



Head of the class



Senior serves thousands

Norma Cartwright has spent 44 years working for Oklahoma City Public Schools in the cafeteria.

story and photo by Bobby Anderson, Staff Writer

For 44 years now Norma Cartwright has showed up to work each and every school day to teach kids.

She's never given a test, a quiz or even homework.

But tying on an apron at five in the morning, Cartwright gives every student what they need to succeed as Oklahoma City Public Schools' longest-tenured cafeteria employee.

"I don't know. I like to cook," she said of what's kept her in the kitchen all these years. "I like baking. I started out in the bakery

department and it's all I've ever done."

In the early days she baked from scratch. Sandwich bread, hot dog and hamburger buns, cookies, cakes and cinnamon rolls all were made by Cartwright's loving hands.

Things got a little easier through the years as the district moved to more prepared items. But she's always put the same amount of heart into whatever

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Bucket List AllianceHealth Midwest's Peterson hitting stride



AllianceHealth Midwest's Kim Peterson ran the Boston Marathon earlier this year.

story and photos by Bobby Anderson, Staff Writer

A few years back, Kim Peterson faced the classic mid-life crisis.

Bad marriage, bad health, altogether bad outlook on life. So she truly had reached a crossroads.

Option one was to continue down the path she knew for what she already had.

Option two was to make some radical changes and roll the dice and see what happens down the road.

Peterson quite literally sprinted down that road and hasn't looked back, finishing the Boston Marathon earlier this year and securing a new lease on life.

"(Running) has improved my health, my mood and every part of my life," Peterson said. "I have more patience, more tolerance. I feel better and when you feel better you interact with others better. You see the world more optimistically. I can turn any negative into a positive."

That's a plus for anyone but particular someone in her line of work.

Peterson is a licensed alcohol drug counselor with a mental health endorsement who has worked for AllianceHealth Midwest more than five years.

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PETERSON

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She's the longest-tenured mental health counselor in the building. Searching and hoping for change she began running.

She started with 5k runs for the first couple years.

Her sister, who worked for 7-11, called to ask if she wanted to run in the Oklahoma City Memorial Marathon.

The options were 5K, 10K and half marathon.

"Being a smart aleck I said 'I'll do the half marathon if you will,'" she said. "She signed us up so I had to start training."

Peterson had no idea how to train for a distance of 13.1 kilometers, which translates to slightly more than eight miles.

She just ran it. And she'll be the first to tell you she botched it.

"I hit the wall," she said. "I didn't get anything to eat or drink and that is an amazing experience. I think it might be worse than a heart attack. I finished and I remember laying on the asphalt. I was crying and I thought I was going to die."

She had depleted pretty much every electrolyte in her body.

And she almost depleted her will to ever run again.

It took her a couple months for her mistake to really set in.

She thought maybe she could prepare differently.

So she decided to try another run.

"Then I got addicted to them," said Peterson, who was an All-State runner at Western Heights growing up. "I started getting pretty decent then I ran a full marathon."

Coalgate was the site of her first marathon.

The mud-covered course was laid out over a mustang ranch.

She'll never forget the herds of wild mustangs that ran beside her. For nearly two hours she was as free as they were.

She's been hooked on the adrenaline ever since.

Earlier this year she tackled the vaunted Boston Marathon.

The trip resulted in a personal record time.

"Probably one of the things that stood out to me was the amount of Olympians that were there. It was just amazing," she said.

Running hasn't been the only change she made.

She decided to enter a bikini contest.

"I just get craziness in my head," Peterson laughed. "I want to practice what I preach to patients. I always

tell them not to limit themselves. If you want to set your mind to do something do it. Every day things happen that I don't believe. I never would have believed I could have run a half marathon."

"You couldn't have told me I would put on a bikini and get on a stage and I got a fourth-place trophy."

Now Peterson is a fit, fabulous and fetching woman in charge of her life who inspires others every single day.

She's become the official health mascot among hospital employees. Everyone wants to know what she's eating for lunch that day or what she's going to do after work.

It's no strange occurrence for Peterson to get up and run eight miles. She averages 30 miles a week. Her next goal is to run first place in her age-group at next April's Oklahoma City Memorial Marathon.

"Anybody in the hospital who wants to get on a health kick, whoever wants to do it I'm more than willing to help them," said Peterson, who is also a certified equine therapist.

And Peterson is living proof that sometimes a crossroads in life can be the opportunity for something amazing.



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CLASS

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she's doing.

And as her career winds down she says it warms her heart to see the district offer free meals to every student in the district for the first time.

"I thought it was great," she said. "When I was going to school, lunch hour was my favorite. I always looked forward to it. Now the kids can come in for breakfast or lunch and eat what they want off the menu and enjoy their meal. No stress, they can just eat."

Breakfast at Roosevelt means preparing some 500 meals. Lunch balloons to over 700.

Carol Jones is Cartwright's cafeteria supervisor. She's amazed at the increasing numbers of meals coming out of the kitchen.

"It's awesome and we don't have to hound the kids for money and call and hound the parents," she said. "It's one of the best things (the district) has ever done."

From the first day of school, cafeteria managers reported an

increase in the number of meals served.

Gwen Thompson has been in the kitchen with Cartwright for 21 years.

"We love her," Thompson said. "(And the free lunches) have been a blessing. I've always wanted that."

Cartwright raised three kids and sent all of them through Oklahoma City Public Schools.

She stayed home until the youngest entered junior high.

A school schedule meshed perfectly with a family schedule.

Years later, she's still in school even though her kids have kids of their own.

"I have never met any woman I haven't liked all these years," she said. "I've made a lot of good friends and I enjoyed working with them. Almost all of them had children like I did."

Schools across the district report serving more meals.

Teresa Gipson works at Shidler Elementary located on the corner of SE 15th and S Byers.

She entered the district in 1982 at West Nichols Hills and moved into the kitchen 12 years

ago.

"I like working with kids," Gipson said. "(Working in the cafeteria) is still taking care of children. You're feeding them and the most important thing for a child to eat is breakfast."

On more than a few occasions Gipson and her fellow co-workers have gone into their purses to get money to pay for student lunches.

"I know we're not supposed to do that but ...," Gipson said. "It's not their fault and sometimes the parents just don't have the money to pay for it. (Free meals) is a good idea - a good idea."

"Every kid should get to eat," Gipson explained that once a student's lunch account balance reached a certain number a note would be sent home to the parents. The child could receive only a few more lunch trays before they were unable to choose what they wanted to eat.

From there, a sack lunch with a peanut butter jelly sandwich, a fruit and a milk would be their only option.

