

*Running
the good
race*



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Women to
meet*



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SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

September 2018

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Salvation of Hope



photo by Bobby Anderson

Deanna Waltens is giving back to the group that helped her so much in her time of need.

by Bobby Anderson, Staff Writer

Twenty five years ago, Deanna Waltens fled an abusive and threatening situation.

Life had put her in such a horrible situation that the prospect of leaving with nothing in hand was better than certain misery that waited for her at home.

"I was like Forrest Gump and I kept running and running and running," Waltens laughed, looking back on her past heartaches.

"Maybe I could have done things better. Maybe I could have thought things out. Sometimes you don't get that chance. So if you're in that situation you just do what you have to do."

Along the way she found people waiting to help.

She stayed at an emergency shelter.

"I saw all the hurt and all the need through

all the little children that were there with their moms," she said. "That really started opening my eyes a lot."

Realizing she was homeless and chronically hungry she came back to Oklahoma.

Staying with her mom in Choctaw, she put her paralegal degree to work with a local attorney.

After more than a year she realized she needed something more permanent.

An application process through the federal government landed her a job with the immigration

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Family Business MCM helps seniors choose



Jennifer Melton, Ginny Curtis and Tonderai Bassoppo-Moyo help Oklahomans make decisions about their healthcare needs at MCM Insurance.

by Bobby Anderson, Staff Writer

Three decades ago Ginny Curtis began a career in insurance that would change her customers' lives forever.

"We run the business like we're working for our parents or grandparents," says Curtis, owner of MCM Insurance LLC. "The question I always ask my agents is 'Did you make a friend?'"

"If the answer is yes, then it wouldn't matter if they made a sale or not" MCM is most concerned that the client is enrolled in the right plan.

MCM has grown their business to 30 agents statewide, including 3 of her children.

"It's awesome," Curtis said of working with family. "From early on I taught them the value of customer service and that it's more about service and relationships than making a nickel."

"They've adopted that philosophy and have seen it work over the years."

As 2018 begins to wind down, one of the most important times of the year for seniors begins rapidly approaching. The Medicare Annual Enrollment Period (AEP) occurs annually from (Oct. 15-Dec. 7). AEP is a time in which current Medicare beneficiaries can choose to change part of their coverage. They can change their Medicare Advantage Plan (Part C) and/or Prescription Drug Plan (Part D). It's a time to

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MCM

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reevaluate based on their benefits, health, and finances. If they find a plan that is a better fit for their needs than their current plan, they can then switch to, drop or add a Medicare Advantage or Part D plan.

During AEP Curtis' agency goes into overdrive to make sure that everyone that needs help facilitating the changes coming their way is reached. "It's very important to us that each person that comes through our agency chooses their plan based on their specific needs," said Ginny. During an appointment with the agents from MCM, they will compare plans based on the customers list of medicines and doctors to narrow down which plan will cover all their needs the best.

In addition to individual appointments, MCM offers no-cost Navigating Through Medicare informational sessions around the metro.

The hour-long informational sessions allow people to become more familiar with the ins and outs of Medicare in a low-key



setting.

"We don't talk company plans or premiums," Curtis said. "It's simply teaching them the basics of Medicare and how to navigate

through it."

MCM will open its Medicare Store Oct. 2-5 with every Medicare Advantage option available on display for customers to compare.

"It's a great time for them to shop, ask a lot of questions and find the information they need without feeling the pressure of having to make a decision," Curtis said. "Really what they should do is shop that first 2 weeks and then by Oct. 15 they can schedule a time to figure out what's best for them and make a decision."

MCM Insurance is family owned and operated. Their agents are all dedicated to helping seniors not only find the right healthcare solution but understand what they're purchasing.

"We are a little different than some agencies, in that

we represent all the Medicare Advantage companies," Curtis explained. "We have a great contract with every carrier, and they all pay the same fees so there's no reason for us to sway a client one way or another."

While many appointments are scheduled in the comfort of client homes, Curtis staffs the office at 2232 W. Hefner Road in the Village so that clients can walk in anytime 10 a.m. to 3 p.m. and speak with an agent directly without an appointment. During AEP they extend their hours to 9 a.m. to 5 p.m.

MCM also has agents in Tulsa, Claremore and Lawton. You can reach the OKC office by calling 405-842-0494. You can also view their calendar and get more info on their website at www.mcmmedicare.com.

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WALTENS

Continued from Page 1

department.

After 15 years with the immigration department she retired.

Now she spends her days helping those in need at the Salvation Army Central Oklahoma Area command food pantry.

"I came here because actually I saw something in Oklahoma's Senior News and Living about them needing summer volunteers," she said. "I realized what it is to be hungry, cold and scared and all the things that go with the situation."

She stopped by and hasn't left since.

"It's a lovely place," Waltens said. "The people are so great. All the other volunteers are so sweet I really love it here. I decided this was for me."

Waltens volunteers now, largely because it was volunteers who helped her journey.

Liz Banks, volunteer director at the Salvation Army Central Oklahoma Area Command, says that's one of the beauties of the service. Lawyers, police officers, seniors, millennials - people from all walks and professions - come together with a common goal to help their fellow human being.

It truly is an army of people coming together to help those in need.

And the need is always great. That's why Banks loves it when she gets a call for someone inquiring how they can help.

Right now, Banks is in immediate need of spanish translators. Help is ready but sometimes communication barriers make it difficult.

If you can help in any way with time or talent call

405-246-1107.

"I went to churches and they were good and helpful but nothing like this," Waltens said. "To me this is the ultimate in food pantries. This is just really, really good."

Waltens knows the need is there because it was once her.

Someday it could be you.

"I think maybe they understand some but unless you've been there you don't understand the real impact of getting up and wondering if you're going to have anything to eat today," she said. "People don't realize, I guess they think it's third world countries that face it but you face it here."

She likes the fact people can come and get short-term help while others can utilize services longer term.

"Makes me feel really good," Waltens smiled. "I realize that the Salvation Army is just that, it's salvation for a lot of people - not only temporarily but spiritually, too. So much good goes on here. I see the Red Shield Diner help people every day."

"I know the shelter. I know it's a great place to be. It's just a helping situation."

Waltens comes from a generation that takes great pride on self reliance. Hard times are just opportunities to pull up your bootstraps.

But sometimes life leaves you shoeless.

"Don't worry about coming here if you need help because anyone of us is 24 hours away from something like that. Not only does it give them that experience and help but it gives us the opportunity to serve."

"Everytime I help someone through there I think I'm getting a blessing.

"I get more out of it."

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September 1 - 3
Guerrilla Art Park. Price: Free
oklahomacontemporary.org/exhibits/upcoming-exhibits/guerrilla-art-park-2018.
 The third edition of Guerrilla Art Park features interactive pieces that focuses on leisure and play. Come play at Campbell Art Park with Darci Lenker's Oklahoma badminton net or relax in Emma Difani's Above and Below mini-sanctuary of nature-in-the-city. Additional Awesome's installations play with shadows and Risa Ross re-imagines a childhood toy larger than life. Oklahoma Contemporary Campbell Art Park. NW 11th St. and Broadway Drive, OKC. 405-951-0000. oklahomacontemporary.org

SEPTEMBER 1-3: FREE

September 1 - 9.
Visual Voices: Contemporary Chickasaw Art. Price: Free. An exhibition featuring more than 65 works in oil, watercolor, textiles, metals and more by 15 contemporary artists, Fred Jones Jr. Museum of Art 555 Elm Ave. Norman. 405-325-3272 ou.edu/fjjma

SEPTEMBER 19: FREE

42nd Annual Senior Day
Oklahoma State Fair
Wednesday, September 19, 2018
8am - 7:30pm
Free admission for Seniors 55+ (proof of age required)

SEPTEMBER 22

Registration Opens February 1st
OKC St. Jude Walk/Run to End Childhood Cancer, September 22, 2018
 For adults and children ages six and older, registration is \$10. To register, make a donation or volunteer, visit stjude.org/walkrun. For more information, contact Emily at 405.815.5705

SEPTEMBER 26: FREE

9/26/18 2:00 PM
MEDICARE 101 SEMINAR (FREE)
 Oklahoma Insurance Department
 3625 NW 56th St, Suite 100,
 Oklahoma City, OK 73112
 Space is limited, RSVP at 800-763-2828

SEPTEMBER 27: FREE

September 27th at 5:00 pm
Midwest City Senior Center
8251 E Reno Ave,
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SEPTEMBER - DECEMBER

Yogalates - combine yoga and pilates and improve your core strength from 11:30am to 12:30pm Fridays, September 7 - Dec. 28, at Will Rogers Senior Center, 3501 Pat Murphy Drive. Ages 55+. Free. Visit okc.gov/parksignup and search keyword 17134 to register.

Buddies with brushes - Meet from 1-3pm Tuesdays, Sept 4 - Dec 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 and search keyword 15908 to sign up.

