stroller. I asked my entertaining waiter about this and he said,"You can see anything in Palm Springs."

If you are an adventurous male, the all male clothing optional accommodation at INNdulge, https://inndulge.com/, in the Warm Springs neighborhood will be a most comfortable experience, with morning Continental breakfast, evening cocktail time, congenial guests and heated pool and hot tub. The staff is most helpful in offering suggestions for your Greater Palm Springs experience. The bars clustered on E Arenas Road is a hit and miss pleasure.

Comfort can easily be discovered in Greater Palms Springs with prepared planning. Due to a recent flash flood the aerial tramway was closed, but is recommended. With a car it can be entertaining just driving around with no real





destination in mind. You might find you self at the Palm Springs original sight or the botanical gardens or an unexpected stop at an art gallery or antique shop. Having visited there several times over the years, I had an idea of what would suit my comfort level, and in retrospect I accomplished another happy destination experience.

While the personnel is over whelmed at the CVB they can be contacted at www.visitgreaterpalmsprings.com Their hard copy visitor's guide, more like a magazine, is more helpful than their online edition. In it you will find shopping suggestions for each greater Palm Springs city. They will send you one but you must request such several weeks in advance of your browsing.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association http://realtraveladventures.com/author/zinn/ www.seniornewsandliving.com - www.martinitravels.com

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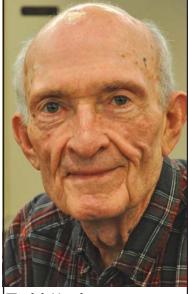
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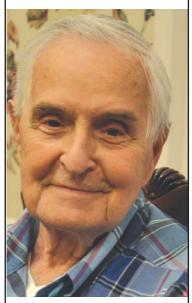
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53 "Anything you can get away with": Marshall McLuhan

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Answers on page 21

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The View Through My Door

I'M TURNING INTO MY MOTHER

By Darlene Franklin

(Happy Mother's Day)

In my childhood, I thought my mother knew everything. In my teens and early twenties, I thought I knew everything and she knew nothing. In my thirties, I decided Mom knew more than I thought and by my forties, I realized she knew a whole lot more than I do, and she was right most of the time. Now In my fifties and sixties, I wish she was here so I could just talk with her. (paraphrase of an anonymous saying about fathers)

This bit of folk wisdom gets me every time. The older I get, the more I recognize my mother's wisdom and forbearance. I miss her, terribly.

Then I wonder, "am I turning into her?" I am, after all, now the matriarch of my family.

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

Although Mom and I made a point of preparing for motherhood, we shared feelings of doing a sub-par performance at the most important job in our lives. My son, in spite of his rocky beginnings, handles the task of raising a family in today's world much better than I ever did. That gives me hope that I did something right.

Did my mother feel the same way? Did she wonder where I found the grace to be strong and grow in wisdom and persevere in the midst of the trials I faced? Did she doubt herself or did she give herself any credit?

If I could ask her, I suspect we would both agree to a reversal of the saying I used above. It would read something like this:

When I became a mother, I had to know everything, or pretend I did. I was responsible for this helpless human being.

Then my children became teenagers. I didn't know how to lead them in the right direction. What I did say, they misunderstood and dismissed.

In their twenties, they found a steady home, and love, I decided they had learned something after all, and I respected their right to make their own decisions.

(True for too many) Then my child was imprisoned/lost to drug addiction/committed suicide, and I knew I had utterly failed.

But my son married and started a family and actually me for help. In his thirties, he bragged about my growing writing career.

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He called me several times a week, to talk about two common passions-the Bible and movies-to brag on the grandkids and to ask my opinion. I wondered how this marvelous, mature young man had come out of me.

And now, as I am drawing nearer to death, my grandchildren think I know the answer to every question—because they haven't stumped me yet—and they want me to life forever.

Dearest son, dearest daughter-in-law, dearest grandchildren. I won't. I can't. Besides, you don't need me. You need the Lord, the fountain of wisdom. But you already know that.