"(At Hawthorne Elementary) there was this one girl who had

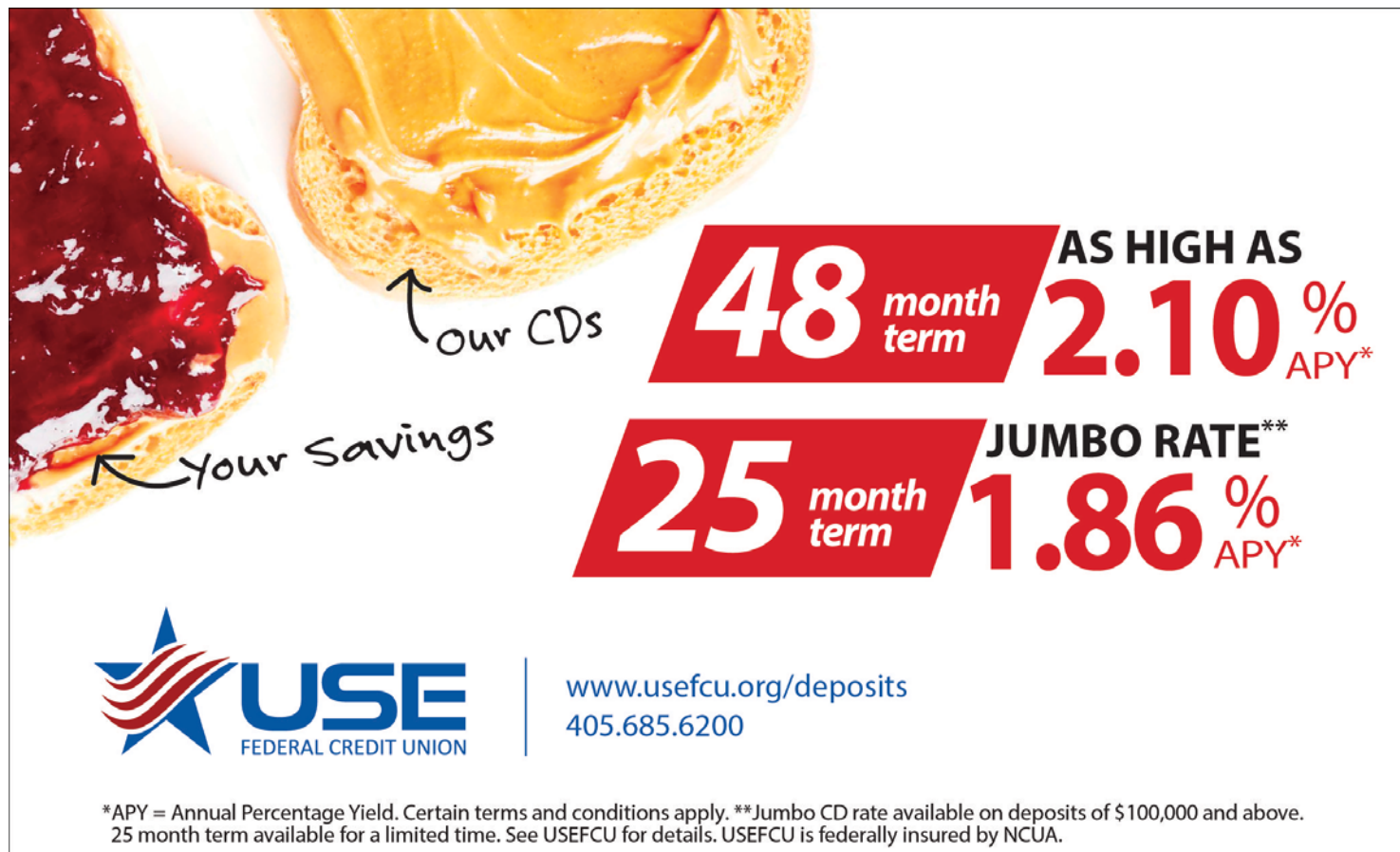
to get a sandwich. I could tell she was embarrassed. She took it but threw it away and I noticed she sat there for a while and then got up and walked off," Gipson said. "I could tell that was really embarrassing."

Kevin Ponce has spent his entire career in child nutrition. Oklahoma City's school nutrition services director says the district could break even if not see a return on its investment through the USDA's reimbursement program.

"Hopefully, universal feeding will go nationwide where we get away from keeping kids in categories," said Ponce, who noted 53 of Oklahoma City's 74 schools offered free meals prior to this year. "It's great for the kids and great for the district. We support education so anything to get the kids ready for the classroom is a huge thing."

Cartwright has six grandchildren - all within the OKC metro. She says she plans on spending at least one more year with the district.

She's still got a lot of free meals to prepare.




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Putnam City Cancer Classic 5k, Fun Run Raise Money for Cancer

A little more than 10 years ago, Jason Hasty, then the physical education teacher at Putnam City's Western Oaks Elementary School, was a dedicated runner. If he wasn't running in local races, he was training to run in those races. He wondered. Why couldn't Putnam City host a race?

Flash forward to today, and it turns out the district can do just that. On the morning of Saturday, Nov. 11, more than 1,000 runners and walkers are expected to take part in the 10th annual Putnam City Cancer Classic, a 5k and 1-mile fun run that raises money for cancer research at Oklahoma Medical Research Foundation (OMRF). The 5k starting gun will sound at 8:30 a.m., while the fun run begins at 10 a.m. The event will be held at Wheeler Park, 1120 S. Western.

Registration for the 5k race is \$30. Registration for the fun run is \$15. Runners and walkers can register and pay online at www.pccancerclassic.com or register the morning of the event at Wheeler Park.

Hasty says the race has come a long way.

"That first year of the Putnam City Cancer Classic I was nervous. I didn't know a great deal about hosting a race. But it worked, and it's gotten better and better every year. The community shows up and has a good time. Everyone who takes part knows it's a great event which benefits a great cause, cancer research at OMRF," says Hasty.

Last year's Cancer Classic raised about \$9,700 for cancer research. It's just one component of a larger cancer fund drive. For 42 years, Putnam City has worked with OMRF in the battle against cancer. Using everything from pajama days, school carnivals, soccer games and powder puff football, district students, parents and staff have raised more than \$3.5 million to support OMRF's cancer research efforts. Putnam City's donations have purchased a vast array of sophisticated laboratory equipment, including centrifuges, microscopes and incubators, and also established an endowed chair at OMRF, the Putnam City Schools Chair in Cancer Research.

"The Cancer Classic is a fun event, but more importantly, everyone who takes part is taking personal action in the fight against cancer," says Stephanie Treadway, the principal at Western Oaks Elementary School who is chair of Putnam City's Cancer Fund Drive.

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7 Ways to Show Appreciation to Your Loved One

by Jessie Motsinger, Iris Memory Care

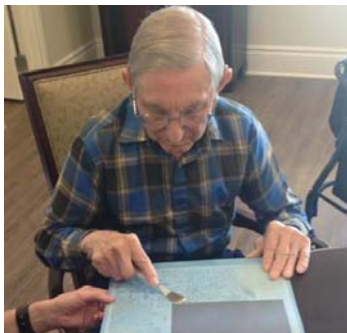
As Thanksgiving approaches, we want to pause in gratitude for our seniors and express how much we value their place in our lives. For seniors, especially those individuals coping with Alzheimer's and dementia, feeling important to the people they love can be vital for health and quality of life. Every moment matters, and the little things can make all the difference. Here are a few ways you can be proactive about showing your loved ones that you see and care about them! (These can be modified depending on your loved one's mobility and interests.)

Take them out to lunch, or cook their favorite meal. Sharing favorite foods and treats can spark memories, creating opportunities for chats about treasured moments.



The residents at Iris Memory Care love when our home is filled with the smell of fresh cookies or warm bread.

Make a scrapbook with them (or for them), and include letters, photos and other special mementos. This is a wonderful opportunity to research and learn more about your loved one, their friends and family, and their work, hobbies, and accomplishments.



Philip's favorite part of scrapbooking is preparing the pages for the pictures.

Ask them to tell you a story (and be a patient listener!). One of the best ways to learn about our history is to listen to someone who has lived it. Having a loved one be genuinely interested in you feels so meaningful!



Thanking Harry for his decades of military service. He has some stories!

Go on a field trip - visit places that are familiar and have fond memories (childhood home, ice cream shop, an outdoor park, or a favorite store). Familiar sights, sounds, and smells often trigger cherished memories and help even the quietest individual share!



Philip, an avid reader, loved visiting the library with Sylvia.

Take a family photo, frame it, and have family members sign the frame. Dusting off those old family memories sitting in a box or photo album shows your loved one that the moment in the photo has meaning to you.

At Iris Memory Care, our families make sure their loved ones' memory boxes by their door are filled with pictures and mementos with wonderful memories.

Get crafty and make homemade decorations for their room. Putting forth time and effort on a loved one's behalf to make



Diane LOVES donuts and really looks forward to outings to the donut shop.



At Iris Memory Care, our families make sure their loved ones' memory boxes by their door are filled with pictures and mementos with wonderful memories.

their surroundings cheerier has the two-fold benefit of making them feel valued while also bringing a little life to their space!



Diane painting clay ornaments to decorate her room for fall.

Encourage them to participate in classes or activities at a local senior center or senior living community (and then join them). Staying active and engaged has been shown to increase longevity



Doris enjoying the sunshine while she draws.

and quality of life. Let your loved one know about different activities in the community and offer to give them a ride or help arrange transportation. Show interest in what they are up to!

How can you tailor these ideas to meet your loved one's specific health needs? For an expert opinion, please contact a personalized consultant from Iris Memory Care at (405)-330-2222.

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New device stops a cold before it starts

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

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

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

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

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

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

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

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

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

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

posed to work that fast?"

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

People often use CopperZap for



New research: Copper stops colds if used early.

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

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

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

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

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

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

CopperZap is made in the U.S. of pure copper. It carries a 90-day full money back guarantee and is available for \$49.95 at CopperZap.com or toll-free 1-888-411-6114.

Significant Women in Oklahoma Agriculture

Anita Van der Laan



Anita Van der Laan pictured with Grietje, a sibling to her beloved Gemma.

Growing up in the Holland province Fryslan, Anita Van der Laan never imagined she would one day have an 8,000 head dairy in Oklahoma.