September 1 - Dec. 19 Weekly Trivia.
When: Wednesdays, 7:30-9:30 p.m.
Price: Free. Put your knowledge to the test and let your intellectual superiority shine. HeyDay. 200 S. Oklahoma Ave., Suite HD, OKC. 405-349-5946. www.heydayfun.com



NATIONAL ASSISTED LIVING WEEK[®]
SEPTEMBER 9-15, 2018

National Assisted Living Week[®] provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. <https://www.ahcancal.org/ncal/events/nalw/Pages/default.aspx>



STATE WIDE **Bingo Night**

Sept 11th 6:30-7:30pm

To celebrate National Assisted Living Week, the Oklahoma Assisted Living Association along with Oklahoman's for Quality Senior Care, are coordinating a Statewide BINGO NIGHT for OKALA MEMBERS! Inquire at: okala.info@okala.org. Contributions to "Oklahoman's for Quality Senior Care" during National Assisted Living Week is OKALA's PAC fund and will help us to support the legislators who stood up for us this past session; and educate/support the incoming legislators. You can send donations to: Oklahoman's for Quality Senior Care c/o OKALA P.O. Box 18576 Oklahoma City, OK 73154



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Employee of the Month:

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CARE HOMES

Running the good race

"It's not whether you get knocked down; it's whether you get back up." - Vince Lombardi

by Brandon Rabhar

Blake Leeper, an eight-time Paralympic Track and Field international medalist, world record holder and three-time American record holder, knows all too well the hurt that accompanies falling down. Physically, he has fallen down time and again due to being born with no legs. In the eyes of the Paralympics community, he has fallen from grace due to self-admitted bad personal life decisions.

But every time Blake Leeper has fallen, he has got back up stronger than ever before. And each time, he has risen with a newfound purpose in his life.

Born in the Smoky Mountains of Tennessee, Blake has defied the odds since the moment his parents Billy and Edith welcomed their baby boy in 1989.

"Being born missing one leg is a one in 40,000 chance," said the jovial Leeper. "But being born without two legs? Those are astronomical numbers."

Doctors told Leeper's parents that the best case scenario for their legless son would be living life in a wheelchair. Fortunately for Leeper, his mother knew better. Edith worked as a nurse and was heavily involved in the medical community.

"This is not going to be his story," Edith told those doctors and her husband nearly 30 years ago. Truly prophetic, Edith knew the key to changing the course of her son's life was prosthetics.

Fast forward four years, and young Blake had major surgery so that his first legs would fit his little body better. For eight long weeks, Blake was in a full body cast and a wheelchair.

"I remember every single day being in that wheelchair and wanting to go outside. I knew in my head this was the last time I wanted to be in a wheelchair and it was," recalls Leeper. "From that point on, I've been living life to the fullest."

A purpose was born.

Blake, armed with legs for the first time, literally hit the ground running. He played any and every

sport. He roller-bladed with his older brother Kris. So many times in those physically formative years, Blake's legs would break or fall off, but he would always get back up. His main objective was to show the world how much he could do with his new legs.

In high school, Blake's best friend just happened to be the best athlete on campus. His name was Coty Sensabaugh, who is currently starring at cornerback for the Pittsburgh Steelers.

"Coty pushed me in a lot of areas where other people were afraid to push me," said Leeper. "When you're dealing with people with a disability, others are afraid to push us. But the only way we can get better is to be challenged."

After high school, Blake enrolled at the University of Tennessee as a pre-med student. He was ready to hang up the sneakers and become an orthopedic surgeon. That all changed the moment he saw Oscar Pistorius sprint across his television during the 2008 Olympics.

"It was the first time I saw an amputee on TV in a major sport," said Leeper. "I remember thinking, 'This is what I want to do! I have to get those blades!'"

A purpose was redefined.

Blake got his first pair of running legs the next year. Before he even had time to start seriously training, he and his parents drove 14 hours to Oklahoma to participate in the Endeavor Games and his first ever race. As a rookie competing in a field stacked with national champs, the odds were stacked against him. The doe-eyed novice took first place in all three events he raced in: the 100, 200, and 400 meters.

Two whirlwind weeks later, Blake found himself racing in an international event in Brazil. He ran even faster than he did in Oklahoma, won a silver medal and came close to conquering the world champion.

In 2012, Blake tied Pistorius's record time in the 400 meters going into the London Paralympics. He was ranked #1 in the 100, #1 in the 200, and #2 in the 400. In London, Blake won the silver medal in the 400

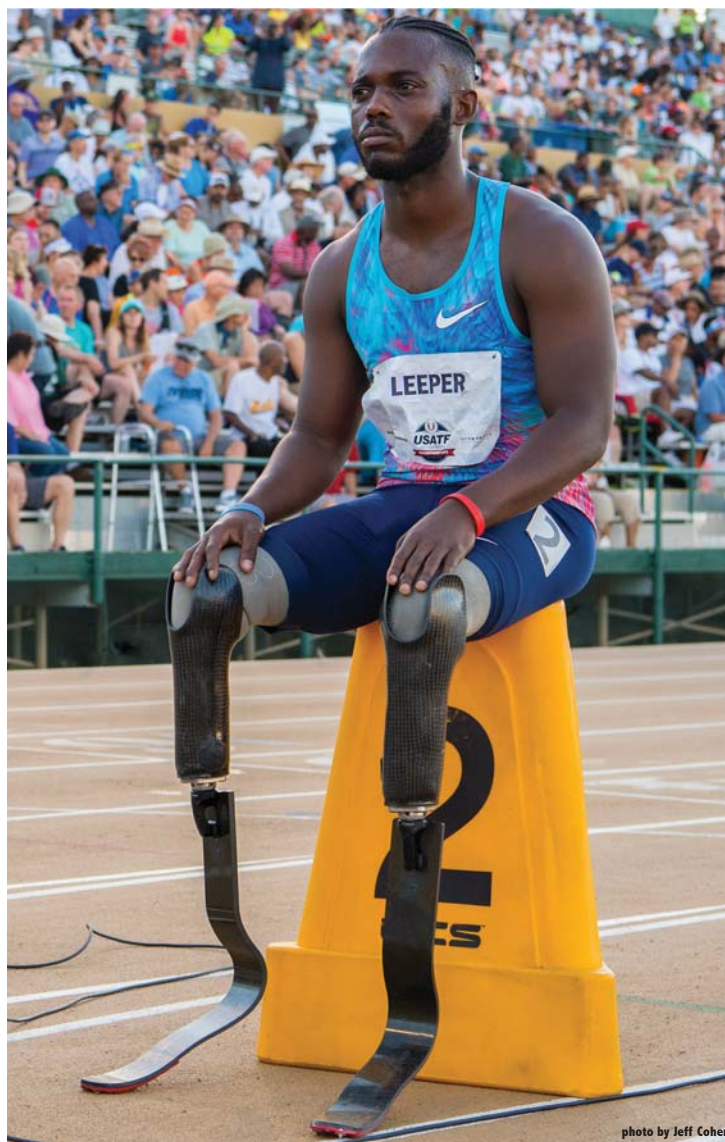


photo by Jeff Cohen

Blake Leeper, eight-time Paralympic Track and Field international medalist

behind previous inspiration Pistorius and took home the bronze in the 200.

Only a few years after getting his running blades, Blake became a celebrated media mainstay. He played alongside superstars Kevin Hart and Chadwick Boseman in the NBA All Star Celebrity Game. His positive personality was welcomed on The Queen Latifah show, the Arsenio Hall show, and the Naomi Campbell fashion show. For the first time in his life, Blake was making big money.

"My life changed and I wasn't prepared for it. I left college to quit partying, and I changed my environment but I didn't change the person inside of me," said Leeper. "I started hanging with the wrong people. Track, TV, interviews, flying everywhere for events. The only way I knew to balance that was to drink."

Relying on talent, Blake was able to pull off the delicate balancing act of partying and still competing and

winning. He broke every American record. He seemed invincible on and off the track.

In 2015, Blake did cocaine and a week later raced in the US Paralympic Nationals, breaking the American record. But he failed the drug test. The punishment was a one year suspension, reduced from two years behind the promise that Blake would get clean. The story broke in the Los Angeles Times.

"I lost my career, I lost my sponsorships, and I lost my legs," said Leeper. "I hit rock bottom."

A purpose was knocked down. But it would get back up.

Determined to come back stronger and faster after serving his suspension, Blake needed to find a new pair of running legs. Aaron Holmes from Wiggle Your Toes connected Blake with Scott Sabolich Prosthetics.

Continued next page



Blake Leeper and his prosthetic team at Scott Sabolich Prosthetics.

Blake walked into the building, back in Oklahoma where his racing career had begun, for the first time wearing two different pairs of legs that he had duct taped together.

"I had to go into my closet of legs I had collected over the years and put them together myself. I walked out with three pairs of legs," said Leeper. "Scott Sabolich Prosthetics, they're the best in the world. Their facilities, their lab, their staff. And for them to want to take a chance on me was truly amazing."

Refocused, Blake was ready to prove that he was the fastest amputee in the world. Along with the new legs, he obtained new coaches, management, a trainer, and a nutritionist in preparation for the 2016 Paralympics in Rio de Janeiro. Running was no longer a hobby or a job, it was his life.

One year after testing positive for cocaine, Blake dropped his 400 meters time from 48 seconds, an American record at the time, to 46.1 seconds. He made the 2016 Paralympics team.

"My parents and my girlfriend Sadie are in Rio. We got a dog and named it Rio. Two weeks before the Paralympics, I got a call. The USA approved my deal, but the international committee did not," Leeper said. "I was devastated, but I knew it was a self-inflicted wound. I took responsibility."

After that life altering phone call, Blake went to his room, took off his legs and didn't leave for three days. His coaches had to bust down Blake's door to get him out. He walked out of that door a new man.

A fun and easygoing soul, Blake

was mad and trained with a chip on his shoulder. The 46.1 he ran qualified him for the 2017 able body national championships, making history as the first amputee to qualify for any national championships.

At trials, Blake ran a blazing 45.5, qualifying for the semifinals. The man with no legs beat 2016 Olympians. The next day, Blake ran a 45.25 and broke Pistorius's amputee world record, a personal goal of his from day one. He finished 12th overall out of top 64 fastest runners in the nation.

A purpose fulfilled.

To make the 2020 Olympic relay team, Blake needs to cut his time down about half a second and place top 6 overall. That's his primary focus on the track these days. But it's getting his life off the track back on the right track that defines the man.