As human beings, we all go through a spell where we question our family's values and establish our own. I suppose that's our free will at work, the same principle that t allows us to say "no" to

Yes, our children often pick up some of our bad habits. But here's the good news: they also practice some of our good habits, too.

Take my family. Some of our less than endearing family traits? A tendency to obesity. We sometimes lose ourselves in a dreamworld instead of staying grounded in reality. We find it easy to procrastinate and inconvenience those around us. We struggle with a family history of sexual and physical abuse.

Sounds ugly, and it can be.

Some of our good traits? A faith that is a strong in my granddaughter as it was in my mother. We're smart, creative, and love to learn.

Now I sound like I'm bragging. Not really. Have you ever heard how our strengths are our weaknesses turned inside out, and vice versa? Rejoice when our children reflect our strong points. Share with them what we've learned about our weaknesses. They'll treasure that wisdom later in life. Daughter learns from mother. Daughter becomes a mother. Now daughter teaches her children.

What a beautiful cycle God designed for us. Although I use the words "mother" and "daughter" here, in honor of Mother's Day. the sentiment rings true across the family board, Celebrate it!



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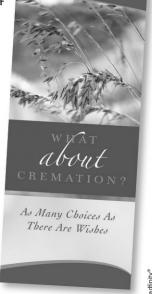
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Searching for new arthritis treatments



Oklahoma Medical Research Foundation scientist Tim Griffin, Ph.D.

Arthritis is the leading cause of disability in adults in the U.S., affecting more than 54 million people with more than 100 distinct types of the disease.

To make matters worse, there are no approved treatments for the most common form of arthritisosteoarthritis. It stems from the loss of cartilage between bones and joints and will affect more than half of all Americans over the age of 65.

Understandably, this has led to much concern about the future of arthritis treatment.

"We all want to live long enough that we eventually have some wear-and-tear form of arthritis,' said Oklahoma Medical Research Foundation Vice President of Clinical Affairs Judith James, M.D., Ph.D. "But we don't want any disability or limitations from it that tend to occur as we age. What we need is a diseasemodifying drug."

James, a rheumatologist and internationally recognized expert on arthritis, said that advancements in treating other forms of arthritis offer hope for similar developments in osteoarthritis.

"In the past decade, we have seen big changes in treatment for several types of arthritis, including the introduction of drugs and interventions for less-common forms like rheumatoid arthritis," said James.

Rheumatoid arthritis is a chronic illness mainly characterized by inflammation in the lining of the joints, and it affects more than 1.3 million adults in the U.S. James currently serves as principal investigator on a clinical trial called StopRA, a prevention study for the disease.

"We are testing people who are at high risk of developing RA. Our goal is to get them on treatments that may help prevent the disease from ever occurring," she said. If you are interested in participating or finding out more about the study, please call 405-271-7745 or email jackiekeyser@omrf.org.

The National Institutes of Health invests more than \$500 million annually toward understanding and treating various forms of arthritis. Some of that work is happening at OMRF, including research by scientist Tim Griffin, Ph.D., who studies the effects of obesity on the development of osteoarthritis.

"Much of what we initially learned about osteoarthritis came from studying end-stage diseased tissues when people had their joints replaced," said Griffin.

However, technological advances in imaging and biomarkers have allowed scientists to study earlier



OMRF physician-researcher Judith James, M.D., Ph.D.

stages of disease. Griffin says that this has given new hope for a cure.

"We now think of early-stage OA as resulting from a family of different conditions, such as obesity, trauma, or aging," he said. "Treatments that target the specific cause of osteoarthritis at the early stages may delay or even prevent disease."

Multiple studies have shown that a diet avoiding inflammatory foods like saturated fats and refined carbohydrates can help protect you. Griffin's lab recently found that diets high in saturated fats increased the risk of joint inflammation in miceeven before cartilage loss began.