Van der Laan's love for dairy began at a very young age on her family's 90-head Holstein dairy back in Holland. She is a 5th generation dairy farmer, with farmers on both sides of her family.

A defining moment in Van der Laan's life occurred when she was graduating high school. Because she was a woman, the family dairy went to her brother, and her father told her it was time for her to find somewhere else to work.

"It really hurt," Van der Laan recalled. "It still hurts 30 years later. But it made me want to encourage other women to go into the dairy industry."

Van der Laan made the decision to move to the United States and start dairying here. Her life took another twist when she attended a Thanksgiving dinner in Texas with neighboring dairy farmers. A young man named Pieter Van der Laan had a birthday on Black Friday, so the friends decided to decorate his house for his birthday while he was out milking.

Little did Van der Laan know, Pieter grew up about 30 miles down the road from her in Holland, also on a dairy farm, though the two had never met before coming to Texas.

"I met him that day and the rest is history," said Van der Laan. "We've been married 27 years, 7 months and 8 weeks. I'm still counting the days because we are still in love. Can't help it."

After the two were married on January 26, 1990, they combined their small herds, got a loan from the bank and started their dairy with 40 cows. Both kept their other jobs to pay off the loans so they could buy more cows. Their herd slowly and steadily began to grow. Today, they have grown to 8,000 head of dairy cattle.

"We never imagined in our wildest dreams we would milk this many cows," laughs Van der Laan. "Our kids call us cow hoarders."

They have two dairies in Frederick, Okla., Van der Laan Dairy, milking 2,900 cows and Sunshine Dairy LLC, milking 1,500 cows. Van der Laan is proud to say they are 100 percent owned by her and Pieter. Sunshine Dairy LLC sells their milk to Lonestar Milk Producers, and Van der

STRANGE BUT TRUE

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SBT A lightning bolt generates temperatures five times hotter than those found at the sun's surface!

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WOMEN

Continued from Page 8

Laan Dairy sells their milk to Select, which sells milk to Hiland Dairy, a popular brand seen in grocery stores across Oklahoma and surrounding states.

But no success story is without its trials. Sometimes many.

One morning when Van der Laan was out feeding calves, one particular Brown Swiss calf named Gemma butted during feeding, causing the bottle to painfully bump Van der Laan in the chest.

A very tender lump appeared within days, and after several weeks of no improvement, she finally went to see a doctor. Her fears were confirmed when the doctor diagnosed her with breast cancer.

Van der Laan says if it had not been for Gemma, the cancer would not have been found.

"I had never even held a bottle that way," Van der Laan said, "It was just meant to be.

"I really believe that God doesn't send angels in the way that we think of them," Van der Laan said, "He sends them in the way we need them. I really believe she was my angel."

Though Gemma sadly passed away during Van der Laan's

chemotherapy treatments, Gemma's bloodline lives on at the dairy. She has three siblings on the farm—Gloria, which means glory to God, Gertrud, which means glory to God in Dutch, and Grietje, which means pearl of God in Dutch.

"Her mama is still around too," Said Van der Laan. "Every time I talk to her I tell her she's the mama of an angel."

Van der Laan will forever hold a special place for Gemma in her heart.

"She saved my life," Van der Laan said. "In all the dairy farming, you would never imagine God would send you an angel like that—but He did." Difficult times did not stop with Van der Laan's fight with Breast Cancer. 2011 proved to be a very challenging year, bringing severe weather such as extreme heat, drought, and tornadoes.

In June 2011, their dairy was hit by a small tornado. The contractor had just completed the remodeling and repair work in October when an EF-4 tornado devastated their dairy on November 7, 2011. They lost over half of their baby calves, 450, and many more cattle were injured.

"People we didn't even know came to help," Van der Laan recalled. "They took our injured calves that I couldn't care for and took care

of them, we got them all back in December."

A farm they frequently did business with came with a large trailer and took the remaining healthy cattle back to their farm to allow the Van der Laans to rebuild and recover.

"We still to this day have cows that limp or have scars," Van der Laan said. "They are our tornado victims, but they are still here."

Van der Laan says despite the hard times, Oklahoma has been good to them, and she can't imagine dairying anywhere else, especially because of the way their neighbors came to their aide in the time of need.

"Oklahoma is home to us now," Van der Laan said.

Today dairies across the country are selling out and going out of business, so one can't help but wonder what makes the Van der Laans continue to dairy. It is certainly not an easy life. Dairying is 24 hours a day, 7 days a week, and 365 days a year—it never stops. But Van der Laan simply laughs and says she understands it is not for everyone.

"I love the industry, I love the people, I love promoting our wonderful product," she said. "That's just what I love to do. It doesn't matter where you are—in

the grocery store, talking to a stranger, we have to promote our product. When someone finds out I'm a dairy farmer and they tell me they drink the other types of milk, I love to tell them why they have to drink the real McCoy."

The Van der Laans have three children, Eric, Wilma and Liza, who have all come back to work and help with the family dairy.

Most recently, Wilma and her new husband have joined the family's operation. Wilma's husband is an engineer and now heavily involved in their 6,000 acre crop farming, and Wilma continues to help out with the dairy.

"I wanted to raise my daughters to know there is no difference between them and brother—they can dairy too," Van der Laan said, "Especially because of what happened to me. I'm so proud of her [Wilma] for saying she wanted to go back to the family farm and dairy."

Van der Laan says working with their three children is very special, and describes it as a beautiful life.

"I don't know what I would do without it," she said. "I have 25 heifers in the back yard right now, just because I can. I have plenty on the dairy, but I love to bring some home. These are my pets."



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Meals that heal

Ministry provides comfort, food

story and photo by Bobby Anderson, staff Writer

Given the option, few people would turn down a good, home-cooked meal.

But sometimes circumstances just don't make it possible.

That's why Cynthia St. Peter decided to create Mealfull to give everyone - even those who can't afford it - the opportunity to have comfort food.

"Even though I've turned 63 I have an entrepreneurial spirit," the company founder said. "When I get bored I create something."

After retiring from a 40-year music ministry career, St. Peter found she still had a passion to create.

"Food - it's a win-win for everyone," St. Peter said. "Feeding people is just a basic need. Whether they're homeless and they can't afford it we're going to give it to them. If they're shut-ins and can't get out of the house we'll get it to them."

"And if they're millennials and they just wished something was on their porch when they got home it's going to be there."

Mealfull operates out of Earth Elements Kitchen in the historic Farmer's Market District in Oklahoma City.

All food is locally-sourced, farm-to-table..

Breads are baked fresh at 4:30 a.m. by St. Peter's chef, who then prepares that day's offerings.

"My heart is in three special places," she said when asked what the business looks like.



Mealfull owner Cynthia St. Peter has designed a service to provide affordable, quality meals to those in all stages of life.

ON THE GO

With 15 years as a single parent, St. Peter knows first-hand there is

a need for quality food for busy people.

See MEALS Page 11

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MEALS

Continued from Page 10

"It would have been great if there was a food delivery service that actually cooked it, it was delicious and they brought it to you," she laughed.

Busy people get up early and work late. There's really no desire to shop then come home to cook.

All too often the drive-thru is the

ZERO WASTE

At the end of the day, MealFull coordinates with local social workers. St. Peter prides herself on a zero waste policy.

"We deliver the food to the homeless at their under-the-bridge camp," St. Peter. "We have so much waste in the food business. If we were a restaurant we would have to throw it away. But we're not so we can do whatever we want to



default first-choice for busy people.

"We stop at a fast-food place and pack on 40 pounds," said St. Peter, who admitted even when she worked as a chef she would go through the drive-thru at the end of the day.

Today's millennials encounter a job market like no other in history. St. Peter sees her own daughter's embedded in the rat race, with little time to slow down between work and family.

Mealfull can have hot selections waiting for them on their front porch or can go inside and stow them away in the fridge.

STAYING IN

Another facet of the business is providing meals to seniors in their homes.

"They don't feed themselves. They have the money but they make friends with the pizza guy so that's what they order every night," she said.

"Wonderful, comfort food" is how St. Peter describes her menu, which rotates weekly. And it's not just a drop-off solution.

Another option Mealfull offers is going into a client's home and cooking the meals on-site.

"I have a real passion for Meals on Wheels but it makes me sick they don't have the time to visit," she said. "It's drop off and go."

That allows for hot food and good company - something many seniors are starved for.

do with our food at the end of the day.

"That's a very exciting part of what we're doing."

For the past 10 years, families have hired St. Peter to go into their loved one's homes to cook for them.