"I love to talk about my failures because those were the most important days of my life. Being suspended actually saved my life," Leeper said. "That's my message. It's one thing being born without legs. I didn't have a choice. But as an adult, I had to lie in the bed I made. My mamma always said that."

Edith Leeper was right. Being in a wheelchair would not be her son's story. His story is one of triumph, tragedy, redemption and most importantly, purpose. And it's a story that he fully embraces and loves.

"I'm living life to the fullest right now, trying to be present in the moment," said Leeper. "But down the road, I'm gonna be like holy smokes, I played basketball with Black Panther!"

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COMMUNITY

Message of Hope Christian Women to meet

Bobby Anderson
Staff Writer

Seventy-six years ago, a group of Oklahoma City Christian women gathered in a home for a few hours of fellowship.

Little did they know that first coffee klatch would spark lifelong friendships for several generations of Christian women in Oklahoma City and change the lives of countless others.

"It's like going to get your batteries charged," said C.J. Judd, who has been a member for four years.

Those meetings are still going on, although the increased numbers have moved the meetings outside of members' homes and into the Quail Creek Country Club.

And the centerpiece has become a bazaar that raises thousands of dollars for needy Oklahoma charities.

This Oct. 17 from 11a.m. to 1:30 p.m. the Christian Women of Oklahoma City will host their annual bazaar. Tickets are \$20 and available only in advance by calling 405-413-0908. All proceeds go to local charities.

Tables for purchase have already been sold out for the past couple of months. Last year's event raised nearly \$3,000.

The monthly luncheons are also a source of funds for the group, which donates to four charities each year. A pass of the hat - along with the annual bazaar - raises anywhere from \$1,000 to \$1,500 for each of those selected charities.

Each month, speakers from all walks of life bring their experiences in front of the Christian ladies on the third Wednesday of every month. Sometimes the message is humorous, other times riddled with tragedy.

But the message is always uplifting

Ronette Wallace, owner/designer at OTW Interiors, started going to the meetings a few years ago. Running a thriving business keeps her from attending every month but she makes as many as she can.

She's never disappointed.

"I think it's a great organization and I have a lot of good friends that attend and they love it," Wallace said. "I think it's not denominational, it's just about women loving Jesus coming together, feeding off of each other, learning about each other and having relationships."

"I believe God calls us to have relationships. We can become so stagnant in saying we can only be in this group or that group and what we really need to be doing is reaching out to everybody."

Wallace and her husband run a ministry of their own - Rise Above Ministries, a non-profit that reaches those in addiction and life controlling issues.

Wallace started OTW Interiors in 2002 and focuses her talents in clients' homes.

She routinely donates her time and talent to the bazaar.

The meetings have always been non-denominational with the focus solely on Christ.

Judd said the group has and always will be open for women looking to pour into and be poured into themselves.

"Most people walk in alone and most people don't do that at an event because they have to have someone with them," Judd said. "You just feel good. You find things going on in the community. It's picked me up

CHRISTIAN

Continued from Page 8

off the ground several times."

Becky Grantham found the event two years ago.

"It was just perfect for me personally," Grantham said. "It's a nice refreshing break towards the end of the month to be able to get around like-minded people, hear the testimonies, the education and getting to meet a lot of really wonderful ladies."

Robin Gunn's mother talked her into coming 10 years ago.

"I went to the first one and I was hooked and now I'm on the board," she said.

The bazaar will allow people to shop for the upcoming holiday season. Baked goods, table decorations and holiday gift ideas will be on display.

All that follows lunch, fellowship and a motivational speaker, all for \$20.

"They come and they leave with just good inspiration," Judd said. "A lot of women get friendships for years. Most of them if they come once they come again. If people just knew



Oklahoma city metro interior designer Ronette Wallace will donate her time and talent at the annual Christian Women of Oklahoma City Bazaar.

about it, it's a great place to self worth."

"It's an unusual place. It's not like a club. It's a wonderful thing. I walk away with more

Come alone and leave with lasting friendships or at least inspiration to get you through life.

I just love the fact it's a non-judgemental, inspirational place that you can come to fellowship without any airs," Gunn said.

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Having a blast

Nurse returns to JDM

by Bobby Anderson, Staff Writer

It's early afternoon in the hot, Oklahoma sunshine and Christa Boren, LPN, pulls back on the slingshot straps and lets a water balloon fly.

The wooden SpongeBob target 20-feet away survives a dousing as the balloon splashes to the ground.

Boren laughs.

It's good to be home.

"It's amazing," she says. "I really miss the center so when they gave me this opportunity I had to jump on it."



Christa Boren, LPN, has a blast every summer working as a camp nurse at J.D. McCarty Center in Norman.

Boren worked at J.D. McCarty Center in Norman for a number of years as a nurse and nurse manager. When family

business moved her away she thought she'd never get to work at the center for children

See JDM Page 11

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JDM

Continued from Page 10

with developmental disabilities again.

She was wrong.

Boren has worked as the evening and night shift nurse at Camp ClapHans for three years now.

Horseback riding, movie nights, talent shows and dance parties are just some of the events offered at camp ClapHans. Several members of the University of Oklahoma football team visited this summer as well as some church groups.

"That allows our kids to interact with other kids who are age-appropriate," Boren said. "Our kids get to really play with those kids and they're not being judged. It also allows those kids from these groups to come out and interact with our kids and learn. Maybe next time they're out and they see a wheelchair they're not going to stare because they are just kids."

Camp ClapHans is a residential summer camp for kids with special needs ages

eight to 18.

The camp is located on the south end of the McCarty Center's 80-acre campus in Norman.

It features two cabins, a multi-purpose building and is built next to an 11-acre lake. The camp features summer camp activities like archery, canoeing, fishing, horseback riding, camp fires, swimming, indoor and outdoor games, arts and crafts and much more.

J.D. McCarty provides a one-to-one camper-to-staff ratio with a nurse on site 24-hours a day.

That's where Boren comes in.

"It was a little overwhelming but really the worst thing about camp is the heat," she said. "The kids are amazing. We have a group of counselors every summer who are college students and they come out and they do this for free five weeks out of the summer and are an amazing group of kids."

When her husband opened a physical therapy clinic in Elk City Boren quit her job at J.D. McCarty and moved with her family.

Boren became a nurse at 20 and had worked in the hospital setting before settling into her role with J.D. McCarty.

"It's absolutely amazing. I loved the fast-paced stuff but at times it does get a little overwhelming. In the acute-care settings in the hospitals you have to deal with all the sad stuff - giving people cancer diagnosis and all that stuff that comes with nursing," Boren said. "Here at camp we don't have that at all. These kids love to be here. It's so laid-back and we get to really enjoy the kids and try to make their time here as enjoyable as possible."

"These kids would normally not get to do this at a regular camp."

When she's not in camp, Boren still makes the drive from Elk City to Norman to take her six-year-old son for therapy at JD McCarty.

Last school year, Boren was a teacher's aide but admits most of her time is spent being the mom to three boys active in sports.

The move to Elk City was a good but so has the opportunity

to bring her child to treatment at J.D. McCarty.

The J. D. McCarty Center was founded in 1946, by a veterans group called the 40 et 8 of Oklahoma. The 40 et 8 was an honor society within the American Legion. When the McCarty Center first opened its doors to patients it only treated one diagnosis - cerebral palsy.

Today, the center has treated more than 100 different diagnoses in the developmental disability category.

Kids come to Norman for treatment from all over the state of Oklahoma.

Children referred to the hospital are evaluated and treated by a team of pediatricians, pediatric specialists, registered nurses and LPNs, direct care specialists, physical, occupational, speech and language therapists, a dietitian, a clinical psychologist and psychology clinicians and social workers who focus on getting a child to their highest level of functionality and independence. "Any kid who comes through the door becomes your kid," Boren said.

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TRAVEL/ ENTERTAINMENT

The Music Man In Concert, Will Charm at CityRep

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

The abundance of theatrical talent in Oklahoma is no secret as it has been exhibited for decades by a number of theaters and venues. The upcoming Concert Version of an all time favorite of Meredith Wilson's *The Music Man In Concert*, hosts a number of professional and amateur performers familiar to Oklahoma audiences.

What makes this production, co-produced with Oklahoma City Community College's Performing Arts Series, September 28 - 30, special, is it's a community wide celebration, where non equity actors and actors associated with other theater groups, as well as long time Oklahoma performers are brought together with young people from across the community. It's not only a celebration of the 60th anniversary of this Broadway classic, but a celebration of Oklahoma talent, many of them are senior citizens.

As an active senior citizen, I am particularly pleased to have passed the double open audition process and will be supporting the cast in the ensemble. In a way this is a "Circle of Life" experience as I first began my theatrical roles in the ensemble of Lyric Theater of Oklahoma in 1972. As so many of this cast can, I'm paying tribute to the solid theatrical foundation given by my Oklahoma City University professors, including; Grant Kilpatrick, Mariana Davenport and Florence Birdwell.

This production features Jonathan Beck Reed and Teri Bibb as the unconventional romantic couple of Professor Harold Hill and Librarian Marian Paroo.

Reed, one of Oklahoma's favorite actors, reprises the role he has played many times, including the 30th Anniversary revival tour all across north America. Having performed the role 504 times, Reed says with tongue in cheek, "I love this show and I love this role, and this time, God willing with the distinguished Harry B.Parker's guidance, I'm hoping to finally

get it right."


This concert version will be directed by Harry Parker, who is returning to his native Oklahoma City for the occasion, with Musical direction by Dr. Sandra Thompson and choreography by Hui Cha Poos.