"We are working on this disease in earnest and continue to understand more and more about it," said James. "I am increasingly hopeful that we will see a treatment for osteoarthritis in our lifetime."

But while we await the first osteoarthritis drug, what can we do in the meantime?

"'Move as much as you can," said James. "The more you sit, the stiffer and more painful your joints become. Other keys are to maintain a reasonable body weight and participate in joint-safe exercises like swimming or using an elliptical machine."

Broom Hilda

By Russell Myers



Animal Crackers

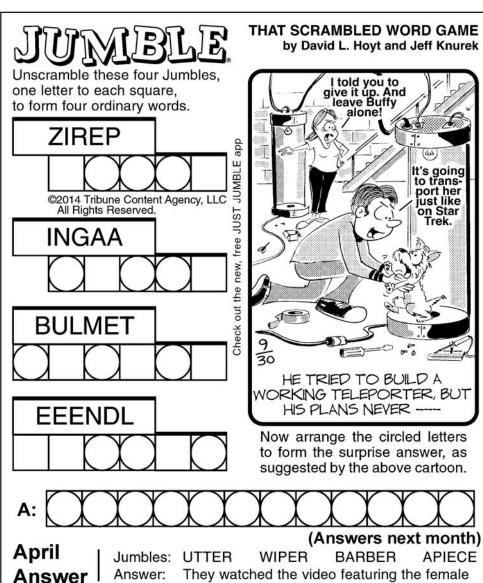
By Fred Wagner



Gasoline Alley

By Jim Scancarelli





sheep on - "EWE"-TUBE

OU Medicine Neurosurgeon First To Use Lifesaving Stent on Aneurysms

Aneurysms in the brain are dangerous because, if they rupture, patients face a significant chance of dying within six months. To decrease that possibility, OU Medicine neurosurgeons are using a new medical device to prevent aneurysm rupture and recurrence -- without major surgery opening a patient's skull. Neurosurgeon Bradley Bohnstedt, M.D., has been using the Surpass Streamline Stent to divert the flow of blood away from an aneurysm, which greatly decreases its potential for rupture. The procedure is minimally invasive – via a catheter, the stent is inserted into a blood vessel near the groin, then Bohnstedt directs it all the way up to the aneurysm in the brain.

OU Medicine was the first in Oklahoma to place the Surpass Stent in a patient. The advantage of the device is that it is designed to treat larger aneurysms in more areas of the brain. The technology is called "flow diversion" for its ability to route blood away from the aneurysm.

"By diverting the flow of blood away from the aneurysm, it reduces the stress on the wall of the aneurysm and allows it to heal and shrink," Bohnstedt said. "In six months to a year, the aneurysm takes on the normal shape of the blood vessel."

Bohnstedt describes aneurysms as blisters on the side of a blood vessel. If an aneurysm ruptures, 10 percent of patients will die before they make it to a hospital. Up to 50 percent of people whose aneurysms rupture will die by six months because of ensuing complications, Bohnstedt said.

Because of readily available imaging techniques, physicians are finding more aneurysms today than ever before. Some aneurysms are small and never need to be treated, Bohnstedt said, but others are risky to the patient.

"It's important when we identify aneurysms that we stratify their risk for rupture to determine which ones need to be treated," he said. "Then we want to treat them sooner rather than later."

The treatment of aneurysms has evolved as technology has improved. Traditionally, Bohnstedt would open up the patient's skull and place a clip on the aneurysm to prevent its rupture. He still performs that surgery when necessary but, while effective, it is invasive and leads to a long recovery for the patient. With the advent of endovascular techniques, neurosurgeons gained a minimally invasive method of accessing an aneurysm by traveling through the blood vessels. The first and second generations of endovascular treatment involved placing coils made of platinum inside the aneurysm to keep the blood flow at bay. With this technique, patients faced far less recovery time, but the aneurysms recurred about 40 percent of the time.

The Surpass Stent, made of metal, is greatly improved in all areas – it works well for larger, more distant aneurysms and, once treated, they don't seem to return.