"Families would hire me because their parents wouldn't eat," she said. "They wouldn't cook for themselves because they couldn't. They wouldn't eat because they would think they weren't hungry - especially those with dementia.

"I would serve them and they would wolf it down. It was just taking care of our brothers and sisters."

St. Peter quickly became a part of the family, going into the home and serving not only as a provider of sustenance but a source of peace of mind for the children who worried about how their mother or father was doing living alone.

HOLIDAY DINNER

Mealfull is also offering the option of ordering an entire holiday dinner for as few as two to as many as 12. Feasts include slow-roasted turkey breast, sliced spiral ham and a cornucopia of sides and desserts.

Delivery is offered at no extra charge.

Orders are now being accepted through Nov. 17 or while supplies last.

Got to mealfull.com for more information or call 405-568-6684.

It's Time to Evaluate Your Medicare Coverage and We Can Help

By John D. Doak, Oklahoma Insurance Commissioner

Currently, more than 678,000 Oklahomans are enrolled in Medicare. Are all of those beneficiaries getting the proper coverage at the most affordable price based on their respective budgets? Unfortunately, the answer is likely no but there is a solution available during the Medicare Open Enrollment period.

The Medicare Open Enrollment period runs from Oct. 15 through Dec. 7. During this time, beneficiaries can review their current medical and prescription drug coverage, as well as explore new options available to them that could provide better coverage at a reduced cost.

Did you know that last year there were 20 different prescription drug plans available to Medicare beneficiaries ranging in price from \$17 to \$166 a month? Most people would likely pick the cheaper option to save money. However, sometimes the cheaper option isn't always the best option. For example, what if a beneficiary were to enroll in the cheaper plan option only to find out that a particular medication he or she was prescribed isn't covered under the cheaper plan? In that scenario, it would mean that the cheaper plan wouldn't cover any of the costs for that drug, which would result in the beneficiary having to pay the full price for that medication. Ultimately, the beneficiary in that situation could actually wind up spending twice as much or more for his or her drug costs that year.

Here are some other considerations for Medicare beneficiaries to think about each year:

* Did your physician prescribe a new medication for you in the last year?

* If so, will your current

prescription drug plan cover that new medication or is there another drug plan available that will cover it and could help save you money?

* Have you noticed that the monthly premium or co-pay amount for your current drug plan, which does cover all of your prescribed medications, has increased significantly?

With so many different Medicare plans available, each with different monthly costs, co-pays and drug lists, how do you make the best decision for yourself?

That's where the Medicare Assistance Program (MAP) at the Oklahoma Insurance Department comes in. MAP is a grant-funded program that offers free, unbiased counseling to Medicare beneficiaries concerning their different options for Medicare coverage. MAP counselors are available to meet with seniors in-person or on the phone to answer questions about original Medicare, Medicare supplement insurance, Medicare Advantage plans and Medicare prescription drug plans. Within that, MAP counselors can help Oklahoma seniors evaluate their current coverage and explore the options available to them for the coming year.

Last year, MAP counselors helped Oklahoma seniors save, on average, an estimated \$2,100 per person. In addition, MAP can help Oklahoma seniors living on fixed incomes in applying for financial assistance to cover their medical and/or prescription drug costs.

There are trained counselors across Oklahoma available to assist and provide a more personal approach to Medicare coverage counseling. Please call 800-763-2828 to find a counselor near you.

STRANGE BUT TRUE SO THEY SAY...

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

SBT There is enough sperm in one single man to impregnate every woman on earth.

SBT Nicholas Cage bought a pet octopus once because he sincerely thought it might help this his acting.

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

SBT It is impossible to sneeze with your eyes open.

TRAVEL/ ENTERTAINMENT

Off to Space in Weatherford, Oklahoma

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

As seniors we have grown up and through the space race with its many accomplishments, many made by Oklahoma Astronauts. Once such celebrated Oklahoma astronaut is Lt. General Thomas P. Stafford. The Stafford Air Space Museum is a destination not to be missed if in or near Weatherford, Oklahoma. It is next to Interstate 40, at 3000 Logan Road.

You are greeted even before entering the museum with the Pathway of Honor exhibit. Here you can buy a customized brick around the foundation of the Apollo boilerplate exhibit in front of the museum. A 4 x 8 inch brick with two lines of text is \$70, or the larger 12 x 12 inch brick with the option of a Company Logo with text, for \$225.00. Your named brick will be in the company of astronaut legends of Neil Armstrong, Gene Cernan, and Jim Lovell among others. For further information and to contact the Pathway of Honor and museum call 580-772-5871.

The museum was named a Smithsonian Affiliate in 2011 as it houses over an acre of exhibits representing the evolution of aviation and space flight. They have worked closely with the Smithsonian Institution, NASA and the U.S. Air Force Museum assembling one of the best

collection of aerospace artifacts in the central United States.

While there are some artifacts that are samples or replicas, many are the actual item used in space. This includes Stafford's 1969 flown Apollo 10 pressure suit, space shuttle main engine, the mission control console, a disarmed Mark 6 nuclear warhead and an F-86 "Sabre" Fighter. Besides American artifacts are Soviet examples like the Soviet Mig-21 "fishbed" fighter, one of the most produced jet fighter aircraft in history as the front-line fighter during the Cold War. There is also the actual V-2 Rocket Engine, as the only remaining actual V-2 rocket engine left in existence which was developed by Nazi Germany during World War II.

Replicas are also on display including: the Bell X-1 rocket plane that punched through the sound barrier in 1947, Hubble space telescope in 1/15 scale, and the full scale replica of the Gemini Spacecraft flown by Stafford in the Gemini 6 and 9 missions.

Stafford was born in 1930 and raised in Weatherford, graduating from Weatherford High then on to the U.S. Naval Academy in 1951. In 1962 he was selected in the second group of NASA astronauts and would go on to fly four space missions. In 1979 after retiring from the Air Force, he has flown nearly 130 types of aircraft and helicopters and logged near 508 hours in space. Today Stafford maintains a home in Oklahoma City and one in Florida near the Kennedy Space Center.

When in Weatherford a lunch or dinner at Benchwarmer Brown's Sports Grill, at 108 East Main, is a delicious choice. A sports type bar/restaurant with video screens, offers several menu items, including a juicy Chicken strip entre. Other offering are fresh burgers, hand breaded



onion rings, other sandwiches, and brick oven pizza. At just over a year old, Benchwarmer fills a dining option welcomed in Weatherford.

If your road trip is not rushed an overnight at the clean and comfortable Days Inn might be your economic destination. Complete with a warm do it your self-breakfast area, pool and plenty of parking, it fills the needs of the average traveler. It

is an easy off and on from the Interstate and less than a mile to downtown, at 1019 East Main.

Why spend time and a money consuming trip to the Washington DC's Space Museum - although it is amazing - when you can conveniently get an in-depth sample at the Stafford Air and Space Museum in Weatherford, Oklahoma? More information at www.staffordmuseum.org

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Brightmusic Chamber presents "Masterworks for Three"

On Tuesday, November 7, 2017, Oklahoma City's Brightmusic Chamber Ensemble will present its second concert of the 2017-18 season, "Masterworks for Three," featuring chamber works by eighteenth- and nineteenth-century composers, all of whom wrote extensively in the genre. The Ensemble will present trios by Mozart, Mendelssohn and Brahms. The Mendelssohn trio is one of his most popular chamber works and is recognized as one of his greatest. The sweetly-melancholic Brahms trio commemorates the death of his mother earlier that year and was the last chamber work he would write for the next eight years. All three compositions on the program of this Jeannette Sias Memorial Concert are masterworks by three of classical music's greatest masters. **The works on the program are: Wolfgang Amadeus Mozart**, Piano Trio in G Major, K. 564 (for violin, cello and piano) **Felix Mendelssohn**, Piano Trio No. 1 in D Minor, op. 49 (for violin cello and piano) **Johannes Brahms**, Horn Trio in E-flat Major, op. 40 (for horn, violin and piano).

Brightmusic musicians performing are: Gregory Lee (violin), Meredith Blecha-Wells (cello), Kate Pritchett (horn) and Amy I-Lin Cheng (piano)

The performance will take place at 7:30 pm on Tuesday, November 7 at St. Paul's Cathedral, 127 NW 7th Street (at Robinson). Individual concert admission is \$20 per ticket. Children, students and active-duty military personnel are admitted free with ID. More information about this concert is available on Brightmusic's website at <http://www.brightmusic.org>.

