



# SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

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Mike and Belinda Winslow, owners of Cutie Pies Concessions, took first place for their watermelon pie at the State Fair of Oklahoma.

by Bobby Anderson, Staff Writer

**T**his fall has been pretty sweet for Belinda Winslow and husband Mike.

In September, she received the blessed news that her 27-year-old daughter was finally cancer free.

October saw her Watermelon Pie creation clean up in the awards category at the Oklahoma State Fair. The pie, an old recipe from her childhood, earned the FAIRest of Them All award as the best overall food creation. The fruity, creamy treat also was named the top overall sweet offering at the fair, dubbed Sweetest of the Sweet.

"We've had a good year this year," Belinda Winslow smiled.

Going up against eclectic creations like deep fried coffee, Frosted Flakes chicken on a

stick and Kit-Kat fries, Winslow's watermelon pie blew away judges at the Great TASTE of a Fair competition which immediately precedes the September fair.

The event, staged to whet appetites and drum up publicity for the fair, was Winslow's coming out party for her mobile food truck business.

Based out of Moore, the Winslows opened their trailer for business in March 2015 after scores of friends and family kept insisting they bring the watermelon pie to every

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## Bringing house calls back

### Dispatch comes to you



Amy Evans and Tiffany Traxler are helping bring an exciting new health care delivery option right to your door with Dispatch Health.

story and photo by Bobby Anderson, Staff Writer

A cough. A snuffle.

You feel something coming on. But what next?

You can call your doctor and hopefully get an appointment sometime in the next couple weeks.

Or you can get in your car and head to the local

See DISPATCH Page 2

## SYNERGY HomeCare:

### Expanding and strengthening their team and service

SYNERGY HomeCare proudly opened their doors over 5 years ago in Edmond, Oklahoma. Weama Kassem, CEO and President of SYNERGY HomeCare, has always dreamt of having a business that centered around caring for others; specifically, our aging community. Weama has been fortunate enough to attract a team of professionals with the same heartfelt drive and talent. The people Weama has assembled have accomplished some incredible things by always putting their clients' needs and happiness first. The SYNERGY HomeCare team always refers to each other as "SYNERGY Family" and they work together to create an atmosphere of care and respect for each other and for their clients and families.

Weama opened her second office in December 2016 in Norman, Oklahoma. This enabled the company to reach and connect a larger clientele and reaching beyond Edmond and Oklahoma City. One of the most

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## DISPATCH

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urgent care clinic and wait with 20 or 30 others doing the same thing.

What if there was a better way?

That's what Dr. Mark Prather thought in 2013 when he came up with a unique service model that would eventually become DispatchHealth.

"Really anything you can think of you would get in your car and go to urgent care for but more," Dispatch Community Engagement Manager Tiffany Traxler said, explaining the service that has recently expanded into the metro.

DispatchHealth is bringing back the house call with a modern technology twist. DispatchHealth gives patients ways to access convenient, high-quality acute care in the comfort of their home at the time of need.

DispatchHealth is redefining the healthcare landscape as an extension of a patient's healthcare team and offering solutions for simple to complex medical problems all from the comfort of your home.

The concept dates back to 2013 when Prather was running the emergency department in Denver

for Centura Health.

"They asked Dr. Prather if he could come up with a system that could be delivered safely in the home for patients who go to the emergency room with urgent needs but not emergent," Traxler explained. "He knew the need and he knew how to make things mobile."

"He started going out on calls."

Working with the ambulance service through the 911 system, Prather helped more than 400 patients in 18 months in the comfort of their own homes.

The total cost savings to the health system was more than \$1 million.

But saving patients the time, expense and hassle of an ER visit was priceless.

The model has spread like wildfire to Colorado Springs, Richmond, Phoenix, Las Vegas, Houston, Oklahoma City, Tacoma, Dallas and Springfield.

Blue Cross and Blue Shield - one of Oklahoma's largest insurers - quickly saw the value.

"Blue Cross and Blue Shield saw what we were doing and the impact we were making," Traxler said. "For the 65-and-under patient if you have Blue Cross and Blue



Medical professionals come to your home for urgent care needs through the new service provided by Dispatch Health.

Shield it's an urgent care co-pay. For 65 and up all Medicare, Medicaid and Medicare Advantage plans we bill as an urgent care."

For some that can mean an urgent care visit in their home for less than \$50.

Services include testing such as: blood tests on-site, strep test, flu swab, urinalysis, urine cultures, stool culture, test for blood in stool, pregnancy test, lactate, 12-lead EKG, PT/INR, rapid infectious disease testing and more.

Dispatch also provides medications such as: anti-inflammatories, IV antibiotics, IV fluids, prednisone, lasix, antiemetics, flu medications, laxatives, stool softeners, heartburn prevention, glucose gel, anesthetics, migraine cocktail, antihistamines and more.

IVs can be placed and fluids begun all in your home.

Breathing treatments can also be administered.

### AVOID THE BUG

Last year's influenza outbreak was one of the worst in nearly a decade and the severity of the outbreak was extreme. In fact, The Center for Disease Control and Prevention (CDC) recorded over

20,000 positive flu tests per week at the height of the outbreak.

While most seek treatment at an emergency room (ER) or urgent care clinic, when leaving one's home the virus can be immediately exposed to others and cause further spread of the flu. Also, ERs and clinics can easily become overwhelmed with a high number of sick patients during flu season, leading to overcrowding, lengthy wait times and even physician burnout.

Adults can infect others one day before their flu symptoms even develop and can pass on the virus up to a full week after becoming sick.

"Flu comes on very, very quickly. If it's 2 p.m. and you realize you don't feel well you're not going to get into your (doctor's office)," DispatchHealth Market Director Amy Evans said. "With flu if you can get those anti-virals within that first day or two it cuts down on the length of flu."

"When you're talking about the elderly population and people with compromised immune systems that 12 hours means something." To request on-demand urgent care brought to you call 405-213-0190



## At Home Care Assistance, Seniors are Living Legends

Home Care Assistance fosters a positive view of aging and honors each client's lifetime legacy by providing compassionate and dignified care that enables older adults to maintain their independence at home.

Meet one of our living legends...



### Mary Elizabeth Redding N., submitted by granddaughter Lacey

Grandma Mary was born in 1928 and raised in rural Ohio. After being persuaded by her older brother, she decided to attend the College of Wooster instead of joining the military as a nurse. She is the mother of five children, ten grandchildren and eight great-grandchildren. Though she has been retired from teaching for 24 years, she has been a yoga instructor for nearly 30 years. She teaches four yoga lessons a week to seniors, many of which are younger than her. She is a wonderful lady who touches the lives of everyone she meets!



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[HomeCareAssistanceOklahoma.com](http://HomeCareAssistanceOklahoma.com)

Submit why your aging loved one is a Living Legend, by visiting [HonorYourLivingLegend.com](http://HonorYourLivingLegend.com).

## STRANGE BUT TRUE

SO THEY SAY...

**SBT** It is estimated that millions of trees in the world are accidentally planted by squirrels who bury nuts and then forget where they hid them!

**SBT** Ernest Vincent Wright wrote a novel, "Gadsby", which contains over 50,000 words -- none of them with the letter E!

**SBT** Recycling one glass jar, saves enough energy to watch T.V for 3 hours!

**SBT** Slugs have 4 noses!



## SYNERGY

Continued from Page 1

essential guidelines in opening the new location has been to duplicate their high standard of care. SYNERGY HomeCare does not use contracted caregivers, all are employees who must completed in-house training, along with continued monthly and quarterly training programs. This ensures the caregivers are not only qualified, but it strengthens the support and bonds within the company itself. Each caregiver is a Certified Nursing Assistant and/or a Certified Home Health Aide. They are each insured and bonded by SYNERGY HomeCare and strive to provide excellent care and support to both clients and their families.

SYNERGY HomeCare is very pleased to announce that Jeff Aynes has joined the SYNERGY Home Care Team as our Director of Sales and Marketing. Jeff has been a strong advocate for health care in Oklahoma for many years and will make a great leader on our team. Jeff is a father of two beautiful ladies and grandfather of two beautiful girls. He went to the University of Central Oklahoma and Oklahoma State University where he studied Marketing, Public Relations, and Broadcasting. Jeff is a Past President of Marketing Plus for Healthcare and currently serves as Secretary. He is currently serving as President of the Northside Marketing Alliance, as well as, Secretary. He has served in the community for many years as a member of the Shriner's, Scottish Rite, Eastern Star, Amaranth, and Masons where he is a Past Master. He has been volunteering with Muscular Dystrophy, Cerebral Palsy Association, and Make Promises Happen Camp for over 25 years. His passion outside of Sales and Marketing is music. He has owned Jammin' Jeff Entertainment for over 25 years and has performed over 1,800 events. Jeff joins the SYNERGY staff from AllianceHealth Midwest where he served as Director of Marketing for the Behavioral Health Program. Prior to going to AHM, Jeff served for over 5 years at Absolute Senior Care of Oklahoma City and A Premier Senior Home Care of Tulsa as their Director. We are beyond thrilled and honored that Jeff has chosen to join our team and know

he is truly a valuable asset that will provide wonderful support to our growing company.

