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Homecoming

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Capitol Hill alumni gather each week to bond and honor former choir director Albert "Ozzie" Ossenkop.

story and photos by Bobby Anderson, Staff Writer

On Sundays strangers gather at New Heights Baptist Church on the city's south side and sing their praises to the Lord.

But each Monday night, Capitol Hill alumni get together at New Heights to sing in praise of Albert "Ozzie" Ossenkop.

Randy Parsons directs Ozzie's Capitol Hill Alumni Choir, a group composed solely of individuals taught by the local choral legend.

Members are either Ossenkop's former students, their spouses or those he taught in church choirs.

Membership is by audition only and encompasses Capitol Hill students from 1963 to 1972.

"But we all auditioned 50 or 60 years ago," Parsons laughed. "Ozzie was a great

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Women's Veterans Monument Sets the Standard for Honoring America's Best



The five women service members of the Army, Marines, Navy, Air Force and Coast Guard represent strength and unity in bronze around a flagpole with a large American flag.

Story and photos by Darl Devault, Feature Writer

With the privilege and opportunity approaching of honoring all military service on upcoming Veterans Day more than 300,000 women have volunteered to serve our country in Iraq and Afghanistan.

The little known Del City monument created as America's only inclusive bronze monument honoring women veterans patriotically illustrates this pride.

Dedicated in 2014, this Women's Veterans Monument honoring the two million women who have served and are serving in the armed forces is our nation's first inclusive-of-all-services tribute.

Sculpted by Luther, Okla. artist Joel Randell, the monument honors women who today make up 16 percent of the enlisted forces, and 18 percent of the officer corp.

In the years since its unveiling, this first-of-its-kind public art has engaged the art community. Oklahoma's

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CHOIR

Continued from Page 1

showman, a great choral director and taught us not only the love of music but he loved all of us.

"He made us feel special."

The choir started after a couple of large reunions honoring their former director. Hundreds of students came out of the woodwork for those.

Ossenkop taught for 34 years and passed in 2011 at the age of 89.

During the later years, the group gathered each Christmas to serenade him at Legend at Rivendell.

"Many of the choir stayed in touch and would come to visit and still consider him like a father," Parsons said. "As he aged our love for him probably increased because we could care for him a little bit like he cared for us."

But when Ossenkop passed there was a void.

A couple of alumni got the idea of gathering members to sing for the lighting of the Stockyards Christmas tree.

"That's what got us started and now we are the official choir of Stockyards City and we sing every year at the lighting," he said. "We figured if we were going to do this let's do this with the songs Ozzie taught us."

The choir doesn't just sing, it performs Ossenkop's original arrangements he taught back in high school.

This will be the fourth season for Ozzie's Capitol Hill Alumni Choir, which performs around 14 shows yearly.

In late August, the group performed at the Capitol Hill Alumni Association Annual Banquet.

One of Ossenkop's students made it all the way. Tenor Chris Merritt has performed all over the world from Carnegie Hall to London's Royal Opera House.

Ossenkop took his choirs all over as well. Disneyland, Montreal, San Antonio - Ossenkop's choirs toured performing his annual Musical Extravaganza, a collection of show tunes he arranged.

Member Cheryl Tolsen was part of Ossenkop's last choir. Coincidentally, her mother was in Ossenkop's first choir.

"The alto doesn't fall far from the tree," Parsons joked.

On Monday nights you'll find Kathy Perkins, Class of 1968, accompanying the choir on piano the same way she did in high school.

Following Labor Day, Parsons said the group will look to add more members. Anyone who was taught by Ossenkop is welcome to join this month to begin work on the group's Christmas performances.

Carol Netherton (Class of 68) serves as the group's secretary and treasurer.

"He was just full of vitality and vivaciousness," she remembered. "I don't know anybody who didn't like him. He was like a father to so many."

Alana Stephens (Class of 69) described her mentor as "a big old teddy bear." Seeing Ossenkop each morning at 7:25 a.m. was always a treat.

"He really was interested in all of us kids," Stephens said. "He wasn't just a teacher."

Ossenkop's expectations were straightforward: no smoking, no drinking, be an A+ person.

Even decades later, when Ossenkop would see one of his students he could tell them what



voice part they sang and even remembered details about their families. "One teacher's influence has been multiplied over all these years and is still being multiplied," Parsons said. "Nobody pays these people to come. They have to put up with me but they come week after week, year after year. We enjoy each other but our main motivation is we want to honor the

guy that started it all."