Sunbeam Family Services to Host Support Groups in Oklahoma County

Support Groups Help Caregivers Manage Stress

Oklahoma City, OK - Sunbeam Family Services, through its Caregiver Fundamentals Program (CFP), will host support groups for individuals who are caring for a senior adult or grandparents who are raising grandchildren. The CFP program is in partnership with Areawide Aging Agency and provides caregiver education, respite and support groups.

Although caring for a loved one can bring feelings of satisfaction, caregivers often feel tired, overwhelmed, stressed, isolated and burned out. One of the tools Sunbeam offers is support groups throughout Oklahoma, Cleveland, Canadian and Logan counties. According to AARP, Oklahoma has more than 600,000 caregivers.

"Support groups provide caregivers a safe place to talk to other caregivers, ask questions, voice concerns and needs. It's also a setting where they gain knowledge about resources available in the community to help them build confidence in their journey as caregivers," said Taprina Milburn, Senior Care Manager.

Sunbeam offers the following free caregiver support groups in Oklahoma County:

For Grandparents Raising Grandchildren:

Educare OKC Grandparent Support Group, 500 SE Grand Blvd. Oklahoma City, OK - Second Thursday of each month, 11:30 a.m. to 1 p.m.

Midwest City Grandparent Support Group Fountain Brook, 11510 SE 15th Street, Midwest City, OK - Third Tuesday of each month, 6:30 p.m. to 8 p.m.

For Caregivers:

Sunbeam Family Services 1100 NW 14th Street, Oklahoma City, OK - Last Tuesday of every month, 12 to 1:30 p.m. (Lunch is provided)

WovenLife Oklahoma 701 NE 13th Street, OKC, OK - Fourth Wednesday of every month, 12 p.m. to 1:30 p.m. (Lunch is provided)

Excell Hospice & Home Health 1200 SW 104th, Oklahoma City, OK - Second Tuesday of every month, 12 p.m. to 1:30 p.m. (Lunch is provided)

If you are interested in attending or for more information about Sunbeam's Caregiver Fundamentals Program, call 405.609.8939 or tmilburn@sunbeamfamilyservices.org.

Superbugs: Why antibiotic resistance is a fast-growing crisis



Oklahoma Medical Research Foundation scientist Hal Scofield, M.D., said patients demanding antibiotics from health care providers has contributed to the growing problem of antibiotic resistance.

The world is running out of antibiotics.

In a new report from the World Health Organization, research showed that too few new antibiotics are being developed to counter the growing threat of infections that are resistant to currently available antibiotics.

"Antibiotic resistance is one of the biggest and fastest-growing health crises facing our planet," said Oklahoma Medical Research Foundation immunologist Hal Scofield, M.D. The CDC estimates that 23,000 Americans die each year from infections that don't respond to standard treatment with antibiotics. And this number is only going up.

Antibiotic resistance occurs when a bacteria, fungi, or parasite is no longer curable by medicines previously able to treat them. For example, if you give a patient antibiotics and it kills 99.9 percent of the bugs that are causing the disease,

the 0.01 percent that survive can become superbugs that are resistant to the medication.

"This happens routinely, and we know it's going to continue until protocols are established in medicine to minimize it," said OMRF President Stephen Prescott, M.D., a physician and medical researcher. "Unfortunately there are a lot of forces working in the other direction."

See CRISIS 17

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Mercy's Emergency Department Waiting Area Renovation Begins Monday

Renovation work to Mercy's emergency department waiting area will begin Monday, Oct. 23.

During renovation, the existing emergency department patient drop-off entrance will be closed and the waiting area space will be reduced. Patients and family members are encouraged to use the co-worker entrance just a few feet east of the existing emergency department entrance.

Mercy will provide complimentary valet parking for emergency department patients in front of the existing co-worker entrance and additional directional signage will be installed to assist with wayfinding. Emergency department staff as well as security will help patients and families locate entrances and registration.

"Patients who come to our emergency department often have a heightened sense of anxiety and fear," said John Lampert, Mercy vice president of operations. "In order to help create a sense of comfort, we are installing new flooring, paint and furniture, plus elements of nature and expressions of Mercy's faith throughout the space."

Renovations are expected to be complete in early December.

Mercy, named one of the top five large U.S. health systems in 2017 by Truven, an IBM Watson Health company, serves millions annually. Mercy includes 44 acute care and specialty (heart, children's, orthopedic and rehab) hospitals, more than 700 physician practices and outpatient facilities, 40,000 co-workers and more than 2,000 Mercy Clinic physicians in Arkansas, Kansas, Missouri and Oklahoma. Mercy also has outreach ministries in Arkansas, Louisiana, Mississippi and Texas.



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CRISIS

Continued from Page 13

The primary cause for the surge in superbugs is excessive use of antibiotics. According to the CDC, healthcare providers write 47 million unneeded antibiotic prescriptions each year in the U.S. alone. "It's routine for antibiotics to be prescribed for conditions that they can't treat, things like sore throats, colds and other viral infections," said Prescott.

Scofield emphasized that patients also bear some responsibility. "People often demand antibiotics from their healthcare providers in situations where they won't help," he said. "And for a variety of reasons—including the desire to please patients and to receive high customer-satisfaction ratings—the providers often reluctantly accept."

Finding ways to administer antibiotics only when needed is important, said Prescott. But so is proper usage by patients once the drugs are prescribed. "This means never skipping doses or stopping treatment early, even

if you feel better," Prescott said.

He added that the use of antibiotics in animals like chickens, cattle and pigs may also be a culprit. "The drugs speed the animals' growth and how much meat they have on them, but they are also very likely contributing in a significant way to the rapid rise of superbugs," he said.

The new WHO report states that 51 antibiotics and 11 natural medical products are in development, but the fear is that it won't be nearly enough, because many won't make it all the way through trials to enter the market. The WHO also warns that many are only short-term solutions, as well, because most are just modifications of existing treatments.

"People in Oklahoma need to realize this isn't a rare thing that only happens in third-world countries. It's occurring all over," Prescott said. "It's a real problem and it's not one that will be easily solved. There are big, wholesale structural changes that need to happen."




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-PAM (Family Member)

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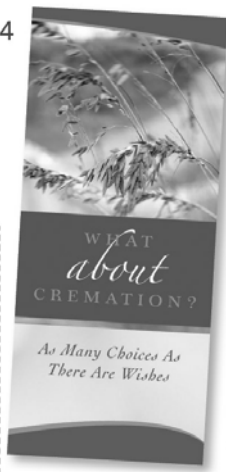
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Benefit for Alzheimer's Association – The Santa Market, Benefiting The Alzheimer's Association

The Santa Market, Benefiting The Alzheimer's Association

The Santa Market started eight years ago with it's first craft show that included eighteen vendors. On Nov. 18th this year, The Santa Market will be hosting over 110 vendors, face painting, food trucks and a real Santa for pictures with the kids. Admission is free and the first 1,000 people will receive a swag bag full of goodies donated by the vendors and sponsors for The Santa Market.. Last year alone, The Santa Market raised over \$17,000 for The Alzheimer's Association. This year the goal is even more to help find a cure for this horrible disease that affects so many. The event will take place at the The Edmond Community Center, 28 E. Main in Edmond. For more info: thesantamarket@gmail.com

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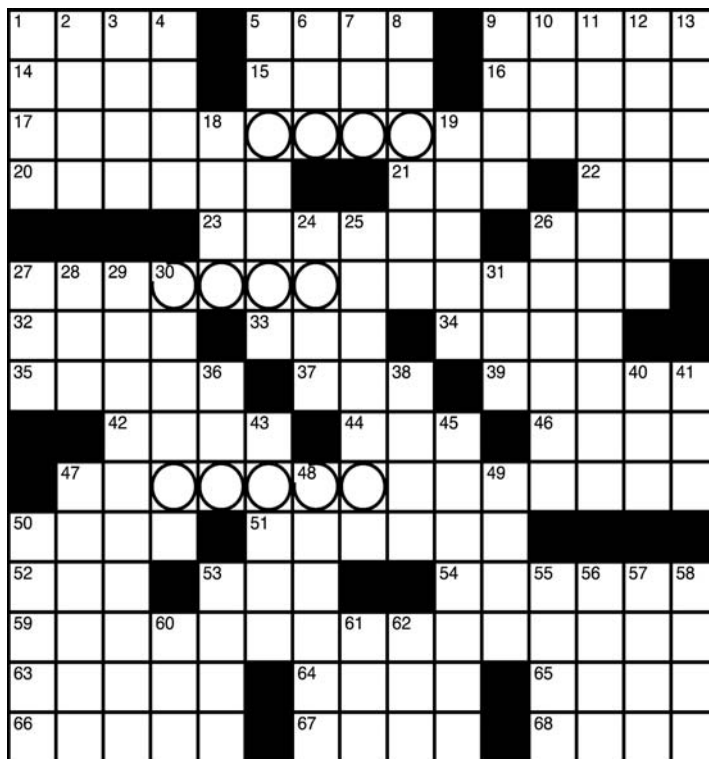
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Across