Together, Weama and Jeff, will be able to provide assistance to our aging community, education to our referral partners, knowledge to our team of growing caregivers, and a bright and smiling face to see each time you encounter them. Serving people is what SYNERGY HomeCare does every day and it is truly the drive and passion of both Weama and Jeff. With over 100 caregivers and five years in business, the SYNERGY HomeCare team stands ready to answer specific questions about care.

Whether you are a senior living on your own, with an aging spouse, or you have an aging parent – there are some key things to keep in mind when selecting a home care company. First, is the home care company licensed in the state? Companies are reviewed annually to determine their eligibility, and this is a perfectly normal question to ask a potential company. Ask to see a copy of their business license. Second, ask if the caregivers are employed by the company instead of being contract labor employees. It may seem beneficial to contract our work, but actually you can face many liability and scheduling issues down the road. Ask the provider to include client AND their family members in developing the plan of care. SYNERGY HomeCare has full-time RNS on staff to specifically build a plan of care for each new client and they spend the time you need to sort out every little detail. Lastly, ask for a list of references so you can check in on who you are considering to employ! We are all use to providing references when applying for a job. SYNERGY HomeCare is happy to answer questions like these anytime.

SYNERGY HomeCare is a group of Oklahomans that you can trust. Weama, Jeff, and the whole team are honored to provide care to this amazing community and welcome your call anytime, day or night!

SYNERGY HomeCare is located at 13720 N Bryant Ave. Edmond, OK 73013  
405-254-3046

[www.synergyhomecareedmond.com](http://www.synergyhomecareedmond.com)



Weama Kassem, CEO and President of SYNERGY HomeCare with Jeff Aynes who recently joined the SYNERGY Home Care Team as their Director of Sales and Marketing.

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## LIFESTYLES

# Soul searching Seniors publish new book

by Bobby Anderson, Staff Writer

A sociologist, a psychologist and a benedictine nun walk into a room.

Sounds like the beginnings of a good joke.

But for John Karlin, PhD, those are just a few of the cast of characters that helped create his new book: *Fear, Religion, Politics: Well I'll Be Darn!*

Karlin spent the last year of his life writing this book that takes a look at the intertwining of three things deeply personal to Americans.

"It was incredible in the sense that how much insight humans have but not realize it," Karlin said. "In researching this I kept seeing these little lights in other people's works."

Karlin was aided by Dr. Melvyn Preisz, Rhonda Bell, Judy Martin, Marsha McMillin, Gerry Lantagne and others in developing his second book. Each brought their own unique talents.

Preisz is a local clinical psychologist who befriended Karlin years ago.



A group of senior friends published a new book that takes a look at the undercurrent behind today's political climate.

"I agree with Dr. Karlin's timely and insightful assessments of this unprecedented crisis," Preisz said. "From my own psychological viewpoint, these enemies of our individual freedoms collude to divide and conquer the good within us, and to continue to attack our personal conscience from a buffet of lies."

Karlin stresses he has no political motives with this book.

His wish for what readers walk away with is simple.

"Simply an understanding of those undercurrents, a complete, full, intense understanding of what's actually happening underneath the surface," Karlin said. "I just expose those undercurrents, that was my whole concern. I write from a sociological perspective."

"I'm not the only one who has picked up on this. What I found is pieces of those themes in many, many other works."

Karlin cites some 120 references in his work, that he says was a labor love performed with dear friends.

"Our intent was to give seniors out there a message that you can do stuff like this. You're never too old," the 72-year-old Karlin said. "Don't just sit, you're capable of doing stuff."

More than 20 years of Karlin's life have been spent in teaching, largely at Northwestern Oklahoma State in Alva, Oklahoma City University and Phillips University.

While teaching sociology and

criminal justice at OCU, Karlin began his friendship with Preisz.

Preisz introduced him to Lantagne, who introduced Martin, a former Benedictine nun and things began falling into place.

"It was just friends introducing friends," Karlin said. "It was basically happenstance then realized 'Gosh, look at all this talent.'"

The motives were simple.

"I just didn't like the way things were going in this country especially politically and socially in terms of the turmoil and discontent," Karlin said. "I thought there had to be something underneath that. As a sociologist you always know that what's on the surface isn't always the whole story."

"Sometimes in our culture there are some very deep undercurrents that help explain."

Karlin recalled attending Louisiana State University for his doctorate. A conversation with an old fisherman came to mind.

The fisherman pointed to the Mississippi River and told Karlin to watch it closely.

"It's just real slow, old man river kind of thing but underneath that is just incredible turmoil," Karlin said. "The Mississippi in spots is almost a mile deep and a lot of people don't realize that because the undercurrent is cutting it."

"There are literally complete trees down there. That's the way culture and society can be."



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## TRAVEL/ ENTERTAINMENT

# Part Two - Touring Finger Lakes New York

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

High on my list of want-a-sees in the Finger Lakes Area of New York, was the Corning Museum of glass in Corning New York.

An enthusiastic and knowledgeable docent took me on a whirl wind tour down their educational history of glass exhibition with stops to glass blowing exhibitions in their hot glass shop, and a chance to participate in a glass blowing experience. While I did the blowing the crafts person spun the blow rod and formed the small pumpkin, which when cooled was mailed to me. This is a Finger Lakes road trip stop not to be missed.

Of course I was overwhelmed by their glass gift shop, where I found several pieces from my favorite glass artists. I also found tempting glass in Corning's Market street galleries. Also downtown is the Rockwell (no relation to the artist) Museum of Western Art which houses the best of the west in the east.

More hands on glass blowing can be had at Corning's Hands-on Glass: Hot Glass Studio ([www.handsonglass.com](http://www.handsonglass.com)) where classes are available as well as a small selection of glass for sale. Rodi Rovner and her team work hard to keep the tradition of glass on a personal level alive. My stay at Corning's Radisson hotel was convenient and professionally efficient.

If you want to be over fed and have a sensory dining experience, Spencer's Restaurant should be your Corning dining choice. If you look closely you'll see church pews accompanied by fireplaces and an inventive menu including eggplant fries!

On my way up to Aurora I just had to make a very brief detour to Elvira to see Mark Twain's family cemetery plot and to see the near by little writing retreat, which is like a closed in gazebo. What's a road trip adventure without an impromptu detour? Its this kind of flexibility that makes a road trip all

worthwhile.

Of course it made me late for my lunch appointment at the Pumpkin Hill Bistro at 2051 route 90 near aurora. My delicious lunch was waiting for me, and promptly served amid a charming atmosphere of intimate dining.

I was in a bit of a rush as I had tickets for the Merry-Go-Round Playhouse in Auburn. The professional theatre building was once a merry go round enclosure. Getting off the road, resting and being professionally entertained is a welcome counterpoint to a road tour.

After the theatre there was a brief visit to Auburn's Willard Memorial chapel with its interior decorated totally with Luis Comfort Tiffany religious stain glass windows and accents.

Then it was off to the Belhurst Chateau to enjoy the grounds and public rooms of this restored and expanded Geneva mansion. An elegant dinner at Edgar's, with view of the lake was a perfect ending to an adventurous touring agenda. The history of this wine related lodge is felt in every room. To emphasize this wine region, there is even a working wine spicket available to over night guests in the second floor lobby. Now that's hospitality!

On your drive out of Geneva on your way back to Rochester airport, you can tank up your thirst with award winning 100% fruit juices at Red Jacket Orchards ([www.redjacketorchards.com](http://www.redjacketorchards.com)).

While I had a very full Finger Lakes itinerary there is much more to savor, and you may find other areas of interest when you request your Finger Lakes planning booklet. ([www.fingerlakes.org](http://www.fingerlakes.org)) Summer and Autumn are perfect times to tour the lakes, hills and many attractions of this part of America, I call a perfect sampling of Americana.

In our fast moving modern culture it is wise to check details of your stops while planning your trip, as some venues may be



closed or have issues with operating times. A road trip is always an adventure and if you have an adventurous spirit, touring the Finger Lakes may be perfect for you.

**Mr. Terry Zinn - Travel Editor**

Past President: International Food Wine and Travel Writers Association

<http://realtraveladventures.com/author/zin>



# Nurse opens new door

by Bobby Anderson, Staff Writer

To say Mike Isaac's resume is extensive would be an understatement.

EMT, police officer, detective, SWAT team member – all of it has combined into Isaac's RN Nurse Manager role at JD McCarty Center for Children with Developmental Disabilities in Norman.

And for the past six years now, Isaac has been a nurse. But his past is almost as interesting as his present.

Fellow nurse manager Suanne Livingston likes working alongside Isaac and is constantly amazed by his background.

"He's very organized and he's very respected," Livingston said. "He does a great job with staff. When he was a staff nurse he was a great staff nurse. I kind of defer to him as far as how he handles things

employee-wise because he's a little more hard-nosed than I am."

"I learn a lot from him and I kind of watch and learn how he handles situations."