Ossenkop left an indelible mark on every member of the choir.

Juanita Gasaway (Class of 1968) still has two pictures of Ossenkop on her cell phone. The first is of him holding her first son in 1970. The second was Ossenkop holding her son's son in 2010.

"He had a heart of gold," Gasaway said.

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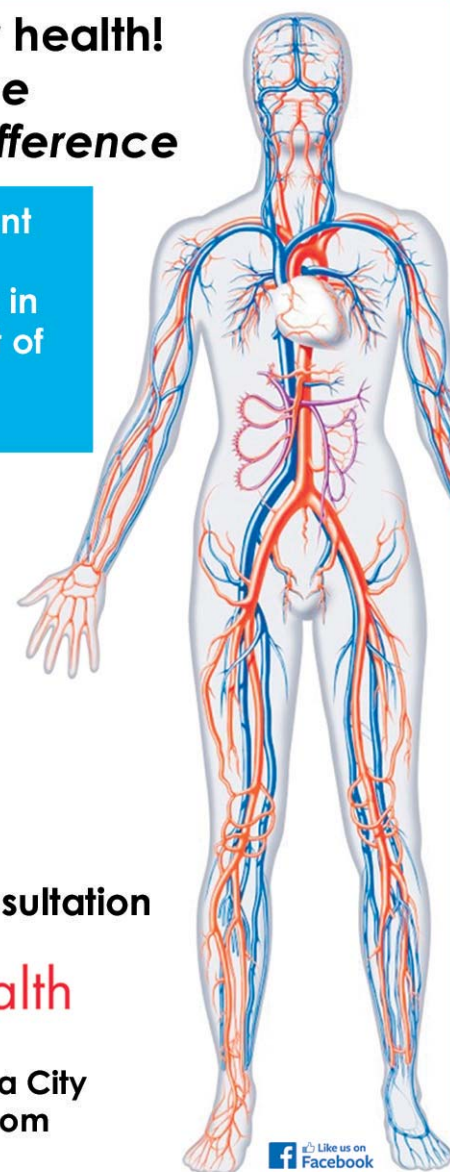
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OPINION

S THE SAVVY SENIOR

Dear Frugal,

Cremation costs can vary widely. Depending on your location, the provider and the services you request, cremation can range anywhere from \$500 to \$7,500 or more. But that's a lot cheaper than a full-service funeral and cemetery burial that averages nearly \$11,000 today. Here are some tips to help you get a good deal.

Shop Around

Because prices can vary sharply by provider, the best way to get a good price on a simple "no frills" cremation is to call several funeral homes in your area (most funeral homes provide cremation services) and compare prices.

When you call, ask them specifically how much they charge for a "direct cremation," which is the basic option and the least expensive. With direct

Dear Savvy Senior,

How much does cremation cost and how can I find a good deal in my area? I would like to get a simple, basic cremation that doesn't cost me, or my family, a lot of money.

Frugal Senior

cremation, there's no embalming, formal viewing or funeral. It only includes the essentials: picking up the body, completing the required paperwork, the cremation itself and providing ashes to the family.

If your family wants to have a memorial service, they can have it at home or your place of worship after the cremation, in the presence of your remains.

If you want additional services beyond what a direct cremation offers, ask the funeral home for an itemized price list that covers the other service costs, so you know exactly what you're getting. All providers are required by law to provide this.

To locate nearby funeral homes, look in your local yellow pages, or Google "cremation" or "funeral" followed by your city and state. You can also get good information online at Parting.com, which lets you compare prices from funeral providers in your

Cremation: An Affordable Way to Go

area based on what you want.

Or, if you need more help contact your nearby funeral consumer alliance program (see Funerals.org/local-fca or call 802-865-8300 for contact information). These are volunteer groups located in most regions around the country that offer a wide range of information and prices on local funeral and cremation providers.

Pricey Urns

The urn is an item you need to be aware of that can drive up cremation costs. Funeral home urns usually cost around \$100 to \$300, but you aren't required to get one.

Most funeral homes initially place ashes in a plastic bag that is inserted into a thick cardboard box. The box is all you need if you intend to have your ashes scattered. But if you want something to display, you can probably find a nice urn or comparable container online. Walmart.com and Amazon.com for example, sells urns for under \$50.