- 1 Ritzy
5 Cockroach, e.g.
9 Puccini classic
14 Acreage
15 Comics pooch with a big red tongue
16 Islamic analogue of kosher
17 "It's now or never!"
20 Where to buy EBAY
21 Was in charge of
22 Org. for Serena Williams
23 Canine tooth
26 School gps.
27 Play the Lute or Grasp the Sparrow's Tail, in martial arts
32 Dating
33 Skin blemish
34 Addams family nickname
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37 Use, as resources
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42 Novelist Stoker
44 Logical beginning?
46 Galley implements
47 Folk ballad also known as "Cowboy Love Song"
50 Course elevators
51 Scatter
52 Lease alternative
53 Sit in a cellar, say

Down

- 54 Marriott rival
59 "Whatchu talkin' 'bout, Willis?" sitcom ... or, literally, occupants of this puzzle's circles
63 Curaao neighbor
64 Something to file
65 Dump at the altar
66 Jacket fabric
67 First name in advice
68 Cognizant of
24 Rotisserie rod
25 Thick soups
26 Oklahoma State mascot
27 Former flier
28 Feel bad
29 "I had a blast!"
30 Basic guitar lesson
31 Carol opener
36 Line on a scorecard
38 Cop's catch
40 Before, before
41 Future therapist's maj.
43 Moose's girlfriend, in Archie comics
45 In plain view
47 Upgrade electrically
48 Capital on the Danube
49 Banned fruit spray
50 Inscription on a June greeting card
53 Saroyan's "My Name Is ..."
55 Spell-casting art
56 Similar
57 Bench press beneficiary
58 Regarding
60 "Criminal Minds" agcy.
61 It's next to Q on most keyboards
62 Unc, to Dad



Answers on page 29

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Dear Savvy Senior,

What are the eligibility requirements to get Medicaid coverage for nursing home care?

Caregiving Daughter

Dear Caregiving,

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

Medicaid Eligibility

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

Most people who enter nursing homes don't qualify for Medicaid at first, but pay for care either through long-

term care insurance or out-of-pocket until they deplete their savings and become eligible for Medicaid.

To qualify for Medicaid, your parent's income and assets will need to be under a certain level that's determined by their state. Most states require that a person have no more than about \$2,000 in countable assets that includes cash, savings, investments or other financial resources that can be turned into cash.

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

But be aware that while your parent's home is not considered

When Will Medicaid Pay for Nursing Home Care?

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

After qualifying, all sources of your parent's income such as Social Security and pension checks must be turned over to Medicaid to pay for their care, except for a small personal needs allowance - usually between \$30 and \$90.

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

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

Spousal Protection

Medicaid also has special rules for married couples when

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

What about Medicare?

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

Find Help

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

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.

Nov/Dec AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Nov 2/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Nov 3/ Friday/ Okla. City/ 9 am - 3:30 pm/ 297-1455/ Palinsky
Will Rogers Senior Center - 3501 Pat Murphy Dr.

Nov 3/ Friday/ Okla. City/ 8:30 am - 3:30 pm/ 721-2466/ Kruck
Baptist Village - 9700 Mashburn Blvd.

Nov 4/ Saturday/ Chandler/ 9 am - 3:30 pm/ 258-5002/ Brase
Thompson Insurance - 121 W. 10th St.

Nov 7/ Tuesday/ Norman/ 9 am - 3:30 pm/ 307-3176/ Palinsky
Norman Regional Hospital - 901 N. Porter

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

Nov 10/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards S.
W. Medical Center - 4200 S. Douglas, Suite B-10

Nov 15/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky ---date change Rose State College - 6191 Tinker Diaognal

Nov 15/ Tuesday/ Edmond/ 9 am - 3:30 pm/ 340-1975/ Harms
Touchmark - 2801 Shortgrass

Dec 8/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards
S.W. Medical Center - 4200 S. Douglas, Suite B-10

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

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BBT Until 1796, there was a state in the United States called Franklin. Today it's known as Tennessee!

BBT A quarter has 119 grooves on its edge, a dime has one less groove!

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| Arbor House of Norman | 54 | Norman | 405-292-9200 | www.arborhouse4u.com | * | * | * | * | * | * | * | * | * | * | | |
| Arbor House of Midwest City | 58 | Midwest City | 405-455-3900 | www.arborhouse4u.com | * | * | * | * | * | * | * | * | * | * | | |
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| Chateau on the Green <i>Independent Living</i> | 44 | Moore | 405-793-4200 | www.chateauonthegreen.com | | | | | | | | * | | * | | |
| Emerald Square <i>Independent Living/Assisted Living</i> | 75 | OKC | 405-787-4466 | www.meridiansenior.com | * | * | | * | * | | * | * | * | * | | |
| Featherstone Ret. Community <i>Assisted Living</i> | 42 | Moore | 405-799-9919 | www.featherstoneretirement.com | * | * | | * | * | | * | * | * | | | |
| Fountain Brook <i>Assisted Living - Memory Support</i> | 74 | Midwest City | 405-769-7677 | www.fountainbrookliving.com | * | * | * | * | * | * | * | * | * | * | * | * |
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Significant Women in Oklahoma Agriculture Highlight:

Louise Bryant



Photos by Lisa Bryant, Cowboy Connection Designs & Communications)

Louise Bryant of Ada is being recognized as a Significant Woman in Oklahoma Agriculture.

Most of us have heard the phrase, "Don't count your chickens until they hatch" or "Don't put the cart before the horse."

In Louise Bryant's world, the saying goes, "Don't count pecans until you have them in the sack."

The Bryants' existing family tree is loaded with pecans.

Louise, 76, husband Carrel, 79, son Randy, 56, and daughter Lisa, 45, make up Bryant Pecan Company of Ada.

"Mother Nature dictates much of whether the pecan crop is good or not," Louise said. "Rain at the right time is critical. For instance, when nuts are filling out, they need water, but when they are pollinating, they need dry weather. An early freeze in the winter or a late freeze in the spring can also destroy the crop. A few years back we had a freeze on Halloween. It got the crop for that year and also the buds for the next year. Even when the tree is filled with nuts, rain can keep you out of the field from harvest or wildlife can destroy a crop."

Thus comes the saying, "Don't count pecans until you have them in the sack."

Family business

Louise was raised on a Jersey dairy about four miles south of Ada. She witnessed, from early on in life, a family operation.

Their dairy delivered door to door, and occasionally, in the case of her brother Albert, beyond.

"Sometimes, Albert would go into houses and put the milk into the refrigerator for them," she said.

Louise met Carrel through 4-H Club, but they didn't start dating until her first year at East Central University in Ada.

In college, they came across each other one night while dragging Main Street. They had a lot in common and shared many of the same values. Carrel and Louise married in 1960 on his parent's wedding anniversary, April 13.

Carrel grew up northeast of Ada in the Francis and Cedar Grove area, and the family has passed down the story that his father, A.A. Bryant, cut down many of the native pecan trees, "but he kept enough to pay his taxes from pecans each year."

When they married, Louise and her husband moved to Carrel's dad's place and that's where they continue to live. He

See BRYANT Page 24

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BRYANT

Continued from Page 23

and his dad farmed together as long as his dad was able to farm.

"After we got married, my dad gave us a Jersey heifer which we kept until she got sick," she said.

The Bryants now own about 690 acres with almost 2 miles of river bottom on the South Canadian River. In the early years of their marriage, cattle and hay were their primary products but they still picked up native pecans.

Today, son Randy oversees much of the daily operation, which focuses on pecans and a herd of purebred Horned Hereford and primarily Angus commercial cattle from which they raise black baldies. Daughter Lisa handles the marketing and promotional products of the family business.

"We have always had some pecans," Louise said. "We started focusing more into the pecan industry in about 1981. A big crop that year changed our focus. We got mechanical harvesters and it looked like a way to increase our farm income."