Bibb, an Oklahoma native and OCU graduate returns to Oklahoma City and the CityRep stage. Bibb is a highly regarded Broadway veteran, having logged more than 1000 performances of the role of Christine in Andrew Lloyd Webber's *Phantom of the Opera*, as well as performing *Amalia* in *She Loves Me* on the great white way. Bibb has also given a command performance at The White House and earned a Helen Hayes Award nomination and a Carbonell Award for her performances.

CityRep describes the show as, "...following traveling salesman Harold Hill as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys' band that he vows to organize — despite the fact he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the town librarian, who transforms him into a respectable citizen by curtain's fall."

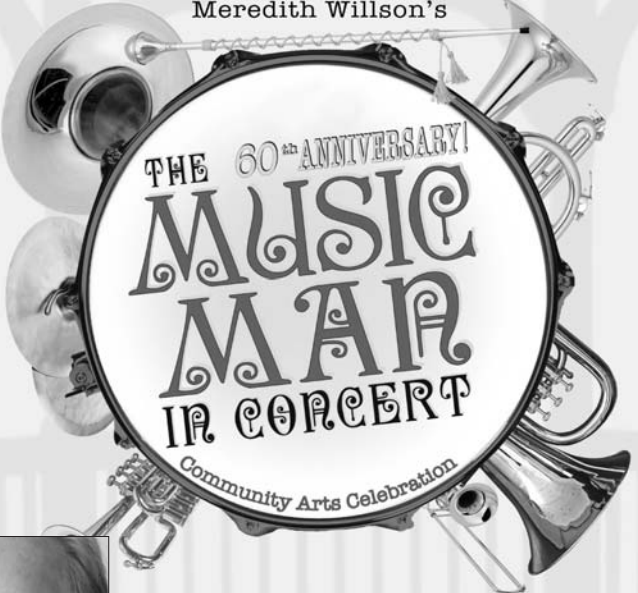
This show marks the start of CityRep's 17th season as Oklahoma's award-winning professional theatre. Don Jordan, Founding Artistic Director explains that, "THE MUSIC MAN IN CONCERT is part of a new trend in leading American regional theatres. The concept is known as PublicWorks. Introduced by the Public Theatre in NYC in the past 5 years, leading theatres across the country, including the Dallas Theater Center, have begun to expand the concept."

Jordan says "The idea is to encourage community-wide involvement in the art form. We have reached out across our community to have extraordinary participation from a wide variety



present

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Community Arts Celebration

September 28 through 30

Visual and Performing Arts Center Theater



Jonathan Beck Reed is featured along with Teri Bibb.

of fellow organizations including Oklahoma City Community College, University of Central Oklahoma, The Ambassadors Show Choir, RACE Dance company, OETA, Painted Sky Opera, The 405 Barbershop Quartet, OU, OCU and others. We anticipate the final company will be more than 100 strong, from across a wide swath of our community! This project embodies the Oklahoma "Good Neighbor" spirit."

Jordan goes on to say that, "THE MUSIC MAN has been one of America's most-beloved musicals for 60 years, and this unique concert version allows us to all celebrate our love for this classic and to embrace its message of community and of the power of the arts to enrich every life! CityRep's mission is to serve Oklahoma's diverse artistic, educational and civic needs by providing dynamic professional theatre. We entertain, enlighten and Inspire! Our vision is to be a vibrant regional theater that is vital to the cultural, educational and economic life of Oklahoma."

It would be a shame not be charmed once again by the fast talking salesman in this family-friendly, 6 time Tony Award winning musical comedy.

The Music Man In Concert will be performed at the, Visual and Performing Arts Center Theater at Oklahoma City Community College, Friday September 28 and 29th at 7:30pm and Sunday September 30 at 1:30pm

For more information and tickets call: **Box Office: 405-848-3761 Direct Cell: 405-505-7828**

Mr. Terry Zinn - Travel Editor
 Past President: International Food Wine and Travel Writers Association
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Shawnee Nurse receives Daisy Award

SSM Health St. Anthony Hospital – Shawnee recently recognized one of its nurses with The DAISY Award for Extraordinary Nurses. The award is part of the DAISY Foundation's program to recognize nurses that go the extra mile for their patients, family and team members.

Tress Hindman, RN, was the recipient of The DAISY Award for her compassionate patient care, but also for her kindness and support of the staff.

In Hindman's nomination, the staff stated, "Tress as 'an angel with hidden wings.'" We are thankful for Tress selflessly taking time out of her busy schedule to be of service to her colleagues in their time of need. She is truly an angel indeed!"

The not-for-profit DAISY Foundation is based in Glen Ellen, CA, and was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a

little known but not uncommon auto-immune disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nurses may be nominated by patients, families, and colleagues, and they are chosen by a committee of nurses at St. Anthony Hospital to receive The DAISY Award. Awards are given throughout the year at presentations given in front of the nurse's colleagues, physicians, patients, and visitors. Each honoree receives a certificate commending her or him for being an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." The honoree is also given a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Africa.



Tress Hindman, RN, was the recipient of The DAISY Award for her compassionate patient care, but also for her kindness and support of the staff.




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Made in Oklahoma: *Dulce de Donke* offers health products through unusual commodity

Donkey milk may be an uncommon drink for most people, but for Walt and Saundra Traywick, it is the answer to their prayers.

In 2014, their 6-year-old daughter became sick with a common case of strep throat, which caused an autoimmune disease that attacked her brain.

The doctors said the only options were hospitalization for immunoglobulin treatments via an IV or antibiotics every day for the next 12 years. Luckily, the family discovered donkey milk, which helped heal their daughter, and surprisingly, turned into a family business, Dulce de Donke.

The Traywicks began with three donkeys and now own 14 American



Mammoth donkeys.

"We use the donkey milk that our daughter and other sick children don't drink to make our line of organic donkey milk soaps and skincare that we sell on our website and through select retailers," Saundra Traywick said.

Using donkey milk for skin care is known

to for its anti-aging abilities and can heal eczema and psoriasis, Traywick said. Dulce de Donke offers organic donkey milk soap, all-natural and aluminum-free deodorant, moisturizer, and a leave-in organic conditioning balm.

Traywick said consuming donkey milk helps kids who can't drink cow or soy milk, and it helps with other ailments like her daughter



Dulce de Donké is a new Made in Oklahoma company specializing in donkey milk and skincare products. The Traywicks' daughters are shown here.

faced. It has also been prescribed to help everything from asthma to cancer, and although it is rarely

used in the U.S., it is very common in other countries, she said.

See DONKE Page 16

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DONKE

Continued from Page 15

"It's packed with anti-inflammatory omega 3s, calcium, phospholipids, probiotics, vitamins A, C, D and E, and ceramides, and it's naturally antibacterial with a high content of lysozymes and lactoferrin," Traywick said.

The Traywicks give sick children their first jar of donkey milk free. The family is continuously looking for ways to teach the public about their operation.

"Unfortunately, our farm isn't open to the public on a daily basis," she said, "but we are planning a Donkey Dairy Day event and hope to offer farm stays at our Oklahoma Donkey Dairy in the future. When kids come to our farm, they never want to leave. Our dream is for our farm stay to be a place to unplug and wake up to the crow of a rooster and a hee haw instead of an alarm clock." Traywick says the goal of Dulce de Donke is to "help as many sick children as possible with donkey milk, to bless others with natural skincare that is an effective, healthy alternative to chemical-laden products, to provide an Oklahoma Donkey Dairy farm stay destination that is a place



for spiritual and physical rest and rejuvenation, and to educate others about the incredible heritage breed of American Mammoth donkeys so they'll fall in love with them too."

Dulce de Donke has been in operation since 2014 and joined the Made in Oklahoma Program this year. To learn more about the Traywicks' donkey farm, find Dulce de Donke on Facebook and Instagram. To find a retailer who carries Dulce de Donke products, visit madeinoklahoma.net/products/dulce-de-donke or order products at www.dulcededonke.com.

Gallons of Ice Cream Enjoyed by Hearing Loss Association members and friends

By Ron Hendricks

Gallons of ice cream -- chocolate, strawberry, black walnut, my favorite -- were consumed by Central Oklahoma Chapter of Hearing Loss Association of America (COCHLAA) members and guests on Saturday at the annual Ice Cream Social. This is the un-official kick off of the chapter's new year. New chapter officers were available, speakers for the fall meetings announced and meeting programs discussed, a history of COCHLAA's first 28 years was read, and the invitation issued to attend the open house to celebrate Hearing Helpers Room's 20th anniversary. The highlight of the event, introduction of the two scholarship recipients and door prize winners of the GN Resound hearing aids and the Home Loop System. Jessica James Huddleston and Lauren Lewis are the 2018 scholarship winners. Sharon Howard & Sylvia Frank are both long time members of COCHLAA won the Door Prizes. Sharon, won a set of GN Resound hearing aids complete with initial and follow up audiologists visits given by Hearts4Hearing. Sylvia will be happy to have a Hearing Loop installed in her home by Assist2Hear. This will make Sylvia the first person in Oklahoma to have a Hearing Loop installed in her home but she joins many well known Loop owners like Civic Center, Nichols Hills City council chamber, St Eugene church and the Rodeo Opera Theatre to name a few. Listen for more to come.

COCHLAA begins the 29th year of service to Oklahomans who have hearing loss with two meetings monthly AND the Hearing Helpers Room. The night group meets every second Monday at 6:30 - 8PM and the day group's meetings are held on the third Thursday, 1- 2:30PM. All meetings are free and open to the public and held at the Lakeside United Methodist Church 2925 NW 66. Hearing Helper's Room is open week days 10-3 at 5100 N Brookline, Suite 100. Visit our website for more information www.OKCHearingLoss.org

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Love's Travel Stops & Country Stores has announced it will team up with United Way of Central Oklahoma and match any new and increased gifts from existing workplace campaigns and individual donors up to \$200,000.