Isaac worked in emergency rooms at night to help put him through college. He applied for PA school and quickly found it wasn't a career track he wanted to pursue.

He spent some time in medical research and a couple other jobs before signing on with the Norman Police Department as an EMT for the ambulance service.

He attended the prerequisite police academy and later pursued his master's degree. The only problem was working those 24-hour EMT shifts really took a toll on his studies.

So he decided to become a police officer instead.

"I said I would just transfer over and I did," Isaac said. "I did really

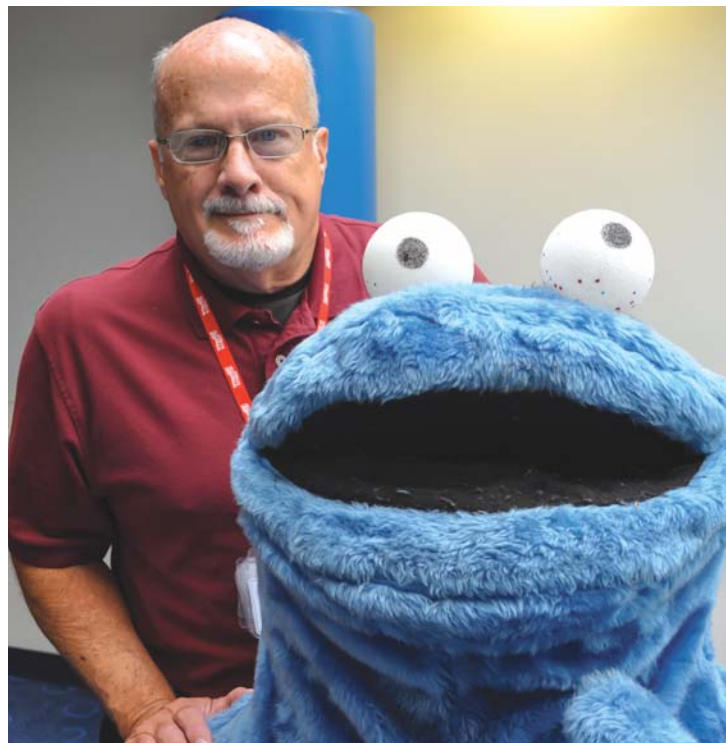


photo by Bobby Anderson/provided

**Mike Isaac, RN, went from breaking down doors as a police officer to opening new ones as a nurse at the JD McCarty Center for Children with Developmental Disabilities in Norman.**

well and got promoted quickly and did a bunch of really good stuff but I got really interested in things involving mental health."

A detective and eventually a supervisor, Isaac helped craft Norman's policy on dealing with mental health subjects. His plans were carried over into department's across the nation during his 27 years with Norman PD.

Isaac's reputation earned him a spot helping craft officer-involved shooting policy.

"They weren't getting the help they needed post-shooting," Isaac said. "There were a lot of trauma victims involved with homicide and rape – two of the things I was assigned to – that weren't getting follow-up care to prevent and treat post traumatic stress."

Working with the FBI's Behavioral Science unit in Quantico, Va., he helped craft policy to protect all involved.

"You didn't take their gun right after a shooting. You took it as evidence but you replaced it," Isaac said. "You didn't put them on a desk job and treat them like they were unable to do work. Basically we wrote it so they would get a return to work slip."

The process helped officers work through the ensuing mental and physical issues while protecting their personal health information. Inservice

training was given and officers qualified again at the shooting range before easing back into their duties while riding with a supervisor.

"That was actually taken to Quantico for the national FBI academy that all law enforcement agencies around the world send people to.

"Our policy is still given out there."

A friend mentioned he would be a perfect fit for nursing school.

"They sold me on this BADNAP program," Isaac said of Oklahoma City Community College's accelerated nursing program. "It was a great program. I wouldn't do it again but it was a great way to get in and get employed and get out. I had a couple jobs before I even graduated."

EMT, policeman, mental health advocate – you would think it all prepared him for nursing school.

"It did, but the pace was a great equalizer. It was just so fast. I don't know how some of those people did it," Isaac said. "I don't know how some of those people did it, single heads of households with children to take to soccer games and other things."

"They were my heroes throughout. It was a great experience."

Continued next page

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## NURSE

Continued from Page 6

Day and night, Isaac completed his ADN in eight months.

"It was tough but it was good. They don't cut any corners," Isaac said.

Assessment, investigation, report writing and observation – all skills Isaac honed in his former life have prepared him for a nursing career.

Nursing care plans are still vital. Different disciplines are heavily

involved such as dietary and physical therapy.

He laughs when he admits his experience as Norman's chief hostage negotiator still comes in handy.

But most days he doesn't need it.

"The opportunity to see mostly the direct care staff grow in professionalism and responsibility so they can take ownership," Isaac said of his greatest reward. "I always tell them when I interview it's not a nursing home for kids."

## BOOK

Continued from Page 4

That got Karlin thinking about what's underneath today's politics and headlines.

"What's under that is not good," he said.

Karlin's book flows through three sequences with the first being our innate fear of death and how we view our own mortality.

"And how that came to actually produce the phenomena we call religion in society," Karlin said. "Any religion, it doesn't matter what it is, came from the fear of death because religion was a way to escape that tension and fear."

The second sequence evaluated Christianity and the life of Jesus Christ.

"I looked at what (Jesus Christ) was actually trying to accomplish in his own time and he was trying

to accomplish something," Karlin said. "You'll find that as somewhat of a shocker."

The third sequence takes things into the political realm.

"That's where the dream goes awry because a big chunk of our Christian community want to blend religion and politics to the point where they are no longer distinguishable and that's not good," Karlin said.

"That's what has created most of the problems you see in society today. Basically, it's the drive towards theocracy."

Karlin's book is now available on Amazon. He will do a benefit book signing for the Peace House at the Peace Festival at the Civic Center Music Hall November 10 from 10 a.m. to 4 p.m.

The Peace House will get \$5 for every book sold.

## Centerpiece to be added to Oklahoma Memorial

With the installation of a twenty-four foot Blue Light Centerpiece this week, the Oklahoma Law Enforcement Memorial added the final piece to the newly repaired and renovated memorial plaza. The Oklahoma Law Enforcement Memorial is the oldest state law enforcement memorial in the United States, dedicated on May 15, 1969. A few years ago it was discovered the memorial was sinking after almost fifty years of withstanding Oklahoma weather and rain water flowing over and apparently under it. Donations were made and the work to repair and renovate the memorial started on December 15th of last year when the memorial stones were taken up and stored. The renovated memorial was for the most part completed and was rededicated during the Fiftieth Annual Memorial Service on May 18th of this year. The centerpiece was the only part not ready by the service.

This Sunday, November 4th at 5:30 p.m. during the Oklahoma Chapter of the Concerns of Police Survivor's Annual Blue Light Ceremony the perpetual Blue Light Center Piece will officially be turned on as a constant reminder of the service and sacrifices of our law enforcement officers. The memorial is located on the west grounds of the Oklahoma Department of Public Safety Headquarters, 3600 M. L. King Avenue in Oklahoma City. The public is encouraged to attend.

The names of over eight hundred officers who have died in the line of duty in Oklahoma, both before and after statehood, are engraved on the memorial. See the memorial's web site at [www.oklemem.com](http://www.oklemem.com) for more information on the memorial and Oklahoma's fallen officers.

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## COMMUNITY

# A Doctor is Born: Physician Partners with Baby He Delivered 33 Years Ago



David Kallenberger, M.D., and Crysten Cheatwood, D.O., are physician partners who practice obstetrics and gynecology at INTEGRIS Baptist Medical Center in Oklahoma City. But what makes their partnership so extraordinary, is that they share a professional and personal bond very few will ever experience.

Cheatwood has known Kallenberger her entire life – literally. In fact, he was the one who physically brought her into this world, as the physician who delivered her as a newborn. “I could not have imagined 33 years ago when I delivered Crysten that she one day would be working with me,” admits Kallenberger. “This is indeed a full circle moment for me.”

“He was my grandmother’s OBGYN then he was my mother’s doctor, so I was familiar with his name and reputation very early on,” says Cheatwood. “I can remember being young enough that my mom would make me stay in the changing room during her exams.”

“I also saw Dr. Kallenberger at all of my mom’s prenatal visits when she was pregnant with my sister. He could tell I was curious so he was always asking me questions and volunteering information regarding my mom’s pregnancy. He made it a point to include me in all of the conversations.”

Kallenberger was equally impressed with young Cheatwood. “She made an impression on me at a very young age. She would ask questions that were very inquisitive and profound for a 12 year old. She was always probing for more information.”

Cheatwood remembers being fascinated by medicine and almost obsessed with her mother’s pregnancy. “I attended every doctor’s appointment. I even read the ‘What to Expect When You’re Expecting’ book with my mom. I was completely invested.”