Or, you may want to use an old cookie jar or container you have around the house instead of a traditional urn.

Free Cremation

Another option you may want to consider that provides free cremation is to donate your body to a university medical facility. After using your body for research, they will cremate your remains for free (some programs may charge a small fee to transport your body to their facility), and either bury or scatter your ashes in a local cemetery or return them to your family, usually within a year or two.

To find a medical school near you that accepts body donations, the University of Florida maintains a directory at Anatbd.acb.med.ufl.edu/usprograms.

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.

OGE Energy Corp. to "energize" United Way of Central Oklahoma's annual campaign

OGE Energy Corp. will join forces with United Way of Central Oklahoma during its annual fundraising campaign to double new, first-time company contributions.

"United Way agencies provide such valuable services to our communities, and we're only as strong as the communities we serve," said Sean Trauschke, chairman, President and CEO of OGE Energy Corp. "We identified this as a way to help support and grow the missions of these agencies where we live and work."

This opportunity comes at a critical time as United Way of Central Oklahoma begins fundraising efforts for 57 local nonprofits, serving hundreds of thousands of clients each year who need us more than ever. The gift will help Partner Agencies serve more central Oklahomans by providing life-saving services to those in need.

"OGE Energy Corp. is known for giving back in big ways, and we are truly grateful that they thought

of United Way - that says a lot about the caring nature of their organization," said Debby Hampton, United Way of Central Oklahoma president and CEO. "It takes all of us to make this a more compassionate community, and OGE's support is one of the big puzzle pieces that makes that possible throughout central Oklahoma."

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

About United Way of Central Oklahoma

United Way of Central Oklahoma researches human needs within the communities of central Oklahoma and directs resources to accountable health and human services agencies to meet those needs by improving the health, safety, education and economic well-being of its most vulnerable citizens. For more information about United Way of Central Oklahoma, please visit unitedwayokc.org or call (405) 236-8441.

OCT/NOV AARP Drivers Safety

Date/ Day/ Location/ Time/ Registration # Instructor

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

Oct 8/ Tuesday/ Yukon/ 8:30 am - 3:30 pm/ 350-7680/ Kruck
Dale Robertson Center - 1200 Lakeshore Dr.

Oct 11/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards
S.W. Medical Center - 4200 S. Douglas Ave, Suite B-10

Oct 12/ Saturday/ Chandler/ 9 am - 3:30 pm/ 818-2916/ Brase
First United Methodist Church - 122 W. 10th, Basement

Oct 22/ Tuesday/ Okla. City/ 8:30 am- 3:30 pm/ 773-6910/ Kruck
Healthy Living Center - 11501 N. Rockwell Ave.

Nov 7/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi
Integris 3rd Age Center - 5100 N. Brookline Ave., Suite 100

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

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

Nov 12/ Tues./ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky
Rose State Conventional Learning Center - 6191 Tinker Diagonal

Nov 13/ Wednesday/ Warr Acres/ 8:30 am - 3 pm/ 789-9892/ Kruck
Warr Acres Community Center - 4301 N. Ann Arbor Ave.

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

HEALTH Special to SNL

Exercises to Help Prevent Bedsores

by Susan Price - www.NursingHomeAbuseCenter.org

Individuals who have limited mobility or who are confined to a bed or wheelchair are at a high risk of developing bedsores. What starts as inflammation can quickly turn into a painful wound that is difficult to treat. What's more, once bedsores are established, the patient is at risk for infection, sepsis, gangrene, and amputation. These complications can be fatal.

Bedsores most commonly develop on bony prominences, or parts of the body that come into the most contact with a bed, chair, or other surface. Common places bedsores develop include the heels, elbows, tailbone, and shoulder blades.

Fortunately, bedsores are preventable. Caregivers who follow the standards of care for repositioning, skin care, diet, and exercise can help prevent bedsores among patients.

Exercise to Prevent Bedsores

Exercise is a great way to help prevent bedsores. Exercise increases blood flow throughout the

body, including to the skin. This helps prevent bedsores by keeping skin and underlying tissue healthy and well oxygenated. Exercises don't have to be strenuous in order to be effective. Here are some examples of the type of exercises that can help prevent bedsores.