Louise said they probably have upwards of 4,000 trees now. In addition to the native pecans, the majority of their trees are improved varieties.

The more you shake this family's tree, the more you learn just how much each member is involved, such as Louise.

Through the years on the farm, Louise has raked hay, brush hogged, fed and worked cattle and grafted, harvested and cleaned pecans.

"We also have a retail store where we market many of our pecans as well as candy, pecan oil, Amish products and gift items," she said.

These days, that retail store occupies most of her time. She manages the daily operations of doing the paperwork, ordering supplies, shipping orders and running the retail space.

There have never been lulls in Louise Bryant's life.

Besides helping on the farm, she taught at Byng Schools for 21 years.

"When I taught, I brought farming to the classroom through Ag in the Classroom," she said. "For example, I hatched chickens in an incubator for the children to watch."

She has also taught a Sunday

school class, been a 4-H leader and was president of Pontotoc County Home Demonstration Council. Bryant was secretary/treasurer of the Pontotoc County Fair Board for 11 years.

She served nine years on the Farm Service Agency board.

"I followed Carrel on the board, and Randy replaced me," she said.

Bryant also has served on the Pontotoc County Farm Bureau women's committee and as a director for the Oklahoma Hereford Women.

From tree to pie pan

"Take 1 1/2 cups of pecans, 1 unbaked pie shell, a 1/2 cup of butter"

That's the way Bryant's recipe for "Mama's Best Pecan Pie" - the 2014 Oklahoma Pecan Food Show Grand Champion Pie - starts off.

Bryant is not only a pecan producer. She's a fan from tree to pie pan.

"I find it interesting that pecan trees rarely die of old age. They either die from disease or damage such as lightning, wind, drought or ice," she said. "I also find it amazing that something as good as pecans can also be so good for you."

That comment led to the question of, "What makes for a good pecan pie?"

"I've never seen very many bad pecan pies," she said. "A good pecan pie starts with quality pecans. I like for my pecan pies to be firm with lots of pecans."

October sunshine

Recently while out among the pecan trees, Bryant looked up at some of the weighted branches, bowing with pecans that will soon be harvested. As she did, the October sunshine in Pontotoc County seemed to just reflect off her face, highlighting her smile.

During their 57 years of marriage, Carrel and Louise have both survived cancer and other illnesses, "and feel extremely blessed to still be able to function and help keep the farm operating."

In addition to the phrase about waiting to count your "pecans until you have them in the sack," Louise, when facing the challenges of daily life, often reflects on what her grandmother Canzada Newton, often repeated.

"When things get hectic, I think of her saying, 'a hundred years from now it won't make any difference anyway,'" Louise said, "and it helps put things in perspective."



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Ann Sheddric

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Probably turkey, dressing, green bean casserole, mashed potatoes and pecan pie and sweet potato pie.



Terry McBroom

I have to have turkey and green bean casserole and our broccoli casserole.



Kim Peterson

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Now Open: Mercy Clinic Primary Care Moore

Mercy continues to fulfill the promise of expanding health care services in south Oklahoma City with the opening of a new family medicine and pediatric care clinic at 1060 SW Fourth St. An official blessing with ribbon cutting is scheduled at 4 p.m., Tuesday, Nov. 4.

"We're always looking for ways to better care for and cater to our patients," said Di Smalley, Mercy regional president in Oklahoma. "Mercy already has a strong presence in north Oklahoma City and Edmond. We're ready to provide that same level of patient care to those in south Oklahoma City and the surrounding communities." The clinic includes family medicine physicians Sarah Cox, DO; and Misty Hsieh, MD; pediatrician Cerissa Key, MD; and Lara Rodkey, APRN-CNP. Imaging and lab work are also offered at the clinic. The newly constructed 11,800-square-foot clinic includes 24 exam rooms with space to accommodate an additional four providers as health care needs in the community grow.

Clinic hours are 7:30 a.m. to 5 p.m. Monday through Friday.

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Providers at the clinic include: (top L-R) Sarah Cox, DO; Misty Hsieh, MD; (bottom L-R) Cerissa Key, DO; and Lara Rodkey, APRN-CNP.

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Eastern Star makes \$10,000 donation to OMRF research

The Grand Chapter of the Order of the Eastern Star presented the Oklahoma Medical Research Foundation with a check totaling \$10,175 at its annual conference on Sunday.

The donation will fund OMRF research on cancer and other diseases, such as lupus, heart disease and multiple sclerosis. With this donation, the Grand Chapter of the Eastern Star has now donated a total of \$331,058 to OMRF research since 2002, when it selected OMRF as its charitable beneficiary.

The donation was presented at the Scottish Rite Masonic Temple in Guthrie.

Eastern Star members support OMRF through individual donations made at chapter meetings statewide, including marches and various donations made in memory of loved ones. Overall, 47 additional chapters have also made individual gifts to the foundation.

OMRF Vice President of Development Penny Voss described the Oklahoma Grand Chapter of the Eastern Star as the definition of philanthropy.

"The long-time support from the members of the Oklahoma Grand Chapter of the Eastern Star has a huge impact on OMRF," she said. "Each year their gifts go directly to our scientists to help in their quest for new treatments and cures for diseases that affect all of us. We are truly grateful to every member for their belief in our mission to help people live longer and healthier lives."

The Order of the Eastern Star is the largest fraternal organization in the world to which both men and women may belong. It counts approximately one million members across the globe and is dedicated to furthering charity, education, fraternity and science.

It has approximately 8,000 members and more than 90 chapters in Oklahoma, including groups in Bartlesville, Blanchard, Broken Arrow, Clinton, Enid, Guthrie, Hennessey, Lawton, McAlester, Muskogee and Woodward.



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FIVE MINUTES AT A TIME

By Darlene Franklin

How do I rest in God in a situation where drama occurs daily?

Five minutes at a time, that's how

I lived for many years with a daughter who suffered from borderline personality disorder (BPD). BPD is characterized by pervasive instability—moods, relationships, self-image. As her mother, I felt like she was a black hole that sucked me dry and spit my bones back out.

I struggled for twenty-four hour periods I could call good. Hours were easier to come by. Some days I settled for minutes. If I waited for a perfect day, I was doomed to disappointment. So I relished whatever time God's love broke through the clouds.

That experience came to mind when I asked a cousin how she had survived the death of her mother and the breakup of her marriage, a month apart.

Her answer was profound "I.dont.know!" She begged God to bring her husband back, but she knew God never deserted her. "It was a time of waiting and toughing it out, sometimes five minutes at a time."

Each of her answers rang a bell deep in my heart

Resting in God didn't mean the absence of difficulties.



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

See REST Page 29

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Is your company new to Oklahoma? Are you looking for a way to help you and your staff get on the same page and work better as a team? This regulation review is designed for Regional Directors/Owners who are new to Oklahoma and to bring a community's Nurse, Administrator and Marketer together to learn requirements for operating an Oklahoma Assisted Living community. For additional info. or questions, please call the OKALA office at (405) 235-5000

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INTEGRIS to Break Ground on Micro-Hospital in Moore

INTEGRIS broke ground on the health care system's first micro-hospital. The ceremony was held on November 1st at 10 a.m. at 3391 S. I-35 Service Road in Moore. While the event was held at one location, it signified and celebrated all four of the micro-hospitals INTEGRIS plans to build in Central Oklahoma.

Last October, INTEGRIS officials announced they would be working with Emerus to open small-scale, fully licensed inpatient hospital facilities in different quadrants of Oklahoma City, to bring high-quality care closer to home. "We want to provide local neighborhoods with more choice and convenience when it comes to health care," said INTEGRIS President and Chief Executive Officer Bruce Lawrence. "Our micro-hospitals will offer 90 percent of the medical services

many patients and families will ever need."

Emerus is the nation's first and largest operator of such hospitals and is a nationally recognized, innovative leader in the delivery of emergency, inpatient, and diagnostic health care. Each joint venture facility will be open 24-hours a day, seven days a week and will be equipped to respond to almost any medical issue a patient may present with; including those that may be life threatening or require complex, critical care.

"The benefit of these facilities is two-fold," stated Emerus Chief Executive Officer Craig Goguen. "While they help relieve emergency rooms at large comprehensive hospitals by treating the non-emergent needs that can overcrowd such institutions; they are also quickly accessible to stabilize and in many cases even treat truly emergent patients in their own neighborhood when time is of the essence. We've seen it in every community we're a part of, these hospitals make a huge difference in people's lives."