The day her sister, Hannah, was born, Cheatwood was in the delivery room. That is when her fate was sealed. “I was



## DOCTOR

Continued from Page 8

standing with my dad at the head of the bed when Dr. K walked into the room. He said, 'Crissy do you want to deliver this baby?' Wondering if he was actually serious, I nodded my head yes. He said, 'go over to the sink and wash up to your elbows, we'll help you with some gloves.' He told me where to put my hands and then put his hands over mine. And then he talked me through the whole thing!"

From that moment on, Cheatwood knew exactly what she wanted to be when she grew up. She wanted to be an OBGYN just like her newfound idol, "Dr. K."

"She was a natural," says Kallenberger recalling her sister's birth. "She was not shocked, she just jumped right in without question and working with my hands literally delivered her sister. It was an amazing experience. In a way, a doctor was also born that day."

Cheatwood shadowed Kallenberger several times

during high school, college and medical school. She did a couple rotations with him again during her residency training. Now, with her medical degree in hand, she is Kallenberger's newest partner.

Cheatwood remembers the moment he made her the offer to come work with him. "I was speechless initially, again wondering if he was actually serious. And then I nodded my head yes. It was wildly similar to the reaction I had when he asked if I wanted to deliver my sister all those years ago."

"I feel like I've been shadowing him for 22 years," laughs Cheatwood. "He has afforded me a tremendous amount of encouragement and exposure. He is a phenomenal teacher and an exceptional physician. I hope to continue following in his footsteps."

Kallenberger has no doubt that Cheatwood will tread her own path, and is beyond proud of the physician she has become. "It is somewhat surreal working with her but I have worked with her so many times over the years as a mentor or as

faculty that it feels natural."

"I don't know that this is necessarily a passing of the torch," continues Kallenberger. "But I do want to groom her to be able to take over my practice one day when I decide to retire. It is comforting to know that someone with her compassion and skill set will be available to take care of my patients in the same way that I have tried to do over the last 42 years."

Kallenberger estimates that he has delivered more than 15,000 babies in his lifetime. While he says some of them have grown up to be doctors, he says Cheatwood is the first he's ever had the privilege to

call partner.

"The transition we've made from student/teacher to colleagues has been interesting and entertaining," Cheatwood jokes. "A few days after I started here, he told me to call him David now. I still can't do it without laughing a little bit. I've heard people talk about their 'work wife' or 'work husband.' We definitely have a 'work father/daughter' relationship. I have so much respect for him. He's been such an advocate for me as a new physician. Even though I'm working beside him now, I will always look up to him."

## STRANGE BUT TRUE SO THEY SAY...

**SBT** America once issued a 5-cent bill!

**SBT** You'll eat about 35,000 cookies in a lifetime! Wow!

**SBT** Like fingerprints,

everyone's tongue print is different!

**SBT** There are no words in the dictionary that rhyme with: orange, purple, and month! Interesting tries from our readers: orange: door hinge, melange (French for mix) purple: hurtle, durple? turtle month: once, bunth?, hunch

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# Significant Women in Ok Agriculture

## Highlight: Jerri Wilson

by Bryan Painter

LOCO - Cattle and horses over people.

Jerri Wilson, raised near Duncan in southern Oklahoma, made that choice about the time she was still shedding baby teeth.

Horseback at every opportunity, Wilson would carry her lunch around in her saddle bags. Why?

"If it was even mentioned about going to town," she said, "I became scarce out in the pastures."

She was born to Billie and (Ed) John E Jackson, Jr. and grew up on the commercial Angus cow-calf ranch in southern Stephens and northern Jefferson counties. Ed Jackson purchased the ranch the year Wilson was born, 1959, and expanded it to 23,000 acres.

Billie and Ed had four daughters. Their names started with J so it was called the 4J ranch.

Wilson was the youngest and grew up following her father around taking care of the cattle.

"The others did not take up much to cattle and the country life," she said. "I was quite the tomboy, staying out with the cattle all day."

Wilson's love for taking care of cattle and the land was not a secret. Everyone could see it.

"Our ranch was far from school," she said. "I was the first one on and the last one off the school bus for two hours each way and spent many hours looking at cattle and pastures along the way."

Add those round-trips up from grade school through high school and that's a lot of miles.

Not long after the bus came to a stop near their house, Wilson was out on her paint pony riding through the cattle and across pastures.

"At branding and shipping time," she said, "myself, and the other kids on the ranch were in the mix of helping. I thank all of the adults from back then for allowing us to be there because it was what shaped my future."

### More responsibility

As she got older, Wilson's responsibilities grew. She worked cattle, took care of the cattle and horses, and doctored the sick ones.

Wilson also began showing cattle at the county and state level.

"I really think that was the point that I knew I would always have cattle in my blood," she said. "At that time, everyone would show home-raised steers. I remember running down to the barn and feeding in the dark before getting on the bus."

At 13, she showed heifers, but they had to be registered.

"I was fortunate that our neighbor, Mr. Phil Lowery, raised registered Herefords for years," she said. "I had been riding my pony up the road to help him gather his



Jerri Wilson at 10 years old showing her home-raised Angus show steer.

cattle and I told him I needed to buy one of his heifers to show. He said, 'Pick one out.'"

See WILSON Page 11

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## WILSON

Continued from Page 10

Lowery gave her a heifer every year through high school as payment for helping him with his cattle.

"His operation was much different than our commercial herd," Wilson said. "I would ride around in his pickup with him and listen to all the pedigrees."

Lowery kept little breeding books, with a rubber band around them, on his dusty dash. Wilson studied those little books.

"I built my first herd with those registered Herefords and still have a little Hereford patch for sentimental reasons," Wilson said.

One of her other passions was livestock judging and grass identification. She went to numerous contests and loved all the aspects of learning.

4-H was a big part of her life, and the horses she took to 4-H and Quarter Horse events were not only for showing.

"They were also my cow horses back on the ranch," Wilson said.

In high school, she started going to the state high school rodeos. That's where she met her future husband Bob Wilson. The two married after high school, in June, 1977.

"For a couple of years we lived in Elk City," she said. "Bob worked there during the oil and gas boom and of course I dragged a few cows along with us."

As her Dad was getting older, he had heart problems, so Bob and Jerri returned to Ed's ranch where they lived and worked.

The Wilsons had three daughters, Kristy, Kerri and Kayla.

When Jerri Wilson's father passed away, the family dispersed the ranch and cattle.

Wilson, 30 years old at the time, and Bob, began their own ranching operation near Loco. They put together enough acreage to get a start, so they bought four loads of commercial Angus bred heifers.

"The timing was not great," Wilson said. "The cattle market was on a low, so Bob began driving a Peterbilt with a flatbed."

Bob hauled nationwide for a local wire plant which allowed "us to let the cows pay for themselves."

"As soon as that was done, he stopped," she said.

While he was gone, Wilson was feeding cattle and taking care of their first grandson.

"By now our two youngest daughters were beginning to show cattle and loved it," Wilson said. "It had changed dramatically from my days. Hair products and clipping

were much different. There was a lot of learning to do.

"Along the way I bought a couple of Simmental heifers for them to show and liked the way they performed and their temperaments."

So, from artificial breeding the heifers, and purchasing some purebred and percentage bulls, they started breeding Simmental into their cow herd.

"Now we have a SimAngus cow base and have been breeding them to registered Angus bulls," she said.

### A dusty memory

During the fall of 2010, it seemed the Oklahoma skies had started to dry up.

Rains became a dusty memory.

"We had some really tough years during the drought," she said. "From 2010 to 2013 we culled our cow herd by a third because there was no pond water. We had some wells dug for them but it is very hard to get water in this area."

Plus, in February 2011, Bob broke his wrist in a shop accident.

"Then in August, him and his horse parted ways on a large crack in the ground from the drought and he broke his hip," Wilson said. "It was a very tough year for him."

A hired hand helped for about three years before moving back to Nebraska. Challenging decisions had to be made.

"At the time, there was not enough water so the calves were taken off at 400 pounds and we sent them to a feedlot which is not what we normally do," she said. "Normally our calves are left on the cows till they are 500 to 600 pounds."

"In the end it improved our cowherd into productive beautiful cows that I am very proud of. We have been selling a lot of our heifers for breeding or as bred heifers. Steers and heifers not for breeding are sold through National Livestock at the Oklahoma City stockyards or sold at home."

Over the years, Jerri and Bob have purchased more land and have doubled their size from what they started with, "which has been gratifying to improve those areas." They have done a lot of clearing brush, sprigging Bermuda and weed spraying to improve the grass for cattle, while yet always being mindful of the wildlife.

They are also mindful of the future. In addition to three children, they have six grandchildren.

"So who knows, maybe some of them will continue in a ranching lifestyle," Wilson said. "In the cattle business it's a lot of long days and hard work but it is a lifestyle that I love and have a passion for."



Jerri Wilson of Loco is being recognized as a significant woman in Oklahoma agriculture.