"Love's is proud to partner once again with the United Way to make a positive impact in central Oklahoma," said Jenny Love Meyer, vice president of communications for Love's. "Our employees give generously every year to support United Way organizations making a measurable difference in our community. This year, we are challenging our neighbors to step up with us. Love's will match dollar for dollar any new donation to the United Way made by individuals or local businesses up to \$200,000."

This gift comes at a time when the needs for health and human services continue to rise while resources remain limited. New dollars and the impact in

the community will be doubled, allowing more central Oklahomans to benefit from the programs that United Way helps to fund at our 58 Partner Agencies.

"Love's is a staple in our community because they give back so generously and truly care about people and the challenges they face," said Debby Hampton, United Way of Central Oklahoma president and CEO. "With Love's support, we'll be able to touch more lives and make an even bigger impact in our community, and that's what Love's is known for - caring for those who need a hand-up."

Donations may be made online at unitedwayokc.org or by giving through your workplace campaign.



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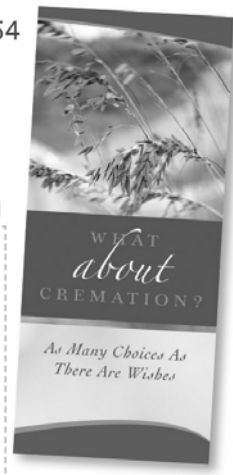
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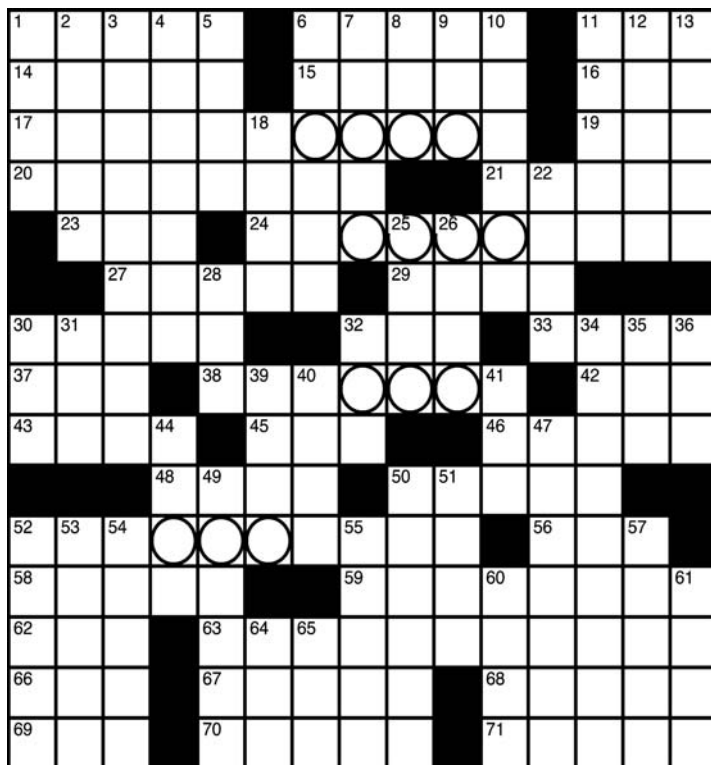
Across

- 1 Divers' destinations
- 6 Japanese cartoon art
- 11 "Shoot!"
- 14 Send to cloud nine
- 15 Sir Arthur __ Doyle
- 16 Traffic court letters
- 17 Spread some gossip
- 19 Chow fixer?
- 20 Emphatic affirmation
- 21 Paperless tax return option
- 23 Original "Veronica Mars" ailer
- 24 Hybrid toaster oven snacks
- 27 Surrealism pioneer Max
- 29 That being the case
- 30 "... Mr. Tambourine Man, __ song for me"
- 32 __ standstill
- 33 Birch or beech
- 37 Buns and flips
- 38 He has a nest at 1231/2 Sesame Street
- 42 Actress Gardner
- 43 Racing legend A.J.
- 45 "Later!"
- 46 Absolute
- 48 Sharif of "Doctor Zhivago"
- 50 Prophets
- 52 Stayed on
- 56 Dutch banking giant

Down

- 58 Homeric epic
- 59 Philips electric toothbrush brand
- 62 "Teen Wolf" network
- 63 Young player on the rebound ... or, in another way, what each set of circles in this puzzle represents
- 66 Iron source
- 67 Go off-script
- 68 Mix
- 69 Baby goat sound
- 70 Like mosquitoes
- 71 In disarray
- 1 Second try
- 2 Philanthropist Yale
- 3 "No sweat"
- 4 1862 Tenn. battle site
- 5 Match makers?
- 6 Nailed the test
- 7 Brand for serious last-minute preparation
- 8 Italian food ending
- 9 Tarnish
- 10 Comes in
- 11 Pain reliever sold in Liqui-Gels
- 12 "Peachy"
- 13 Windy weather fliers
- 18 Arms-akimbo joints
- 22 Arch site

- 25 Oft-baked pasta
- 26 Miles away
- 28 Arrest
- 30 Adobe file format
- 31 Head of a pub?
- 32 Prez on a fiver
- 34 Rodent-eating reptiles
- 35 Day before a big day
- 36 Shucker's unit
- 39 Letter-shaped beam
- 40 Pita sandwich
- 41 Deserving
- 44 Frat party wear
- 47 Barely flow
- 49 Wild
- 50 Hoity-toity
- 51 Flamboyant Dame
- 52 Handmade bleachers sign
- 53 Hyper
- 54 Skin "Creme" in blue tins
- 55 Workout buff's motto opener
- 57 Impish looks
- 60 SALT weapon
- 61 Whirlpool
- 64 Metered praise
- 65 Portland Timbers' org.



Answers on page 29

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OPINION & MORE

S THE SAVVY SENIOR

Dear Old,

Each year, hundreds of thousands of Americans participate in clinical trials in hopes of gaining access to the latest, and possibly greatest, but not yet on the market treatments for all types of illnesses. But, you need to be aware that clinical trials can vary greatly in what they're designed to do, so be careful to choose one that can actually benefit you. Here's what you should know along with some tips for locating one.

Clinical Trials

A clinical trial is the scientific term for a test or research study of a drug, device or medical procedure using people. These trials sponsored by drug companies, doctors, hospitals and the federal government are conducted to learn whether a new treatment is safe and if it works. But, keep in mind that these new treatments are also unproven, so there may be risks too.

Also be aware that all clinical trials

Dear Savvy Senior,

What can you tell me about clinical trials and how to go about finding one?
Old and Ill

have certain eligibility criteria (age, gender, health status, etc.) that you must meet in order to be accepted. And before taking part in a trial, you'll be asked to sign an informed consent agreement. You can also leave a study at any time.

Find a Trial

Every year, there are more than 100,000 clinical trials conducted in the U.S. You can find them by asking your doctor who may be monitoring trials in his or her specialty. Or, you can look for them on your own at ClinicalTrials.gov. This website, sponsored by the National Institutes of Health, contains a comprehensive database of federally and privately supported clinical studies in the U.S. and abroad on a wide range of diseases and conditions, including information about each trial's purpose, who may participate, locations, and phone numbers for more details.

If you want some help finding the right trial, try ResearchMatch.org, a web-based resource created by

How Older People Can Find Clinical Trials

Vanderbilt University that connects willing patients with researchers of clinical trial. Or, use the Center for Information and Study on Clinical Research Participation at CISCRP.org. This is a nonprofit organization that will take your information online or over the phone and do a thorough clinical trials search for you, and mail or email you the results within a week or two. Call 877-633-4376 for assistance.

Those with dementia and their caregivers can also locate clinical trials at the Alzheimer's Association TrialMatch at TrialMatch.alz.org.

Things to Know

Before deciding to participate in a trial, you need to first discuss it with your doctor to make sure it is appropriate for you. Then, schedule an appointment with the study's medical team and ask lots of questions, such as:

- * What's the purpose of the study and can it improve my condition?
- * What are the risks?

* What kinds of tests and treatments does the study involve, and how often and where they are performed?

* Is the experimental treatment in the study being compared with a standard treatment or a placebo?

* Who's paying for the study? Will I have any costs, and if so, will my insurance plan or Medicare cover the rest?

* What if something goes wrong during or after the trial and I need extra medical care? Who pays?

For more information on clinical trials for older adults visit the National Institute on Aging (nia.nih.gov/health/clinical-trials), which has many informative articles including one on Questions to ask before participating in a clinical trial.

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.

September AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Sep 6/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/

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

Sep 8/ Saturday/ Moore/ 9 am - 3:30 pm/ 799-3130/

Schaumburg

Brand Senior Center - 501 E. Main St.

Sep 11/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/

Palinsky

Rose State Conventional Learning Center -
6191 Tinker Diagonal

Sep 14/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/

Edwards

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

Sep 22/ Saturday/ Midwest City/ 9 am - 3:30 pm/
473-9239/ Williams

First Christian Church - 11950 E. Reno Ave.

Sep 24/ Monday/ Shawnee/ 9:30 am - 3:45 pm/ 818-2916/

Brase

Shawnee Senior Center - 401 N. Bell St.

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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OK American Cancer Society Cattle Baron's Ball Celebrates 16 Years of Saving Lives

The Oklahoma American Cancer Society hosts the 16th annual Cattle Baron's Ball at 6 p.m., Saturday, September 15 at the Historic Farmer's Public Market, 311 S Klein Ave. in Oklahoma City.