Emerus operates similar facilities across the country in places like Dallas, Denver and Houston. The INTEGRIS micro-hospital in Moore will total about 50,000 square feet and will include an emergency department, inpatient unit, laboratory, and imaging services as well as medical offices for physicians and other health care providers.

The new facility will offer expanded health care to the community with compassion, efficiency and excellence, while maintaining the highest standards for quality, safety and service.



All four INTEGRIS micro-hospitals will house between eight and 10 inpatient beds for observation and short-stay use, and include a similar number of emergency treatment and triage rooms, along with primary and specialty care physicians, diagnostic and other outpatient clinic services.

The three other planned locations are in Northwest Oklahoma City, Far West Oklahoma City and Del City. The Moore facility is scheduled to open in early 2019 and the remaining locations should be up and running by the end of that year. Additional INTEGRIS micro-hospitals could be on the horizon in the future.





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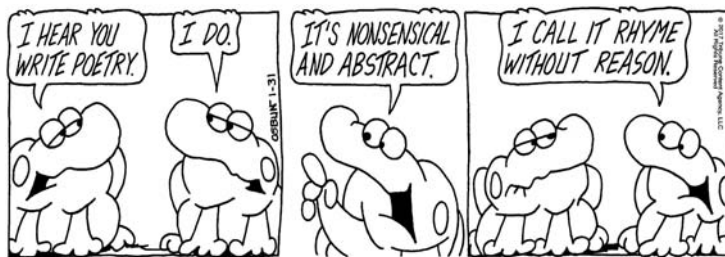
Broom Hilda

By Russell Myers



Animal Crackers

By Fred Wagner



Gasoline Alley

By Jim Scancarelli



REST

Continued from Page 27

Both Jan and I tried to tell God how to fix the problem. Perhaps you do the same.

What changed was we knew where to take our problems. Only God knew every detail of every day. We talked to Him about we wanted, because only He could bring about that miracle.

In the process, we learned something else: we trusted God because He never deserted us.

Intellectually, few of us have a problem with that statement, but experience gives the knowledge weight. I sat in the balcony of my church, mouthing the words of praise songs, unable to sing because I was crying. Before and since, I tune to Christian music when in need of a praise fix.

In that holy, wordless place, God held when I fell apart. His constant, loving presence carried me through the years following my divorce, my son's teenage troubles, my daughter's lifelong troubles, the double whammy of my mother and daughter's deaths, and more recently, my failing health.

My cousin learned a similar lesson when her teenage son nearly died in a traffic accident. After three days of the continuous bad reports, she told the Lord that He could have Macon. She not only thanked God, she also "drew a 'line in the sand.' Did I truly trust God?" Giving her child to Jesus was the hardest thing she had ever done.

She returned to the ICU late that same night, expecting

nothing. A nurse looked at me and tilted her head as if she was puzzled. "He seems to be turning a corner." Macon clung to life. Later she learned at that very hour a circle of nurses was holding hands and praying for him.

Friends and family continued to visit, all bringing a message of hope. Macon lived.

Powerful. Impossible. I can't do that, we might say. That will never happen for me. I could never pray like that. A lot of her peace grew because during her divorce, she had already learned that resting in God sometimes meant toughing it out, sometimes five minutes at a time.

Life in a nursing home involves a lot of waiting, and I hate it. Lately God's given me tons to write. I have plenty of time if I felt better. If I didn't need an aide to move my meal tray so I can set up my computer.

Of course, help comes eventually, but I still have to wait. Perhaps it's time to make use of my old kitchen timer.

When I'm counting the grains of sand in the hour glass, it runs in a continuous supply in heaven.

Early in the morning, I pull the call light. "Just five minutes." Half an hour later, no one has responded. I remind myself that God's measuring cup is as full as ever. As the clock winds down to noon, I think, "Still five more minutes?" In the mid-afternoon lull, I tell myself, "it's only five minutes." By the time I'm ready to head to sleep, I pray, "You'll keep me for five minutes."

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October answers

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THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Nkurek



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

Print answer here:

(answers next month)

Holistic approach makes patients' final journey easier

by Traci Chapman, staff writer

It takes great strength to deal with the finality that is hospice – to provide treatment not likely to provide recovery, to see the pain and suffering of patients and their family. It's also rewarding work, a chance to help make that patient's final journey one of peace, warmth and comfort.

"Hospice care can be difficult, of course, it takes something special to do this," Russell Murray Hospice Clinical Supervisor Missy Ellard said. "I believe hospice work is a calling."

That calling is something Ellard knows well. While she has worked in other nursing specialties, the Yukon RN has always come back, both to the type of work she loves and the company she said epitomizes the best of care and value that hospice brings to its patients and the people who love them.

Ellard did not start out as a nurse. For 10 years, she worked at the old Western Electric, later AT&T, facility. But, times changed for the industry and despite a strong and active labor union, she and many others were laid off.

"I always wanted to go into nursing," Ellard said. "I've always seen getting laid off as a God thing, just what was meant to be."

That outlook meant what many people would see as a step backward Ellard saw as an opportunity – and she jumped at it. It was in her early 30s that Ellard



Russell Murray Hospice Clinical Supervisor Missy Ellard provides holistic and palliative care that helps patients make their final journey on their own terms.

attended Redlands Community College and Southern Nazarene University, obtaining Associates of Applied Science and Bachelor of Science Nursing degrees.

In 1994, with school behind her,

Ellard was ready to follow her new path and find her first nursing job. She learned about

See RMH PLAN Page 31

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RMH

Continued from Page 30

Russell Murray Hospice, then an El Reno hospice provider, and found a home – in the process becoming the first nurse RMH hired straight out of school.

"I worked as a staff nurse, as a case manager, I loved the work and the people I worked with, but after a time I wanted to try something new – I just really wanted to get other experience, so I branched out," Ellard said.

That decision led her to a variety of experiences – working in home health and in a doctor's office. She worked as a nurse for Canadian County Department of Human Services, making home visits to conduct patient assessments and evaluations, determining their qualification for Medicaid programs, including hospice referrals.

Ellard also used her skills for Oklahoma DHS Developmental Disabilities Services, responsible for health assessments at four Oklahoma City metropolitan area group homes. There, she recommended therapy, dietary consultations, wound care and other necessary services – but, as much as she enjoyed the work,

something was missing, she said.

"I missed hospice care, I love hospice care," Ellard said. "I had family members who were being served by Russell Murray, and I realized just how much I missed working here."

So, she was back – Ellard said she realized she was home, exactly where she belonged. She was named clinical supervisor in Russell Murray's now home office – while El Reno remained its base, the not for profit now had offices in Kingfisher, Weatherford and Oklahoma City.

Patients are not always what one might imagine someone needing hospice care might look like, Ellard said. The five nurses she directly supervises also provide physical assessments to at-risk children, like those taken to Canadian County Youth and Family Shelter – children who have had their lives completely disrupted, with parents or guardians who could be incarcerated or are facing severe addiction or other problems.

For those patients who are facing an imminent end to their life, Ellard and her nurses are committed to using every resource at their disposal to make any

time that individual may have left the best it can be – and that is something different for each patient, she said.

"The thing about hospice care, about palliative care, is it's truly holistic, something that provides not only relief from physical conditions, but encompasses everything to improve the quality of life for the patient," Ellard said. "It's the one area of nursing you can truly practice holistic care." That might mean incorporating spiritual guidance or comfort, or it might involve finding a way to bridge an estranged family relationship; it could be making it possible for the patient to do something they've always dreamt of or simply ensuring they're comfortable as they live their final days.

"Some of our patients want to fight their disease every single minute, as long as they possibly can, and we help and encouragement them with that," Ellard said. "Others just want to be comfortable, to spend their time with their families or their friends, and we follow their lead on that, as well."

No matter a RMH patient's beliefs, needs or approach to their condition, they do have one thing

in common – they are never turned away due to financial considerations, Ellard said.

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

That approach has helped spur the company's growth, which includes not only Ellard and her five-member nursing staff in El Reno, but a total of 25 full-time RNs and LPNs, as well as several per diem PRN nurses, across RMH's four offices. That staff serves about 100 patients throughout the Oklahoma City metropolitan area and an approximately 75-mile radius surrounding each of its offices at any given time.

"Everybody deserves to die with dignity – to me, if we can bring peace, if we can bring comfort, we help them to do that," Ellard said. "It's that mission, it's that ability to be a part of that – well, that's the reason this was my first job, and I want it to be my last."

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