- *Palm Stretches* - Palm stretches are a simple way to improve circulation in the lower arm and hand. With this exercise, the patient opens his or her hand as wide as possible extending the fingers. Then, the patient touches each finger to their thumb slowly before extending the finger again.
- *Ankle Stretches* - Ankle stretches are a great way to improve circulation and range of motion. Caregivers assist with ankle stretches by holding the heel and ankle, and slowing bending and moving the foot around.
- *Arm Lifts* - Arm lifts can be done with assistance, or solo. Raise the arm as high as possible (and comfortable), and hold it for ten seconds. Arm lifts can be easily customized depending on the patient's needs.
- *Leg Lifts* - Leg lifts are a great way to improve circulation and encourage flexibility and range of motion. These exercises can be done with the patient on their back or side, depending on what is most suitable. The leg is slowly

raised even with the hip, and is held there for 10-20 seconds as is comfortable and appropriate.

• *Palm Stretches* - Palm stretches are a simple way to improve circulation in the

lower arm and hand. With this exercise, the patient opens his or her hand as

wide as possible extending the fingers. Then, the patient touches each finger to their thumb slowly before extending the finger again.

Doing these exercises a few times each day, or even once a day, can reduce the risk of a patient developing bedsores.

Exercise as Part of a Healthcare Plan

Exercise is most effective at preventing bedsores when it is part of a comprehensive healthcare plan.

Caregivers can also help prevent bedsores by making sure patients have adequate food and hydration, access to medical care, and assistance with hygiene.

Bedsores often develop on parts of the body that are covered with clothing or linens. Caregivers should perform routine skin checks to look for signs of a developing bed sore. Once a developing bed sore is stageable, it is dangerous and needs immediate medical attention.

Of course, you should never start an exercise regimen for yourself, or for someone you are caring for, without talking to a doctor first. Exercise should be performed with the guidance of a doctor who knows about the overall health of the patient.

Sources: www.nursinghomeabusecenter.org/bedsores/

www.accessrehabequip.com.au/blog/post/21-how-to-prevent-bedsores%3A-exercises-for-pressure-care-patients/

<https://advancedtissue.com/2015/06/4-effective-exercises-for-bedridden-patients/>

<https://www.nursinghomeabusecenter.org/stages-of-bedsores/>



GRANT FOCUSES ON FALLS PREVENTION

The Administration for Community Living (ACL) recently awarded a three-year grant to the Oklahoma Healthy Aging Initiative, part of the Donald W. Reynolds Department of Geriatric Medicine. ACL is part of the United States Department of Health and Human Services.

The grant will help fund implementation of a statewide program for falls prevention.

Lee Jennings, M.D., geriatric medicine specialist, will coordinate the program, which integrates complimentary components: Tai Chi Quan: Moving for Better Balance (TCQ: MBB), and Stay Active and Independent for Life (SAIL) in an effort to decrease the likelihood of falls and improve mobility among older Oklahomans and those with disabilities.

"In addition, OHAI will train volunteer class leaders to enhance program sustainability. Our objective is to build sustainable partnerships with organizations,

such as hospital systems, long-term care facilities and insurance providers," Jennings said. She is also principle investigator on a study related to the grant-funded program.

National Falls Prevention Awareness Day, Monday, Sept. 23, is about preventing fall-related injuries. Among older adults, falls are the leading cause of fatal and non-fatal injuries, posing a threat to life and quality of life.

In connection with the national emphasis, OHAI will host a Facebook live event from 9 a.m. until 2 p.m.

The event will include healthcare professionals in a discussion of the adverse impact of falls, how to prevent them as well as practical tips for creating a more secure environment. The event will also feature video demonstrations of TCQ and SAIL classes.

Keith Kleszynski, Ph.D., associate director of OHAI, explained that the SAIL program is new to OHAI and relatively new to Oklahoma. "We selected this program for its emphasis on physical activity and its appeal to those inclined toward more rigorous exercise," he said. "It represents a strategic move to reach more male participants."

Currently, 79 percent of OHAI tai chi participants are female; however, the risks associated with falls and injuries are not limited by gender.

SAIL was developed to improve strength, balance and fitness – all critical components in one's ability to remain physically active and reduce the risk of falls. It can be done seated or standing. Tai chi incorporates slow and controlled movements that also increase balance and flexibility.



Lee Jennings, M.D., geriatric medicine specialist.