"We're treating far more aneurysms with the Surpass Stent than we previously treated," Bohnstedt said. "We also hope to be involved with the study for the next generation of the Surpass device, which will have the ability to treat even more sizes of aneurysms in additional parts of the brain. OU has been an early adopter of new technologies after FDA approval, which allows our patients to be a part of research studies for devices that aren't readily available to the public."

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CULTURE KINDNESS VERADER

by Vickie Jenkins, Staff Writer

Located in the sought after city of Edmond, OK, you will find The Veraden, a clear choice for today's retirees and their families. With medical services, shopping, restaurants and hospital all close by, conveniences are built right it. Danna Johnson, RN is the Executive Director at The Veraden. Danna Johnson has been a nurse for over 25 years and an Executive Director at other long-term care for 11 years.

Opening in January in 2017, The Veraden modernizes and redefines the retirement experience. With independent, assisted living and memory care apartments, every need is addressed with styles and compassion.

Born and raised in Dodge City Kansas, Danna attended school in Kansas and the Belleview University of Nebraska. She moved to Oklahoma City, OK in 2010.

What qualities make a good nurse? "A nurse needs to be caring and compassionate, striving for excellence in everything they do, have a positive attitude and make the residents happy. The residents come before anything else," Danna replied. "There are 142 residents here and each one of them is special in their own way. Their care is the main focus of the caregivers here at The Veraden," she added. "The title of Executive Director is only as good as the people underneath them," Danna commented. "Here, we care about the one-on-one with the families. Everyone works very hard making the residents happy. Their happiness makes the whole day brighter."

What is your favorite part of your job? "I love spending time with each of the residents and I like helping serve their lunch to them, helping any way I can. I think I spend more time in the dining area than anywhere else because I want to visit with all of the residents," she said. "The number one concern is to make the resident feel loved, cared for and happy. I like to make them smile and laugh!" Danna answered.

"The biggest challenge in healthcare is the turnover in our 3-11 shift. Sometimes, the third shift can be the hardest shift to cover. We always seem to manage though and I think that is because everyone is willing to help out the other. Teamwork plays a very important part in working here, "Danna said.

Danna enjoys her job as Executive Director and sees herself here at The Veraden in five years from now or longer. "I like my work here and there are a lot of great nurses, caregivers and staff here. We support each other and we all help out in any way that we can," Danna said. "That can be hard to do in a workplace such as nursing and long term care, "she added.

Asking Danna to describe herself, she replied: "I am a happy-go-lucky person; I



Danna Johnson, RN is the Executive Director of The Veraden, where you will find independent living, assisted living and memory care.

smile a lot and laugh a big portion of the time. People say that I have a contagious laugh and the residents know when I am coming down the hallway. We try to keep the residents happy. None of us want to let the residents feel sad about anything," Danna commented.

Recognition speaks volumes here at The Veraden. "We got voted as being the best Senior Care facility in Edmond, OK for 2018. It was such an honor because the people of Edmond voted for us and votes were announced in the Edmond Sun newspaper that we won! We even won over the winners that had been chosen for the last nine years. What a great feeling to be honored as the best senior facility in Edmond, OK," Danna said. "In April 2019, there will be an Awards Banquet and one person from each area (The best of the best) of Veraden will be chosen and for that reason will attend the Annual Banquet."

Danna enjoys spending time with her husband, Tony and her daughter Hannah – 16 and son Dean – 10. "Family time is very important to me," Danna said. When asked what her favorite T.V. medical show was. "I hardly ever have time to watch T.V. but when I did; my favorite medical show was ER. I guess that tells you how long it has been since I watched a show like that," she said with a laugh.

"Every day at work, I start off with a positive quote

for our nurses, caregivers and staff. I like to set a positive attitude first thing in the morning. It seems to brighten everyone's day, along with the residents," Danna said. On a personal note, Danna's daily words of encouragement are live, laugh and love. "I live by those words every day," she said.



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