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# November CALENDAR OF EVENTS

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## Open House

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## NOVEMBER

### Mid Day Dance

WEEKLY on Tuesdays \$5 &  
Thursdays \$6 Lessons 12:30-1:30pm  
Dance 2-4pm. Live Band - All ages welcome. 4361 NW 50th, Suite 400 OKC, OK 73112 for more information 405-943-1950

## NOVEMBER 1

### Next Chapter Series Presents Assembling Important Documents

When: Thursday, November 1, 2018

Time: 10:00 am - 12:00 pm

Where: Healthy Living OKC

11501 N Rockwell Ave. Join panel discussion on what are adequate and appropriate documentation for unforeseen circumstances that can impede the sale, purchase, or relocation process of your home or your parents home. Hear from professional estate attorney, insurance expert, funeral planning, and real estate professionals. Presented by: Seniors Next Chapter, Connie Williams & Shannon Stiger CSHP, Realtor. 405-748-8500 Office

## NOVEMBER 6

### Seniors Next Chapter presents:

Pie & Coffee conversation

"Dealing with the Stuff"

Tuesday, November 6, 2018

9:30-11:30 am

6110 N Pennsylvania Ave

Oklahoma City, OK 73112

## NOVEMBER 7

### Wednesday November 7th 2 p.m.

Veterans Affairs Aid and Attendance informative seminar to discover the many underutilized benefits available to Veterans and their spouses

Guest speaker Aaron Parks attorney with the Elder Care Law Center

Legend Assisted living and Memory Care at Rivendell. 2800 SW 131st Street

Oklahoma City, Oklahoma 73170

Please RSVP to 405-703-2300

## NOVEMBER 11

Sunday, November 11, 2-4pm.

Reception at 50 Penn Place Art Gallery featuring the art of painter/photographer John Brand. 50 Penn Place Art Gallery, 1900 NW Expwy, Ste 113 405-848-5567

## NOVEMBER 14

Autumn House Annual Bazaar

November 14th noon-3pm.

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## NOVEMBER 30

### Senior Fair

November 30th 9am-3pm

Cole Community Center

4400 NW Expressway OKC, OK

## NOVEMBER - DEC: FREE

### Buddies with brushes -

Meet from 1-3pm Tuesdays.

Nov 1 - December 18 to work on paintings and socialize at Woodson Senior Center, 3401 S. May Ave. Bring your own materials and supplies. Intended for advanced painters ages 55+. Free. Visit [okc.gov/parksignup](http://okc.gov/parksignup) and search keyword 15908 to sign up.

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

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 ext. 2 or email your listing to [lashanya.nash@seniornewsandliving.com](mailto:lashanya.nash@seniornewsandliving.com) for more information and to be included!

## DECEMBER 4

### Christmas Cookies & Conversation

"Assembling Important Documents"

Tuesday, December 4, 2018

9:30 - 11:30 am

6110 N Pennsylvania Ave

Oklahoma City, OK 73112

## NOVEMBER - DEC: FREE

### November 1 - December 30

Visualizing Art History Exhibition

Price: FREE. [www.ou.edu/fjjma/exhibitions/visualizing-art-history](http://www.ou.edu/fjjma/exhibitions/visualizing-art-history)

Visualizing Art History presents the results of an experimental assignment completed by University of Oklahoma students enrolled in AHI 3663 Contemporary Art with Assistant Professor of Art History Robert Bailey during the spring of 2018. Fred Jones Jr. Museum of Art 555 Elm Ave. Norman. 405-325-3272. [ou.edu/fjjma](http://ou.edu/fjjma)

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# Holiday season safety tips



The holiday season is approaching, and the Oklahoma City Fire Department has a few safety tips for your family and friends. A small fire can double in size every 30-60 seconds. Following these safety messages will provide a safer winter and holiday season.

## Smoke Alarms

- Working smoke alarms should be placed inside and outside each bedroom and sleeping area. Install smoke alarms on every level of the home including basements. The Oklahoma City Fire Department has a "Project Life" smoke alarm program. Firefighters will install smoke alarms at no charge for qualifying residents of Oklahoma City. Contact information 405-316-2337, [www.smokealarmsokc.com](http://www.smokealarmsokc.com) or [www.Gratisalarmasokc.com](http://www.Gratisalarmasokc.com). Residents outside of Oklahoma City can contact your local fire department or Red Cross.

- Test smoke alarms once a month while practicing your escape plan. Practice your escape plan based on your mobility and always have a meeting place outside the home.

- Replace batteries once a year. When replacing the 9-volt battery consider upgrading to a 10-year lithium battery smoke alarm.

- Replace all smoke alarms after 10 years or before expiration date located on the backside.

- People with hearing impairment can contact the Oklahoma Assistive Technology Foundation (OkAT), 888-885-5588 or email [abletech@okstate.edu](mailto:abletech@okstate.edu). OkAT will install smoke alarms with strobe lights and bed shaker for qualifying Oklahoma residents. Apply at [www.okabletech.okstate.edu](http://www.okabletech.okstate.edu).

\* According to the National Fire Protection Association (NFPA), "3 out of 5 fire deaths happen in homes with no smoke alarms or the alarms are not working."

## Heating Safety

- Keep space heaters a minimum of 3-feet away from anything that can burn. The 3-foot clearance must include people and pets. Never use extension cords with space heaters. Plug them directly into the outlet and ensure the space heater is the only item plugged into the outlet. Turn off and unplug when not in use or going to bed.
- Heating systems and chimneys should be inspected and cleaned every year by a qualified professional. Schedule your inspection and cleaning before use.
- Keep metal fireplace screens or heat-tempered glass secured and in the correct position when in use. Discard cool ashes from the fireplace into a metal container. Keep the metal container at least 10-feet from your home.
- Never use ovens, stove top, or open burning to heat your home. Open flame heat sources should have a venting system. The use of alternative heating sources inside your home could have deadly consequences caused by carbon monoxide poisoning or fire.
- Always follow the manufacturer's instruction.
- Install Carbon Monoxide (CO) alarms outside each sleeping area and on every level of the home.

\*According to NFPA, "Half of home heating fires are reported during the months of December, January, and February."

## Holiday Safety

- Don't block exits with decorations.
- Follow manufacturer's instruction and do not overload extension cords.
- Keep candles away from children and pets.
- Ask smokers to smoke outside. Wet all cigarette butts before discarding.
- Never leave food cooking on the stovetop unattended. Make sure you are alert when cooking.
- Cut 2 inches off the base of a live Christmas tree before placing in the stand. Add water to your tree stand daily. Don't put heating sources or candles near the Christmas tree. Always turn off Christmas tree lights before leaving home or going to bed.
- Immediately remove the Christmas tree from inside your home after the holidays or when it is dry.

\*According to NFPA, "Two of every five home decoration fires are started by candles."

Additional fire safety information is available at [www.nfpa.org/Public-Education](http://www.nfpa.org/Public-Education).

*This is the first of a series of safety articles provided by Oklahoma City Fire Department, Oklahoma County Sheriff Department and the Oklahoma City Police Department.*

## PIES

Continued from Page 1

gathering.

Winslow said some of those invites may have just been for the pie, but it was clear she had something on her hands that people really liked.

"It was a recipe my mom came across and she just loved it and we started making it," Winslow said. "It just stuck."

So did the idea of opening her own business. Her and her husband, who runs a full-time paint contracting business, began drawing up a business plan months earlier.

Cost projections outpaced savings for opening a traditional brick-and-mortar business.

"The food truck was the first thing we could think of," Winslow admitted.

A business on four wheels came with its drawbacks.

Running a business in a trailer meant more prep work. Winslow typically makes her runs to Sam's Club, Wal-Mart and the Chef Store the Tuesday before an event. Six to seven hours the following day are spent doing prep work, including cutting up some 20 to 25 watermelons by hand.

"It's hard work, very hard work," Winslow said of the business. "It's not something you could just do on a part-time basis. It's a full-time job."

"You've got to pack it up, move it and have it ready on time."

The concept also came with advantages.

Being on wheels means that Cutie Pies can be at almost any venue in the state with enough advance notice.

This month the trailer will pull up to Norman and the University of Oklahoma Day of the Dead Celebration. The following day Cutie Pies will be at Integris Baptist with 100 pies for a private event hosted by the radiology department.

Twelve days later you can find watermelon pie at the Luther Pecan Festival.

Outside of the State Fair, Winslow said one of the company's best events is always the The Old Chicken Farm Vintage Barn Sale in Jones.

It's a good thing Cutie Pies gets around because it will take you awhile to work through the menu. Watermelon pie may be the star but there's a talented ensemble cast of banana cream cheesecake, root beer float pie, cherry limeade pie and cotton candy pie.

If sweet isn't your thing they have savory covered, too, with Winslow's chicken and corn frito pie.

The twist on the original frito pie includes santa fe chicken layered on Fritos doused in queso cheddar cheese mixed with feta, cilantro and a special chili lime mayo.

Wash it all down with a variety of lemonades - including watermelon, of course.

"This our first year to actually make money," Winslow said.

And that's despite a trying year.

Winslow's daughter battled stage IV ovarian cancer before doctors announced she was cancer-free three days after her last surgery.

Through it all, Winslow has been her daughter's caregiver, keeping her out of the truck for most events. That's meant Mike pulling double duty.

"He's been our savior. He's saved both of our businesses," Winslow said of her partner of 20 years.