The evening's festivities include: dinner, drinks, games, dancing to bluegrass and western swing music from Kyle Dillingham & Horseshoe Road, and both a luxury live and silent auction. Single tickets are \$250; table sponsorships are available for an eight-top at \$2,000 and 10-top at \$2,500.

Rachel Stratton, Development Manager of Distinguished Events for the American Cancer Society, says the Society asks central Oklahoma businesses to join other community leaders and executives in sponsoring a table in honor of a cancer warrior who works at or is close to their organization.

"Cancer is the second leading cause of death in our state, with 49 Oklahomans diagnosed every day. Nearly everyone knows someone directly affected by the disease, so let's use this opportunity to lift them up and raise money to help find a cure," said Stratton. "During the event, a special ceremony will be held to recognize all honorees."

The Society funds research for a cure and also serves as a primary support resource for cancer patients. This includes operating a 24-hour hotline (1-800-227-2345), rides to and from

treatment in the Road to Recovery program, as well as free or reduced-cost lodging, and help managing appearance-related side effects of treatment.

This year's Cattle Baron's Ball speaker, Talia Lane, was diagnosed with Hodgkin Lymphoma in 2004. She has been in remission for 14 years. Lane credits the Society with helping her beat cancer and for giving her a platform to empower others battling the disease.

"The American Cancer Society has been the biggest support and volunteer group for me since finishing my treatment. The whole experience has allowed me to help raise money for the Society and bond with other cancer survivors. It is so great knowing that current and future cancer patients will have so much help and support through the Society," said Lane.

To sponsor a table or purchase individual tickets, visit: cattlebaronsballokc.org or email: rachel.stratton@cancer.org. Also, between now and September 14, when you make a \$25 donation to the American Cancer Society online, you will be entered in a drawing to win an OKC Staycation valued at \$500. The winning donor will be drawn at the event, and announced on the Cattle Baron's Ball Twitter and Facebook pages on Monday, September 17.

Joint Venture formed to Improve Access to Care

HPI Holdings LLC, an operator of hospitals, outpatient centers and clinics in Oklahoma City, INTEGRIS, Oklahoma's most advanced health care system, and United Surgical Partners International (USPI), a leading provider of ambulatory services in the United States, have entered into an agreement to form a joint venture designed to offer patients and families more choice and flexibility of care settings.

The joint venture combines HPI's comprehensive service offerings and convenience of care, the INTEGRIS system's unmatched continuum in Oklahoma and the management infrastructure and capabilities of USPI. It also establishes an affiliation of more than 1,300 accomplished physicians, representing a wide variety of specialties with practices across metro Oklahoma City.

HPI Community Hospital locations include the north campus at 9800 Broadway Extension, the south campus at 3100 SW 89th Street and the Northwest Surgical Hospital at 9204 N. May Avenue. The INTEGRIS network includes Baptist Medical Center, Southwest Medical Center and Lakeside Women's Hospital in Oklahoma City, as well as Canadian Valley Hospital in Yukon and INTEGRIS Health Edmond hospital in Edmond, OK.

"It is more important than ever that health care leaders continue to find ways to offer high quality care in affordable settings," says Ed Gray, President and CEO of HPI. "We've been successful developers and service providers in standalone settings, and we're pleased to continue development in that space while also establishing stronger connectivity to INTEGRIS, which offers Oklahoma's most comprehensive level of services from primary care to transplant and everything in between."

"The joint venture helps INTEGRIS continue our progress toward improving consumer access to care, delivering exceptional patient experiences, lowering the overall cost of care, and growing the number of people and families we're able to serve," says Tim Pehrson, President and CEO of INTEGRIS.

Brett Brodnax, President of USPI, states, "USPI is honored to both expand our relationship with INTEGRIS and establish this partnership with HPI. HPI physicians, management and staff have distinguished themselves by serving the surgical needs of the Oklahoma City community with excellence in quality, safety and patient satisfaction."

The transaction is expected to close during the fourth quarter of 2018, subject to customary regulatory approvals and closing conditions. Brown Gibbons Lang & Company initiated the transaction and was the exclusive financial advisor to HPI.

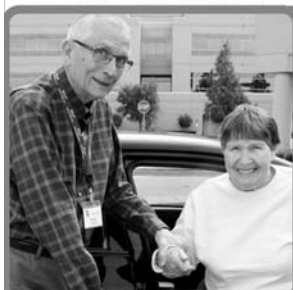
HPI Community Hospital Group is a CMS 5-star rated and Blue Distinction Center + operator of physician-owned hospitals, outpatient centers and clinics in Oklahoma City, Okla. For more information visit hpicllc.org.

INTEGRIS, an Oklahoma-owned not-for-profit health system in the state, is recognized for quality and innovation and offers advanced treatment options and specialties found nowhere else in the region. INTEGRIS is a member of the Mayo Clinic Care Network. For more information, visit intgrisok.com.

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Oklahoma Hospital Association Names Patti Davis as President

The Oklahoma Hospital Association (OHA) board of directors has named Patti Davis president, effective Sept. 5. Davis replaces Craig W. Jones, who will retire Aug. 31 after 21 years leading OHA. Davis is only the fourth executive to lead the organization in its 99-year history.

We are excited about the selection of Patti to lead the OHA as we enter our 100th year of the association," said David Whitaker, FACHE, OHA board chairman, chief administrative officer, Mercy-West Community. "Her experience in both small, rural hospitals and large, urban medical centers, as well as her past experience on the OHA staff will be a tremendous asset as we continue our important work strengthening hospitals across the state."

Jimmy Leopard, FACHE, chair of the search committee and CEO, Wagoner Community Hospital, said "After an extensive nationwide search, Patti emerged as the best possible candidate to lead the organization. As both an OHA member and as OHA staff, Patti has been instrumental in a number of key OHA advocacy initiatives and we look forward to working with her as hospitals in Oklahoma face many challenges."

"I am humbled to be selected for this position and I'm ready to get to work taking on the important role of leading the association into our next 100 years," Davis said. "Every day, Oklahomans depend on our members' services, and we must work to ensure the highest quality care is available to those who need it."



Patti Davis, President of the Oklahoma Hospital Association.

Davis comes to OHA from president at the Oklahoma OU Medicine, where she has served as senior vice president of external affairs, and prior to that, senior vice president of strategy and business development since 2013. She was executive vice

president at the Oklahoma Hospital Association from 2001 to 2013, where she coordinated operations and special projects and led advocacy efforts on

See DAVIS Page 24

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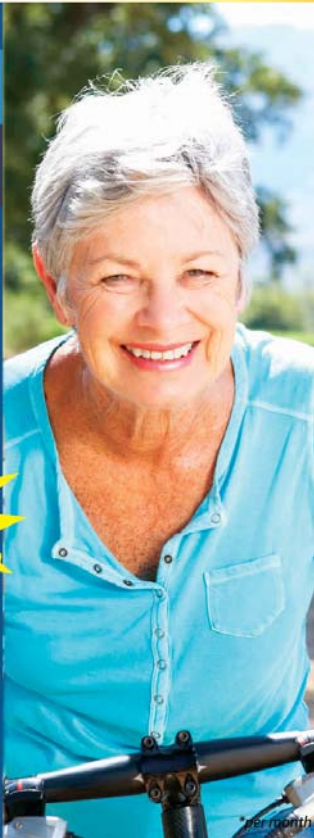
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DAVIS

Continued from Page 23

state and federal issues. She was OHA vice president, government relations from 1996 to 2001.

Before joining the OHA staff in 1996, Davis was CEO of Carnegie Tri-County Municipal Hospital. A graduate of the University of Oklahoma, Davis will complete her Master of Legal Studies in Healthcare Law degree at OU this fall.

While in Carnegie, Davis

served as chairman of the OHA board of directors and received the association's highest award, the W. Cleveland Rodgers Distinguished Service Award. She has also served on the Rural Health Association of Oklahoma board, the Medical Advisory Committee of the Oklahoma Health Care Authority, and the Trauma Advisory Council for the Oklahoma State Department of Health.

Davis is a resident of Norman, Okla.

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SO THEY SAY...

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BBT A cockroach can live several weeks with its head cut off - it dies from starvation!

BBT Every time you lick a stamp, you're consuming 1/10 of a calorie!

BBT The average person has over 1,460 dreams a year!

BBT It's against the law to pawn your dentures in Las Vegas!

BBT One in every 4 Americans has appeared on television!

BBT Ancient Egyptians slept on pillows made of stone!