MONUMENT

Continued from Page 1

most famous illustrator and fine art painter, Mike Wimmer, sought out the monument as a visitor.

"Joel Randell celebrates the poise, dignity and strength of the women serving in our armed forces," Wimmer said recently. "Its patriotic expression of figurative realism gives honor to the women who stand up with uncommon valor to serve and protect their nation, community and family. He captured every figurative detail in meticulously representing and honoring the achievements of real women in their chosen branch of military service."

The polished black granite monument depicts five bronze slightly-larger-than-life uniformed Army, Marines, Navy, Air Force and Coast Guard women.

It also features an Oklahoma Army National Guard uniformed woman speaking with a little girl inquiring when she can serve. The mother and daughter are sitting at a reflecting pool before the mother's departure to serve her country.

The centerpiece is the servicewomen in intricately-correct dress uniforms and caps. They are facing outward in a circle, holding hands. Planners said this represents the strength and unity between them to form a symbol of strength and purpose around a flagpole with a large American flag.

An all-woman committee of eight veterans guided the artist during the \$1.5 million project, spending three years planning the monument.

The women, who had attained all levels of military rank and responsibility, designed the overall look and paid attention to the greatest detail. They made sure their service uniform depictions could pass any critical dress inspection a fellow veteran might make of the bronze statues.

Oklahomans SSgt Laurel "Chip" Chambers, MSgt Barbara L. Curry, Capt. Jennifer Grant, Sp4 Linda Kiselburgh, SMSgt Deborah L. McQuillar, AZCS Carolyn Mischke, SSgt Dorothy Rimbold and Lt. Col. Julie Wende served on the committee.

The monument stands in Patriot Park, the site of several veterans' memorials and monuments and a Veterans Day ceremony each year opposite the Del City Community Center just off I-35. In 1995 the city built the first monument to honor all of Del City's war dead since World War II. A Fallen Soldier Battle Cross honors veterans who



Del City native First Sergeant Rebecca Edwards, then with the Oklahoma Army National Guard, admires the statue she modeled for in the sculpting of the seven women figures depicted in Del City's Women's Veterans Monument in 2014. Edwards is depicted in bronze as a citizen soldier in an Oklahoma Army National Guard uniform speaking to a young girl about her service.

served in Iraq and Afghanistan. A Blue Star Mothers Memorial joined the Vietnam War artwork and soldier mausoleum in 2011.

This newest monument—to those who take the oath to serve their country, allows Del City citizens and leaders to make a strong statement that women veterans deserve honors. This monument says ladies do their share—from the initial historical commitment to provide support, to the now dangerous duty of combat. The folks from this small city next to Tinker AFB celebrate the patriotism that binds them to the goal, keeping America free.

By depicting a youth conversing with a role model, the monument also conveys the multigenerational relationship between women who have served and now younger generations.

With owner John Free Jr., supervising, The Bronze Horse Foundry in Pawhuska, Okla., cast the monument's bronze figures.

"These seven patriotic figures in one masterpiece are really something," Free said after installing the statues. "People really like that the artist researched these subjects so strongly for accuracy, because this bronze art is going to stand here forever."

One Lawton, Okla. combat veteran saw firsthand how a fellow female soldier made the ultimate sacrifice in combat.

Eleanor McDaniel, 67, a veteran of Operation Desert Storm/Desert Shield as the first Comanche woman to serve in U.S. combat as the highest-decorated Comanche woman recalled Army Spec. Lori Ann Piستewa. Piستewa, a Hopi, died after an ambush in March 2003 in Iraq.

Piستewa was the first Native American woman killed in combat on foreign soil. McDaniel said the monument honors the sacrifices of all military women, whether in combat or during peacetime.

"This monument is well deserved and long overdue," McDaniel said in 2014. "Other communities should follow the example. Recognition of this magnitude for our women in the military is uncommon, but many extraordinary women have served and deserve that recognition. I am deeply grateful to the people of Del City and all those that made it possible to recognize and honor the service and sacrifice of all the women of the U.S. military."

Arizona's government renamed Squaw Peak in the Phoenix Mountains as Piستewa Peak in 2008 and renamed the freeway that passes nearby in her honor.