But it all paid off this fall.

"It was kind of Heaven-sent because (my daughter) finished chemo and we had the fair," Winslow said. "Right after the fair she had her surgery."

"But she was still out there."

All three of Winslow's kids help in the business including a 21-year-old daughter and a 38-year-old son.

Her two granddaughters pitch in, too.

"They come stay with us every other weekend," Winslow said. "They love to work on the truck and they hope we have leftovers, which doesn't happen very often."

So what's next? Can she top Watermelon pie?

"I have somethings in the works for next year but I can't tell you," Winslow laughed.

You can find out where Cutie Pies Concessions will be next through their Facebook page.

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# Rhoades Named Oklahoma State Department of Health Chief Medical Officer

Oklahoma State Department of Health (OSDH) Interim Commissioner Tom Bates has appointed Dr. Edd Rhoades as Chief Medical Officer for the agency. Dr. Rhoades has been with the agency for 40 years and is currently serving as the Medical Director for Family Health Services.

"Dr. Rhoades has served the state and this agency with integrity in a number of key positions over the years and it is appropriate that he should be the first person to fill this important role," said Commissioner Bates. "The establishment of a Chief Medical Officer aligns with the public health structure of many other states and will provide guidance to our core mission."

The Oklahoma State Board of Health approved creation of the position at their Sept. 14 meeting, following a recommendation that was included in a corrective action plan provided to the legislature in January. The Chief Medical Officer will advise agency leadership on medical and

public health issues and provide medical oversight and consultation to agency service areas and county health departments. Under the current organizational structure, the Office of the Commissioner continues to focus on improving the financial operation and organization of the agency to ensure efficient delivery of core services.

A graduate of the University of Oklahoma School of Medicine, Dr. Rhoades also holds a Masters of Public Health in Health Administration from the University of Oklahoma College of Public Health. He is a Diplomate of the American Board of Pediatrics and has received numerous awards for his work in maternal and child health and environmental protection. Among his honors are the Joan K. Leavitt, M.D. Award from the Oklahoma Public Health Association and the Mike Synar Environmental Excellence Award.

"I'm looking forward to working with Commissioner Bates and the senior leadership team to provide guidance for the agency as we continue to focus on issues that will improve the health of all Oklahomans," said Dr. Rhoades. "I'm honored to have this opportunity to share my experiences and promote the great work being done by all of our public health professionals."



Dr. Edd Rhoades as Chief Medical Officer.

## STRANGE BUT TRUE SO THEY SAY...

**SBT** During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants!

**SBT** Some ribbon worms will eat themselves if they can't find any food!

**SBT** Dolphins sleep with one eye open!

**SBT** The world's oldest piece of chewing gum is over 9000 years old!

**SBT** In space, astronauts cannot cry properly, because there is no gravity, so the tears can't flow down their faces!

**SBT** There are more plastic flamingos in the U.S. than real ones!

**SBT** About 3000 years ago, most Egyptians died by the time they were 30!

**SBT** More people use blue toothbrushes, than red ones!

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## November is National Diabetes Month

In recognition of November being National Diabetes Month, the Oklahoma State Department of Health (OSDH) is supporting efforts to bring awareness to the impact of diabetes on Oklahoma and its economy.

Oklahoma ranks eighth in the nation for percent of adults diagnosed with diabetes. Data from the Centers for Disease Control and Prevention (CDC) indicate more than one million Oklahomans have prediabetes, and two out of three are unaware they are at risk. Without proper intervention, it is estimated that 15-30 percent of them will develop Type 2 diabetes within five years, leaving them to pay more than double their current health care costs.

"Historically, the prevalence of diabetes has been higher in Oklahoma than in the United States as a whole," said OSDH Diabetes Program Coordinator Rita Reeves. "The most current information from the CDC indicates the prevalence of Type 2 and Type 1 are increasing among young people."

Average medical expenses for people diagnosed with diabetes are about \$13,700 per year. Patients have a higher rate of being out of the workplace and receiving disability. Nearly 95 percent of cases are Type 2, which can be prevented or delayed through a lifestyle intervention with the CDC's National Diabetes Prevention Program. There are 21 programs in Oklahoma that offer guidance from a lifestyle coach to help set goals and adjust factors such as eating healthier, reducing stress and getting more physical activity.

Screening is the first step in preventing and managing diabetes. An online risk test to determine a person's chance of having prediabetes is available at <http://ow.ly/I9Dd30mr37O/>.

Those who have already been diagnosed with diabetes are encouraged to talk with their health care provider, and ask for a referral to an accredited self-management program, which can be found at <http://ow.ly/Agvj30mr39W>.

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# INTEGRIS Deconess Announces New President

INTEGRIS assumed operations of Deaconess Hospital and its affiliated family care clinics at midnight, Oct. 1.

Rex Van Meter is the newly named president of INTEGRIS Deaconess, as it is now called. The hospital is considered a campus under the INTEGRIS Baptist Medical Center umbrella.

Van Meter has been a part of executive leadership at INTEGRIS since 2001. He joined as vice president of finance at INTEGRIS Blackwell Hospital and was promoted to president there four years later. In 2012, he was named president of INTEGRIS Canadian Valley Hospital, and has led that facility to successive year-over-year record performances. Van Meter earned a bachelor of accounting from Northwestern Oklahoma State University and a master of health care administration from Trinity University.



**Rex Van Meter, president of  
INTEGRIS Deaconess.**

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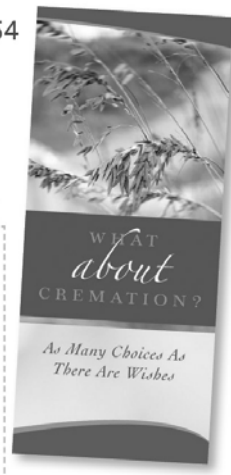
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## CROSSWORD CORNER

### Across

- 1 "The Winds of War" actress  
11 Bon \_\_\_\_  
14 "Love in the First Degree" all-female group  
15 Emotion betrayer  
16 Knocked out  
17 Emergency op  
18 Emblem  
19 New Mexican?  
20 Ho Chi \_\_\_\_ City  
21 Busts, e.g.  
23 "The Legend of Zelda" currency  
25 Sidecar ingredient  
31 Jump \_\_\_\_  
32 Happy \_\_\_\_: old snack brand mascot  
33 Pulls some strings?  
35 Slovenia neighbor, to the IOC  
36 Singer Lambert with the album "Trespassing"  
37 Angiography concern  
38 Crisply and detached, to an orch.  
39 Talks acronym  
40 Tops  
41 Driver's protest  
42 Mine finder  
44 Dairy Queen offerings  
46 Publisher Ochs  
48 "\_\_\_\_ won't!"

- 49 Quo warranto, e.g.

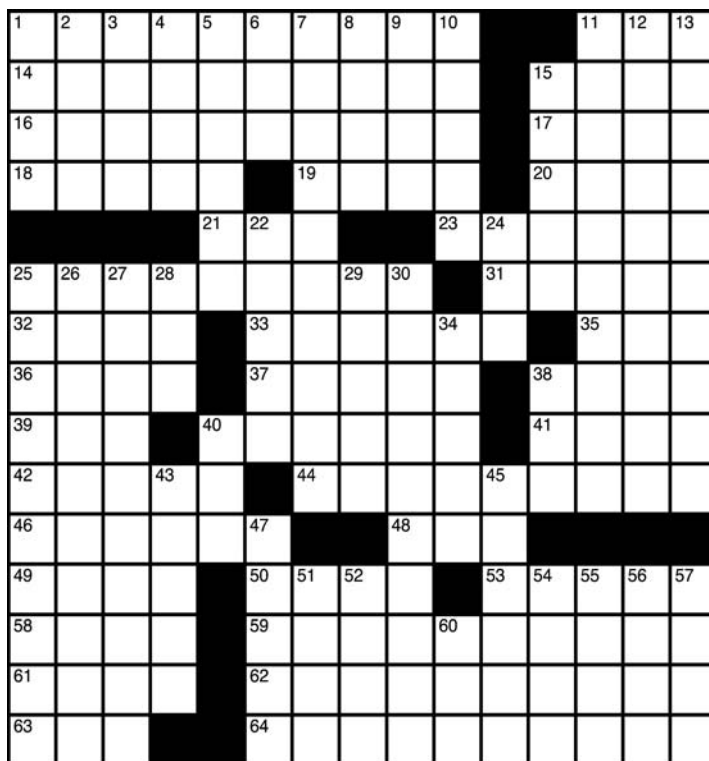
- 50 Short-lived '80s sports org.  
53 Whimpers  
58 Lift  
59 Grammy-winning Santana song  
61 Maintain  
62 Regardless  
63 Podded plant  
64 Restraining order, say

### Down

- 1 Help with a job  
2 "Mission: Impossible" theme composer Schiffrin  
3 Still vying  
4 Jerry Herman musical  
5 Kind of magnetism  
6 Preserve, in a way  
7 Where Ulysses rests  
8 Word after going or before hike  
9 Hymn ender  
10 Bit of fishing attire  
11 Penn, for one  
12 At the store, perhaps  
13 AAPL and GOOG  
15 Entice  
22 Came together again  
24 Letters before some state names  
25 Shout after the last shot  
26 Part of Beverly Hills'

### Golden Triangle

- 27 "Honestly?!"  
28 Popular toy, for short  
29 Documentarian Morris  
30 Emulates a bad waiter?  
34 \_\_\_\_ ball  
38 Oldies syllable  
40 "Leaves and Navels" artist  
43 Modify  
45 "The Lion King" composer Hans  
47 Sticky  
51 Sound  
52 "Animal House" group  
54 Gable neighbor  
55 Singer of complex songs  
56 Michael's brother in "Prison Break"  
57 Make full  
60 City on the Firth of Clyde



Answers on page 29

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## OPINION & MORE

# THE SAVVY SENIOR

### Dear Inquiring,

The estate sale business has become a huge industry over the past decade. There are roughly 22,000 estate sale companies that currently operate in the U.S., up nearly 60 percent from just 10 years ago. But not all estate sale companies are alike.