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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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Cathy Dutcher

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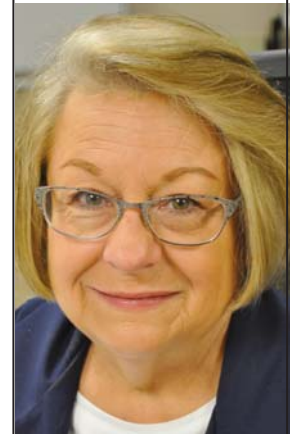
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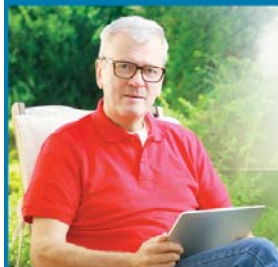
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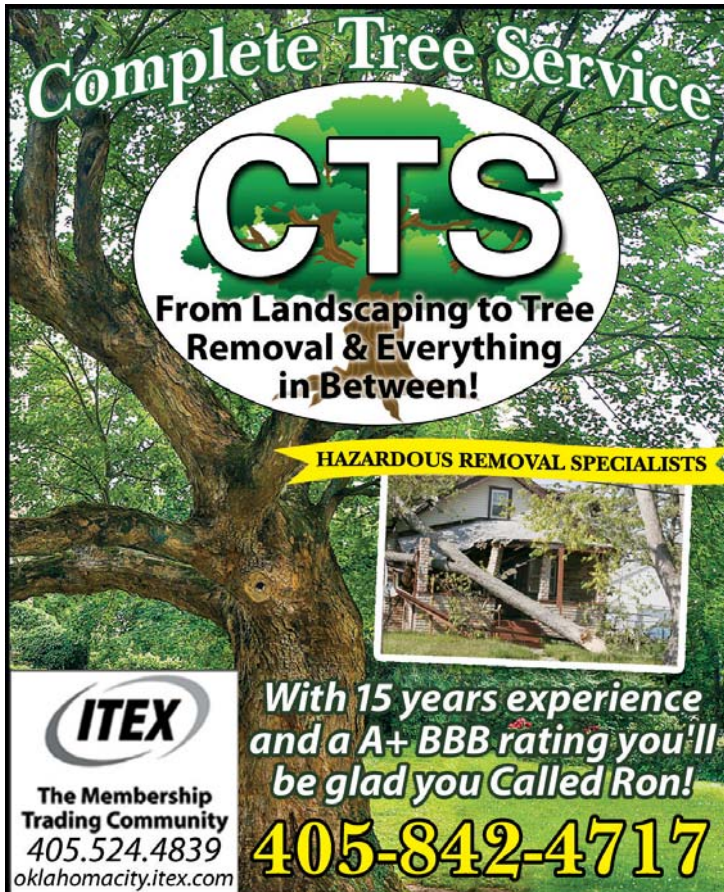
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This year during National Assisted Living Week, the Oklahoma Assisted Living Association and Oklahoman's for Quality Senior Care are coordinating a statewide bingo night for all of our members!

CAPTURE THE MOMENT
TUESDAY, SEPTEMBER 11
6:30 PM - 7:30 PM



for our Members!



OKALA Assisted Living's will be playing BINGO and our Industry Partners (businesses we partner with to help us provide the best care possible for our residents) will be assisting with the games. Melissa Holland, OKALA's Executive Director wanted to do something statewide that all members could come together and show the benefits and rewards of living in assisted livings. Her daughter Meleah, who has been volunteering in assisted livings since the age of 5, came up with the idea of Bingo Night and the plan evolved. *"As the word is spreading amongst our members, I can just feel the excitement! The theme is "Capture the Moment" so we will have several OKALA Board Members and staff disbursed throughout the state and they will be going Facebook Live that evening. Plus our Industry Partners will be taking pictures and/or videos and sending them to OKALA staff to post on our Facebook page so that we can "Capture the Moment"."*

For more information about membership or joining in the Fun, call OKALA today 405-235-5000.

THE THINKERS

As a baby boomer, enough of the 1960s rubbed off on me to make me willing to question everything. I still believe there are absolutes, however, no matter how politically incorrect that may be,

The cataclysm of the Sixties started long before. You could say it began with early man. A survey of what our great philosophers had to say about humanity points to a downward spiral:

During the Iron Age, Israel's King David asked, "What is man, that [God] is mindful of him?" (Psalm 8:4, NIV), but in Ancient Greece, Plato defined man as "a being in search of meaning." He didn't turn to God exclusively or even primarily in the search for his identity.

During the Renaissance, Descartes described humanity's increasing dependence on their own reasoning. "I think; therefore I am." No wonder in the last century that Friedrich Nietzsche said, "God is dead. God remains dead. And we have killed him."

In the wake of the sweeping changes that changed how our nation thought, God raised up warriors to "demolish arguments and every pretension that sets itself up against the knowledge of God." (2 Corinthians 10:5 NIV) As Francis Schaeffer said, "He Is There, and He Is Not Silent." I read his books, as well as others by C.S. Lewis, Philip Yancey, and Josh McDowell. What I learned only magnified my commitment to what I already believed by faith.

A generation later, my son struggled at a much deeper level. He wanted to believe in God, but he didn't know that he could. He read the Bible from Genesis to Revelation, and sought answers to his questions. Now he is an apologist himself, eager to share not only what he believes but why.

I'm proud and grateful for my son's calling. But it's not mine. My

See DARLENE Page 29



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

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8:30 am - 5:00 pm**

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NON MEMBERS
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TOPICS

- Alzheimer's/Dementia Training
- Caregiver Dementia Training (OSDH)
- OKALA Update
- Long Term Care Service Update. (OSDH)
- Leadership Training

NAB CEU'S • This educational offering will be submitted for review by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) for approval of 6.0 clock hours & 6.0 participant hours.

DON'T MISS OUT ON THESE UPCOMING NAB CEU TRAINING EVENTS!

DATE	TIME	EVENT	LOCATION	# OF CEU'S
Sept. 7th	11:30 - 1:00 pm	Lunch-n-Learn	OKALA Office/Gemini Bldg	1 Hour
Sept. 21st	11:30 - 1:00 pm	Lunch-n-Learn	OKALA Office/Gemini Bldg	1 Hour
Oct. 2nd	8:00 - 5:00 pm	AL CEU Seminar	Moore-Norman Vo-Tech	6 Hours
Oct. 19th	11:30 - 1:00 pm	Lunch-n-Learn	OKALA Office/Gemini Bldg	1 Hour
Nov. 16th	11:30 - 1:00 pm	Lunch-n-Learn	OKALA Office/Gemini Bldg	1 Hour
Nov. 30th	9:00 - 5:00 pm	Boot Camp	OKALA Office/Gemini Bldg	5.25 Hours
Dec. 20th	11:30 - 1:00 pm	Lunch-n-Learn	OKALA Office/Gemini Bldg	1 Hour

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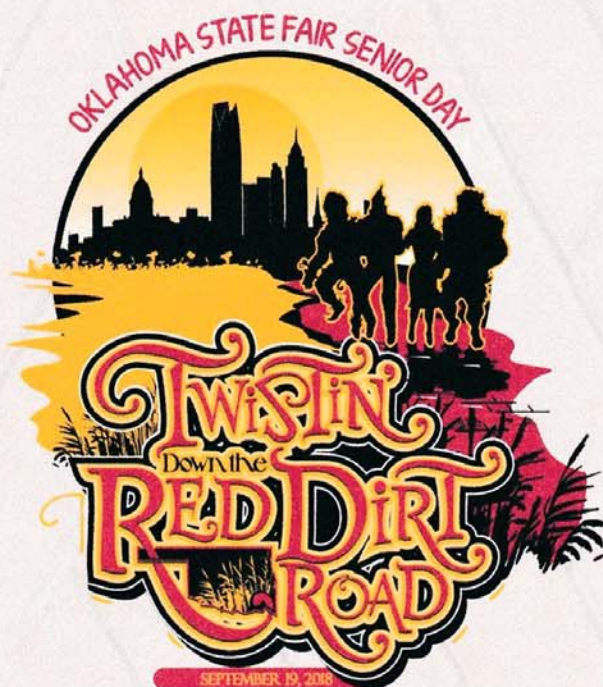
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42ND ANNUAL SENIOR DAY

**Wednesday
September 19**

Free admission for Seniors 55+ (proof of age required)



SCHEDULE OF ACTIVITIES

EXHIBITORS, PHOTO BOOTH & FREE HEALTH SCREENINGS.....	8 a.m. - 5 p.m.
DOOR PRIZES.....	Session 1: 8 a.m. - Noon Session 2: Noon - 4 p.m.
NOT JUST COUNTRY LINE DANCERS	8:10 & 10:50 a.m.
ENCHANTED MYSTERY GAME	8:30 a.m.
BETTER BALANCE WITH CARRIE ELMORE.....	8:45 a.m. & 2:10 p.m.
RED DIRT SCULPTING	9:10 a.m.
THE OKIE STOMPERS	9:25 a.m. & Noon
KING AND QUEEN OF EMERALD CITY	10 a.m.
OKLAHOMA STATE FIDDLERS	10 a.m.
Bandshell Stage	
OUT & ABOUT: FOLLOW THE RED DIRT ROAD	10 a.m. - 2 p.m.
THE GREAT OZ SING OFF	11:05 a.m.
THE WIZARDY OF RAFAEL & KATIA.....	11:35 a.m.
ANTIQUE TRACTOR PARADE, Along Tram Route	Noon
TWISTER ALLEY GAME SHOW	12:30 p.m.
TWISTER DANCE OFF	2:25 p.m.
PUPPIES OF PENZANCE	2:55 p.m.
THE VOCAL SOUNDS OF OKLAHOMA, Men's A Cappella Chorus..	3:25 p.m.
DOROTHY'S LINE DANCE CLASS.....	4 p.m.
ELVIS EXTRAVAGANZA.....	7:30 p.m.
Chickasaw Country Entertainment Stage	

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MOST ACTIVITIES TAKE PLACE IN THE MODERN LIVING BUILDING

**Enter at gates 1, 2, 6, or 10 and catch one of the free trams which begin running at 8:00 am
The trams will pass near Gate 3 to drop you off so you can stroll to Senior Day!**

Broom Hilda

By Russell Myers



Animal Crackers

By Fred Wagner



Gasoline Alley

By Jim Scancarelli



JUMBLE

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

CUJIE

ENVTE

CLORSL

LIFTEL

Ans. here:

AUGUST ANSWERS

Jumbles: PARCH ADMIT TRUANT PEWTER
Answer: The Army base had a softball team and the general was the — TEAM CAPTAIN

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

Ans. here:

(Answers next month)

DARLENE

Continued from Page 27

intellect agrees God is sovereign, but my old way of life tugs me in the wrong directions. The apostle John describes my struggle well: in addition pride in my achievements and possessions, I'm also drawn to a craving for physical pleasure as well as for everything I see (I John 2:16 NLT).