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Homecoming week for Tealridge Retirement Community in Edmond! Reliving memories and looking ahead to what is sure to be a future focused on meeting resident needs. [Read the story on page eight...](#)

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COMMUNITY

Tealridge celebrates homecoming

by Bobby Anderson, Staff Writer

The final full week in September was homecoming week for Tealridge Retirement Community in Edmond.

A traditional fall activity, homecoming meant something different for the gathered friends and residents.

Tealridge's rich 30-year history was on display with the community touting almost \$1 million in ongoing improvements to the Edmond mainstay.

Residents past and present toured, reliving memories and looking ahead to what is sure to be a future focused on meeting resident needs.

"It doesn't really matter how much things are made 'new' it's still the essence of the people and I think that's a huge piece of this

community," Tealridge Executive Director Melissa Mahaffey said during a break in the festivities.

"And the heart and the spirit," Tealridge Retirement Counselor Kristen Moss echoed. "Everybody has a story. This community has a story and a history. It's 30 years old and that's why we picked the theme of homecoming. Come tell us your story."

"We're all fresh eyes in the community but for them this is homecoming week."

Jon Paden, president of Affordable Community Housing Trust, had a vision of what the community should look and feel like many months ago.

"Our goal is for Tealridge

See TEALRIDGE Page 9



Tealridge Retirement Community hosted its Homecoming Open House recently, showcasing almost \$1 million in ongoing improvements

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TEALRIDGE

Continued from Page 8

to feel like the home I grew up in. My parents created an environment that was warm, welcoming, safe and a lot of fun. That is how my wife and I tried to raise our three kids and I hope that is how our folks at Tealridge feel about their home".

Early on, Paden's group tabbed Mahaffey to make that vision a reality.

"I have a great team," Mahaffey said simply. "I hire great people. The number one criteria for being on this team is having a heart and soul for people because if they don't, it doesn't work."

"The true measurement of a good community all relies on who you have in place."

A legendary property, Tealridge Retirement Community celebrated its next chapter with new ownership and property improvements.

The two-day event was open to the community.

Edmond Chamber of Commerce members were on hand Wednesday for an official ribbon-cutting ceremony.

Former University of Oklahoma quarterback and NEWS9 personality Dean Blevins entertained the crowd on Thursday.

Nestled next to the 200-acre Oklahoma Christian campus is Tealridge Retirement Community, a full-service, private and locally-owned community providing independent, assisted living and memory care services to the Community of Edmond.

Nancy and Todd Markum were sold on Tealridge from the very beginning.

"We're excited," Nancy said. "We were the first ones to get to move back in. It's awesome. We love it. We always wanted to be

here after living across the street.

"We wanted to be home. It's our friends and our people."

According to the National Institute on Aging, research studies have shown a strong correlation between social interaction and health and well-being among older adults and have suggested that social isolation may have significant adverse effects for older adults.

Moss said. "What works in New York or Los Angeles and all those cities in between doesn't necessarily work in Oklahoma."

Jon is open to receive feedback from Melissa & the team on how we can help our retirees live their best life. The decision to move is not easy, we desire to work beside someone through their journey".

The future is strong for the Edmond senior community, which has evolved in the last 30 years. The addition of the independent component compliments the full care campus concept.

"Who knows what independent living will look like in the next 10 years," Mahaffey said. "But for right now we're striving to meet the expectations of this generation. In the future, these services will evolve to a different clientele as our population continues to change."

"Nobody really knows what that's going to be. It's going to be wellness and nutrition but what else? Could it be additional traveling opportunities and other outlets for socialization?"

One thing is for sure, "It's about being a community with traditions in which someone feels welcome and that they are "HOME".

For more information about Tealridge Retirement Community call 405-608-8020 or visit www.tealridge.com



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Cancer Survivor Encourages Survivors to Return to Things That Inspire Passions

by Valerie Pautsch, OU Medicine

Tara Dominguez didn't fit the profile, if there is one. She was young, with no personal or family history of cancer, and with none of the "usual" risk factors. The diagnosis - cervical cancer - was shocking.

It was early in 2016, and a routine pap smear revealed an abnormal growth. A subsequent biopsy with Dominguez' regular obstetrician-gynecologist determined cancer was present. "I asked where I should go for treatment - thinking I might be headed to Houston or New York. When I found out there was a cutting-edge cancer center right here in Oklahoma City, it really put my mind at ease," Dominguez recalls.

Her doctor referred her at once to Katherine Moxley, M.D., Stephenson Cancer Center gynecologic oncologist.