Unlike appraisal, auction and real estate companies, estate sale operators are largely unregulated, with no licensing or standard educational requirements. That leaves the door open for inexperienced, unethical or even illegal operators. Therefore, it's up to you to decipher a good reputable company from a bad one. Here are some tips to help you choose.

**Make a list:** Start by asking friends, your real estate agent or attorney for recommendations. You can also search online. Websites like

### Dear Savvy Senior,

Can you provide some tips on how to choose a good estate sale company who can sell all the leftover items in my mother's house? *Inquiring Daughter*

EstateSales.net and EstateSales.org let you find estate sale companies in your area.

**Check their reviews:** After you find a few companies, check them out on the Better Business Bureau (BBB.org), Angie's List (AngiesList.com), Yelp (Yelp.com) and other online review sites to eliminate ones with legitimately negative reviews.

**Call some companies:** Once you identify some estate sale companies, select a few to interview over the phone. Ask them how long they've been in business and how many estate sales they conduct each month. Also find out about their staff, the services they provide, if they are insured and bonded and if they charge a flat fee or commission. The national average commission for an estate sale is around 35 percent, but commissions vary by city and region.

You may also want to ask them about visiting their next sale to get a

## How to Choose a Good Estate Sale Company

better feel for how they operate. And be sure to get a list of references of their past clients and call them.

**Schedule appointments:** Set up two or three face-to-face interviews with the companies you felt provided you with satisfactory answers during the phone interviews.

During their visit, show the estate liquidator through the property. Point out any items that will not be included in the sale, and if you have any items where price is a concern, discuss it with them at that time. Many estate companies will give you a quote, after a quick walk through the home.

You also need to ask about their pricing (how do they research prices and is every item priced), how they track what items sell for, what credit cards do they accept, and how and where will they promote and market your sale. EstateSales.net is a leading site used to advertise sales, so check advertising approaches there.

Additionally, ask how many days

will it take them to set up for the sale, how long will the sale last, and will they take care of getting any necessary permits to have the sale.

You also need to find out how and when you will be paid, and what types of services they provide when the sale is over. Will they clean up the house and dispose of the unsold items, and is there's an extra charge for that? Also, make sure you get a copy of their contract and review it carefully before you sign it.

For more information on choosing an estate sale company, see National Estate Sales Association online guide at NESA-USA.com, and click on "Consumer Education" then on "Find the Right Company."

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 1/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi**

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

**Nov 9/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards**

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

**Nov 13/ Tuesday/ Okla. City/ 9 am - 3:30 pm/ 691-4091/ Palinsky**

Rose State - 6191 Tinker Diagonal - room 203

**Nov 14/ Wednesday/ Warr Acres/ 8:30 am - 3 pm/ 789-9892/ Kruck**

Warr Acres Community Center - 4301 N. Ann Arbor Ave.

**Nov 15/ Thursday/ Norman/ 9 am - 3:30 pm/ 307-3177/ Palinsky**

Norman Regional Hospital - 901 N. Porter Ave.

**Nov 17/ Saturday/ Shawnee/ 9 am - 3:30 pm/ 818-2916/ Brase**

Gordon Cooper Tech Center - One John C. Burton Blvd.

**Dec 6/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi**

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

**Dec 8/ Saturday/ Midwest City/ 9 am - 3 pm/ 473-9239/ Williams**

First Christian Church - 11950 E. Reno Ave. (Activity Room

**Dec 14/ 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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# A NOSE FOR INNOVATION

*Cutting-edge, non-surgical treatment at OU Medicine targets chronic stuffy nose*

An Oklahoma woman is one of the first patients outside of a clinical trial to experience the benefits of a new, non-surgical treatment for her chronic stuffy nose.

Most of us have experienced a head cold so bad that it leaves you so stuffed up you can no longer breathe through your nose. For Denise Crozier, 56, it wasn't a cold causing her chronic stuffed up nose or the pain and pressure that accompanied it. The Oklahoma City woman suffered from nasal polyps, soft, non-cancerous growths on the lining of the nose or sinuses.

"When you get a lot of inflammation, the lining of the nose becomes very swollen and redundant, and it forms a round structure that basically fills the nasal cavity," explained Dr. Kibwe McKinney, an ear, nose and throat specialist with OU Medicine.

Surgery had been the first line of defense for patients like Crozier for whom treatment with oral steroids has failed.

"I had four surgeries in Seattle before moving to Oklahoma, and then since I have been here, I've had three," Crozier said.

Each time, the surgery would initially bring relief, but before she knew it, the polyps would be back.

"Each time, she got some temporary relief, but almost like clockwork, it would come back and she would have a return of her symptoms," McKinney said.

This time, though, McKinney returned from a recent conference with a new treatment option for Crozier a newly-approved, non-surgical treatment. It utilizes a tiny

sinus implant. He explained to her that it could be placed without pain during a visit to his office at OU Medicine.

The implant is a small teardrop-shaped device that when deployed appears a bit like a badminton birdie. It's placed under the guidance of an endoscope.

"I actually have a camera and scope that I look through to see the anatomical structures and then I place the splint with minimal discomfort," McKinney said. "It basically stints open the cavity and then over time it treats the surrounding tissue with steroids, which are very effective at controlling polyp growth. As the steroid is leached out, the polyps occupying the space begin to melt away and the pressure associated with them also goes away."

As a nurse, Crozier did her homework and quickly realized that this treatment could offer relief and save her from another trip to the operating room.

"Anything to keep me out of the OR is fantastic," she remarked.

The device was placed quickly and without pain during an office visit with McKinney.

"They numbed me up, so I really didn't feel a thing," Crozier said.

After several months, she returned to McKinney's office to have the device removed; and just as it had gone into place under endoscopic guidance, it also was removed that way in just a matter of seconds.

Crozier's eyes watered just a bit, but she said there was no pain and the relief she has experienced has been incredible.



Dr McKinney shows device to Crozier.

"It's wide open in there. There are no polyps or anything. It works. It's great," she exclaimed, adding that she would easily recommend the procedure to anyone else facing the same battle she has faced with nasal polyps.

Specialists at OU Medicine say the new treatment provides a valuable option for patients unable to take oral steroids, as well as for those who are not good candidates for surgery or for whom repeated surgeries have failed to bring relief.

## Social Security Announces 2.8 Percent Benefit Increase for 2019

Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent in 2019, the Social Security Administration announced today.

The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2018. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$132,900 from \$128,400.

Social Security and SSI

beneficiaries are normally notified by mail in early December about their new benefit amount. This year, for the first time, most people who receive Social Security payments will be able to view their COLA notice online through their my Social Security account. People may create or access their my Social Security account online at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Information about Medicare changes for 2019, when announced, will be available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2019 are announced. Final 2019 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

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# MARCH OF DIMES HONORS OU MEDICINE NURSE AS NURSE OF THE YEAR

The March of Dimes Oklahoma Chapter recently honored an OU Medicine nurse at its annual Nurse of the Year awards. Mandy Nelson, APRN in the medicine specialty unit at OU Medical Center, was named Nurse of the Year in the Advanced Practice category.

The Oct. 4 event celebrated nurses in more than a dozen categories, all of which were nominated by colleagues, supervisors or families they have served, according to the March of Dimes website. A selection committee of health care professionals selects the most outstanding nurse in each category.

Two additional OU Medicine nurses, Callie Tkach, RN in the NICU at The Children's Hospital, and Susie Jones, APRN and Vice President of Quality/Safety and Nursing Practice at OU Medicine, were finalists in the Neonatal/Pediatric and Advanced Practice categories, respectively.



Mandy Nelson, APRN in the medicine specialty unit at OU Medical Center, was named Nurse of the Year in the Advanced Practice category.

"Mandy and our finalists, Callie and Susie, are incredibly deserving of this honor," said Cathy Pierce, Chief Nurse Executive at OU Medicine. "Our

nurses work tirelessly to improve the lives of our patients and families. They truly represent the best in their fields and the best of OU Medicine."