Some of those distractions are outside of my control. In the nursing home where I live, we have several residents with dementia. People suffering from the disease may grow belligerent and offensive.

Not everyone is surrounded by dementia patients, but most of us hear offensive language fairly often—at work, at school, sometimes at home and on the media. The best way I know to combat such repulsive things is to fill my mind with good thoughts, whatever is true, honorable, right, pure, lovely, admirable, excellent, and praiseworthy (Philippians 4:8, NLT).

No, I don't have complete control, not even in my room, since I share it. But where I can make a choice, I seek to proactively fill my mind with good things.

I've memorized hundreds of Bible verses. I continue to dive into scripture and to write devotions and poetry based on my studies, stockpiling memories for future

reference. As hymnist Kate Wilkinson wrote, "May the Word of God dwell richly in my heart from hour to hour."

I also train myself to have the mind of Christ, to look out for the interests of others before my own (Philippians 2:3-5). When I do, my spirit grows calmer, and I am able to communicate with someone who otherwise annoys me.

If I review the day's problems at night, wakefulness plagues me. I sleep better when I review memory verses, pray, or sing hymns. Occasionally I create a poem. It doesn't matter if I remember the lines when I wake up. The process helped me rest.

I also find it helpful to speak frequently of God's wonderful deeds on my behalf. The more I do, the more His blessings come to mind. Encouragement, not complaints, should come from my mouth.

Bottom line? When I set my mind on things of the spirit, I will prove that God is true, even when every man seems to be a liar. He corrects my hearing and my vision.

Battle of the Mind

Jesus, hosanna, save now
My thoughts may wander
Let me in Your mind abide
You make me stronger.
May I never brood on strife
Rehearsing details
Better to hold Your word tight

Minute Story -- Night Light

By Rix Quinn

The most important light in our house is the smallest one. Like many families, we keep a tiny nightlight in a dark hallway.

That bulb's kept me safe for years. When our child was little, it illuminated a path to her room, so we wouldn't stumble if she called us. Later, it kept us from tripping over our large and frequently sleeping dog.

Not long ago, before guests came over, I pulled the light out so I could plug in a vacuum cleaner. Then, I forgot where I put it.

Bad idea! We couldn't find the nightlight for several days, and I stumbled around in the dark. The nightlight's simple mission is clear. It brightens one specific area that needs it most.

My goal is to be more like my little

nightlight. I don't offer much illumination, but at least I can help a little bit.

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Brightmusic Society Announces its 2018-19 Concert Season

The Brightmusic Society of Oklahoma announces the 2018-19 concert season of the Brightmusic Chamber Ensemble, its 16th as Oklahoma City's premier chamber music ensemble. Five regular-season concerts and a four-concert Summer Chamber Music Festival will be presented in Oklahoma City's beautiful and historic St. Paul's Cathedral, recognized for its acoustic richness.

Concert 1 Sept. 25 7:30 pm "Voila: Viola" will feature works spanning three centuries and featuring Miles Hoffman on viola in a trio by Lowell Liebermann, short pieces for clarinet, viola and piano by Max Bruch and Mozart's String Quintet in G minor for two violins, two violas and cello. Six Brightmusic Ensemble members will join Mr. Hoffman in the season premier.

Concert 2 October 30 7:30 pm "Beethoven's Vienna" celebrates the music that took the Austrian capitol by storm in the late 18th and early 19th centuries. This concert features a work from each of Beethoven's three

compositional periods, illustrating the evolution of one of history's most influential composers. In performance with the Brightmusic Chamber Ensemble will be renowned violinist Aaron Berofsky in the early-period "Spring" Sonata, the middle-period "Ghost" trio and a set of late variations.

Concert 3 Jan. 15 7:30 pm "Russian Romantics" presents a pair of works by Russian late romantics Sergei Rachmaninoff, considered by many to be the greatest pianist of the 20th century, and Sergei Taneyev, Rachmaninoff's teacher of counterpoint at the Moscow Conservatory. Seven ensemble musicians will present Rachmaninoff's sonata for cello and piano and a lush and lively piano quintet by Taneyev.

Concert 4 March 19 7:30 pm Get your reed fix here! "Reeds A-Plenty" presents an evening of six works for winds and piano. Six musicians will perform a wide-ranging mix of compositions from the late 18th- through mid-20th centuries by a diverse group of mostly-French

composers, along with a Czech and a Russian.

Concert 5 April 16 7:30 pm "Mozart: From Salzburg to Vienna" wraps up the regular season with the works of the prodigy from Salzburg, including perhaps his best-known and best-loved work, "Eine kleine Nachtmusik" ("A Little Night Music"). Join us for this enchanting all-Mozart evening. And it isn't over yet: Watch for our Eighth Summer Chamber Music Festival coming in June.

Season Memberships. Season passes for all five Regular-Season concerts AND all the concerts of the Summer Chamber Music Festival are available for \$100/person, a remarkable bargain for NINE concerts by some of the most distinguished musicians in Oklahoma and beyond.

That comes out to only \$11.11 per concert!

Avoid the line! Purchase your Season Membership on our website, Brightmusic.org, and your season pass card will be mailed to you by early September. Or get yours at the door at the first concert. And please consider making an "over and above" tax-deductible contribution to help keep ticket prices affordable for all and continue our policy of free admission for students and children, since they are the future of chamber music. See the side bar and click on the link on our "Home" page.

Single Concert Admission: Tickets available at the door, \$20 each. Children are free, as are students and active-duty military personnel, with ID.

SYNERGY HomeCare of Edmond Raises Money For Alzheimer's Association *Local Companies Creates Event, The Alzheimer's Hoedown, to Fight Deadly Disease*

For the third year in a row, SYNERGY HomeCare of Edmond, is proud to sponsor an event for the Alzheimer's Association. The Fountains at Canterbury, located at 1404 NW

122nd Street OKC, OK 73114, will be hosting the Alzheimer's Hoedown Event on September 13 from 5:00-7:30pm. We ask the community to join us for an uplifting event featuring local musicians, silent auction, games, food, and more! A minimum donation of \$10 per person is requested to join in on that fun. This will include a meal, and all proceeds go to the Alzheimer's Association!

According to the Alzheimer's Association:

- Someone develops Alzheimer's every 66 seconds in the United States.
- Alzheimer's disease is the nation's sixth-leading cause of death
- More than 5 million Americans are living with the disease.
- There are more than 15.9 million caregivers of people with Alzheimer's and other dementias in the United States.

"Through the tireless work of our caregivers, we are aware of the dramatic impact Alzheimer's has on individuals and their families," says Peter Tourian, founder and CEO of SYNERGY HomeCare. "We are walking to show our commitment to finding a cure for this disease which according to the Alzheimer's

Association is one of the leading causes of death in the United States that does not have a cure, a prevention or a treatment."

To learn more about SYNERGY HomeCare of Oklahoma, please contact Abbey Trammell at 405-254-3046 or abbeytrammell@synergyhomecare.com.

SYNERGY HomeCare is a non-medical home care company dedicated to providing exceptional and affordable service to anyone of any age. SYNERGY HomeCare caregivers are available 365 days a year, 24 hours a day, to those in need - including seniors, expectant moms, those suffering from sports injuries and debilitating illnesses, and more. We proudly serve the Greater Oklahoma City metro area, including: Oklahoma City, Edmond, Moore, Norman and the surrounding areas. The company exists to provide genuine services, and it's why we treat our clients and caregivers with dignity and respect. For additional information, please visit <http://www.synergyhomecareedmond.com>.



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Championship Show: Honoring the Horse, Celebrating Successes



The Western Dressage Association® of America is hosting its sixth annual Western Dressage World Championship Show Sept. 27-30 at the Lazy E Arena in Guthrie, Okla. Entries are open through Sept. 5, and no qualifying is necessary. Admission is free for spectators.

Competitors from across the United States and internationally will vie for 77 world championships, more than 30 breed high-score awards and 20 divisional championship belt buckles. Other competitions include musical freestyle jackpot classes.

New in 2018 is the addition of therapeutic riding exhibition classes, where the benefits of western dressage – and the partnership it can create with a horse – will be on full display.

"Western dressage honors the partnership between horses and riders, and that was certainly on display at our 2017 World Show," said WDAA World Show Committee Chairwoman Ellen DiBella. "I was especially thrilled to see the riders in our Physically Challenged division."

In 2017, three-time world champion Shawn Makepeace, who is legally blind, earned that divisional championship on her American Quarter Horse mare, Mosly A Rose. Volunteers held bright LED lights at each letter around the dressage arena, making it possible for Makepeace, of Belleville, Ill., to discern the location of the letters as she rode her western dressage tests.

This inclusive sport is welcoming to all types of horses and both beginner and expert riders alike. Older horses have also found success in this discipline – many of them on their second or third career.

"It's so exciting to see horses in their mid-20s competing successfully," DiBella said.

A great example was the American Quarter Horse Spindoll, who in 2017 at age 25 helped her rider, Rose Ruotsalainen of Cheney, Wash., earn three junior world championships, two reserve world championships and the overall junior divisional championship at the introductory level.

Support from generous sponsors is what makes this championship show work. Sponsorships are still available for classes, welcome parties and other awards, and inquiries are welcomed.

WDAA's mission is to build an equine community that combines the traditions of the American West with classical dressage. We honor the horse, and we value the partnership between horse and rider.

WDAA is a 501(c)3 educational not-for-profit organization, focusing on educating riders and promoting the ethics and values inherent in western dressage. The United States Equestrian Federation has recognized WDAA as the sole affiliate representing the discipline of western dressage.

To learn more, or for entry or sponsorship information, go online to www.wdaaworldshow.org.

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