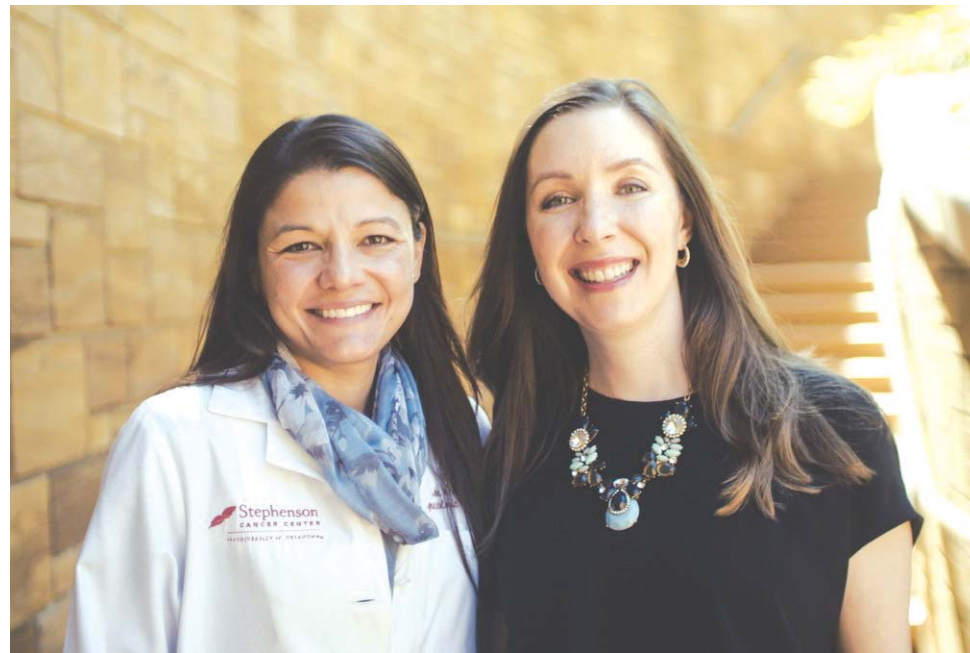
As a pharmacist, Dominguez had a healthcare background

and her education was science-heavy. With that perspective, she familiarized herself with treatment guidelines. She understood the drugs and what therapy entailed. She asked myriad questions and gained a thorough understanding of what she was facing.

"I got in to see Dr. Moxley right away. When I met her, she already had a plan and I was scheduled for surgery within a month," Dominguez said.

Dominguez had what was believed to be a fairly early-stage cervical cancer. According to Moxley, the imaging studies looked normal, but did not tell the whole story. Initially, surgery was the primary treatment, and in 85 percent of cases, surgery would have been enough. Unfortunately, Dominguez defied these odds. Pathology identified high-risk characteristics requiring more aggressive treatment.

Dominguez came to Moxley



Tara Dominguez with her Stephenson Cancer Center physician Katherine Moxley, M.D. - Photo by Travis Doussette, OU Medicine

and Stephenson Cancer Center hoping to participate in a clinical trial that used less-aggressive treatment approaches aimed at preserving fertility. But from the beginning, her options began to

dwindle.

"We learned the tumor wasn't confined to cervix," Moxley said. "Chemotherapy combined with

See CANCER Page 11

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CANCER
Continued from Page 10

radiation became the next course of treatment, with radiation being the larger component.”

Dominguez was no longer eligible for the fertility-sparing treatments she had hoped for, but became a candidate for a different trial focused on chemo radiation with chemotherapy. Newly married, Dominguez began to see one of her dreams – motherhood – slipping away. Moxley began to work through options that would enable Dominguez and her husband to become parents on the other side of treatment and recovery. Moxley said the physician’s primary goal for patients is to keep them whole, alive and undamaged.

“So,” Moxley said, “the next question became, ‘How can we ensure your ability to have children?’ The answer took Dominguez through infertility treatments, and once they had viable embryos, she came back for surgery.”

For Moxley, it felt as if each meeting was another occasion in which she had to deliver a new and different piece of bad news. “These findings were exceedingly uncommon, and it was astounding that they all happened to Tara. Repeatedly, I had to say, ‘..but there’s something different, something more or something else.’”