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# SENIOR TALK

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*What will be on your Thanksgiving plate? Norman Regional Hospital Auxiliary*

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Derald Fendley

We'll be eating off the same menu but my favorite is cornbread dressing.



Jan Fendley

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Jonnina Benson

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# Former OPEA worker finds hope and new purpose on cancer journey

Just a few years ago Nancy Hughes could lift mountains of paperwork, rearrange office furniture and stand on her feet for hours at a time. As executive assistant at the Oklahoma Public Employees Association, the petite fiery redhead put in long hours at her job helping give state employees a voice in government.

Back in 2003, Nancy learned she had breast cancer. She underwent a mastectomy, rounds of chemotherapy and the cancer went into remission. In 2014, however, it came back with a vengeance.

"I first noticed something was wrong when I bent over to pick up something," she said. "I felt something pull, and had trouble walking. After about a month I went to a chiropractor about my



back. He took x-rays, and they showed either severe osteoporosis or the cancer was back and in my bones."

A trip to her oncologist revealed the cancer had indeed spread.

"I had no idea breast cancer could come back like that," Nancy said. "This time I was scared. During the time I was cancer-free, I had been participating in the Oklahoma American Cancer Society's Making Strides Against

See CANCER Page 29

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# Significant Women in Oklahoma Agriculture

## Highlight: Brenda Schulz

story and photos by Bryan Painter

GRANT - The cliché is that time flies.

Cattlegirl Brenda Schulz, who ranches near Grant in southeastern Oklahoma's Choctaw County, won't argue that point.

However, two 100-year floods in 25 years is more like time sprinting rather than just marching on.

"Some of our toughest times have come from floods," Schulz said. "Along with the wonderful aspects of having your farm and ranch in the fertile ground of the Red River comes the possibility of flooding. Curt and I have survived not one, but two, of the so called '100 year floods.'"

Guess what Schulz thanks for making it through those two experiences? Her cows.

### Thanks to the cows

The first of those two floods Schulz is referring to came in 1990.

The May Monthly Summary that year from the Oklahoma Climatological Survey reported that the agricultural-related floods losses exceeded \$57 million.

"We had leased farm ground that completely flooded," Schulz said. "We survived, mainly due to the diversification our cattle provided. Our cattle pastures were up on the prairies around Soper, Oklahoma at this time."

Then came the floods of 2015.

Gary McManus, state climatologist with the Oklahoma Climatological Survey, said that after being really dry for the first four months of the year, 2015's "Super El Nino" ended up inundating far southeastern Oklahoma in May and June, and then again in November and December.

"That area near Grant in Choctaw County ended with their wettest year on record, with most of that rain falling within a select few weeks during those four months," McManus said. "In other words, it was way too much water, concentrated into very short time frames, for the local rivers and reservoirs to handle."

Schulz said the Red River overflowed its banks and half of their ranch flooded in May. She's lived in Oklahoma long enough to



Brenda Schulz of Grant, Okla. is being recognized as a Significant Woman in Oklahoma Agriculture.

have seen droughts turn dreams to powder. So she doesn't curse the rains, she just respects them.

"After the water receded enough to flow within its banks again, areas north and west of us received a lot more rain and the Red River overflowed its banks once again in June," she said. "We were not able to grow grain crops on our farm ground that year, it was too late in the season and the cows needed it for pasture. The cows have helped us survive those trying times."

### A small world

Schulz witnessed/experienced agriculture from a lot of different geographical viewpoints before landing in Oklahoma in 1984.

Not only did she grow up in North Dakota, she studied animal science at the University of Minnesota and worked with a veterinarian in Colorado where she met her husband Curt. They married in 1983 and a year later moved to Choctaw County, where his parents Delvin and Delores Schulz farmed and ranched.

"We started a beef cow herd as soon as we could," Brenda Schulz said. "I loved being back around cows and horses. Curtis was custom farming and spraying. We rented farm ground and raised corn and

soybeans."

That was the start.

Today, 34 years after settling down in Choctaw County, they raise Angus cattle, corn, small grains, hay and pecans on 1,500 acres along the banks and in the bottoms of the Red River, south of Grant.

Schulz believes it was meant for her to live here, farm here and ranch here. Why?

Even though she was raised in North Dakota, Choctaw County is within 45 miles of her father Tom Secrest's birthplace. Her grandfather was a sharecropper cotton farmer around Deport, Texas.

"He decided to settle his young family in east Texas when my grandparents' wagon broke down, crossing Red River slate shoals," she said. "These shoals are within 10 miles to the east of Stoneybroke Ranch, which is Curtis' and my farm and ranch. It's really a small world. I believe I have come back to my roots."

Those roots are extending as daughter Kylee and son-in-law Keith Edge (superintendent of Boswell Schools), along with grandsons Kollin, 16, Kamden, 14 and Kolson, 12, take care of their cow/calf operation. They also help out at

Stoneybroke Ranch with projects ranging from laying water lines to checking cattle.

### Listen close

Cattle and horses aren't something Schulz just tends to, she cares for them. That was evident as a child when she was around her parents breeding operation of Paints and Quarter Horses. It was evident in what she studied in college and then in the job she took working for the veterinarian. It was evident in how she gives credit to cattle bringing their operation through the floods.

It's still evident today, especially if you listen real close during certain times of the year.

"In the spring, the cows are calving and all the babies are testing their legs, running and playing," she said, adding that they tag and vaccinate every calf within 24 hours of birth. "I get to talk to and check the cows for new calves."

Yes, "talk to." What do you say?

Schulz said she would softly say something like, "You sure had a pretty baby, didn't you? Good Mama!"

It is an enjoyable experience like that, that makes time fly at a comfortable pace.









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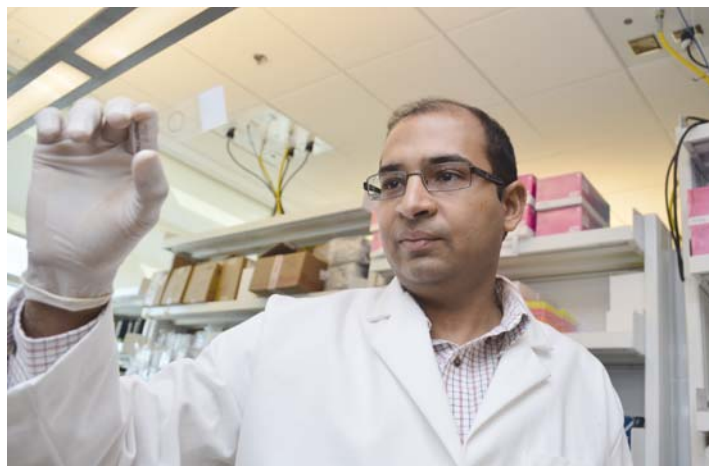
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INDEPENDENT LIVING FOR SENIORS 62 & GREATER

## New findings cast light on lymphatic system, key player in human health



Oklahoma Medical Research Foundation scientist Satish Srinivasan, Ph.D.

Scientists at the Oklahoma Medical Research Foundation have broken new ground in understanding how the lymphatic system works, potentially opening the door for future therapies.

The lymphatic system is a network of vessels and lymph nodes that spans the entire body. It is critical for good health and for the body to function properly. Defects in lymphatic vessels cause lymphedema, a disease characterized by dramatic and painful swelling in the limbs that often leads to infections.

Lymphedema can result from congenital mutations, surgery, radiation treatment for cancer or infection, and there is currently no cure. In addition to lymphedema, defects in the lymphatic system have been linked to a wide range of health consequences: cancer, atherosclerosis, Alzheimer's disease and obesity.

Satish Srinivasan, Ph.D., and Boksik Cha, Ph.D., at OMRF previously discovered that a particular pathway—known as the Wnt signaling pathway—regulates the development of the human lymphatic vascular system. In new research, published in the journal *Cell Reports*, they've found “the nuts and bolts of this important pathway.”

“We have identified the signaling molecules that activate this pathway,” said Srinivasan. “We also have learned which cells produce the signaling molecules, how they are sensed by the cells and how they are used in lymphatic development.”

Srinivasan was recruited to OMRF from St. Jude's Children's Research Hospital in 2013. His lab at OMRF has already identified several target genes for lymphedema. Srinivasan said that, after further study, this new information could eventually help researchers develop better therapeutic options for lymphedema and associated disorders.

“This signaling pathway has proved difficult to study, because it is complex and so little is known about how it functions normally, let alone when it goes wrong,” said Srinivasan. “Wnt signaling is aggravated and increased in breast cancer and colon cancer, but it is deregulated in diseases like Alzheimer's and lymphedema.”

Srinivasan said drug companies are interested in finding molecules that can be targeted, either to promote or inhibit Wnt signaling, depending on the disease. “Our goal is to find whether such drugs could be used to treat humans with lymphedema and see if their disease can be managed, made less severe or even cured,” he said.

Other OMRF researchers who contributed to this research were Xin Geng, Ph.D., Rijaj Mahamud, Lijuan Chen and Lorin Olson, Ph.D.



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