An avid runner before diagnosis, Dominguez competed in cross country events throughout high school. Later she started running 5Ks and 10Ks, then advanced to running a dozen or more half-marathons each year. Here too, Dominguez faced another significant loss in the life she had known.

“After surgery I couldn’t run of course, but more than that, I was advised that radiation treatment would probably mean the end of running altogether,” Dominguez said. Now a cancer survivor, Dominguez also has become a runner again, thanks in large part to Moxley’s steadfast encouragement. Recovering from treatment, Dominguez and Moxley both completed the 2017 Go Girl Run. “Dr. Moxley stayed after the race to cross the finish line with me,” she said. “It was a new start to this new chapter, returning to being able to run.”

Dominguez has completed five half-marathons this year. She will participate in the Outpace Cancer

Race 10K event on Oct. 6, with Moxley once again as her running partner.

“We seek to cure cancer, but also, enable individuals to return to those things that inspire their passions,” Moxley said.

Though the physician/patient relationship is first defined by professionalism, cancer treatment introduces a different dynamic. For Moxley and Dominguez, appointments were frequent and spanned an entire year. “Discussions about life and health are intensely personal. During that time, I came to know Tara as a person, as well as a patient. You can’t really treat someone for a long-term condition if you don’t know their lives,” Moxley said. “Cancer is like ‘slow trauma.’ You walk through it with the patient as an advocate.”

As if experiencing a kind of mutual grace, the conversations seemed to follow a pattern with Moxley’s refrain, “I’m so sorry,” and Dominguez’ response, “Well, this is what we have before us, and I know you’re going to do the best thing for me.”

Moxley described Dominguez as incredibly stoic and strong, meeting each new challenge with courage and determination. “Tara came through therapy beautifully, and her long-term prognosis is excellent. Aggressive treatment was crucial.”

At Stephenson, Dominguez said she found one of the best treatment facilities in the nation. “I received the best care possible from amazing doctors – the best minds from across the country – and incredible staff. All that – and not having to travel for treatment, having friends, family and a complete support network right here I already had obstacles in my mind, but these were no longer obstacles I had to cross.”

Dominguez underwent chemotherapy and radiation treatment spanning nearly four months. She credits radiation oncologist Spencer Thompson, M.D., and his staff for making her feel so much at home and so confident of the care she received.

Dominguez said her experience with cancer in some ways mirrors the effort of being a runner. “There are days you’re going to have setbacks, but you’ll also experience great joy and success.”

To register for the Outpace Cancer Race 5 or 10K event on Oct. 6, go to outpacecancer.com.

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Oklahoma City area residents are invited to an informational seminar on the use of marijuana or marijuana products for medicinal purposes. Information from medical professionals will respond to a growing concern among seniors regarding potential therapeutic benefits of marijuana. Another topic will address benefits available through the Social Security Administration. The event is sponsored by the Community Alliance for Healthy Aging, which includes Trinity Presbyterian, Redeemer Lutheran, and New Covenant Missionary Baptist Churches. The seminar is scheduled for Thursday, October 24, 2019 at the Oklahoma City County Health Department NE Regional Health and Wellness Campus, 2600 NE 63rd Street, Oklahoma City, OK. Registration opens at 8:30 AM, with sessions between 9 AM and noon; pre-registration is not necessary. The event is free of charge; a continental breakfast and light refreshments will be provided. For more information, leave a message at Redeemer Lutheran Church (405-427-6863) or e-mail us at agingseminar@gmail.com.

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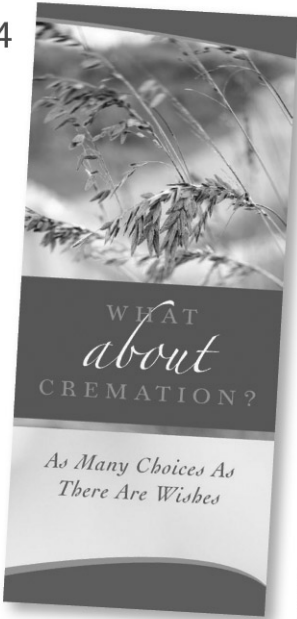
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TRAVEL / ENTERTAINMENT

South Dakota: More than Mount Rushmore

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

The annual Governor's Buffalo Roundup in South Dakota had been on my Bucket list for some time. I have always been attracted to the American Bison and am always in awe when in the presence of that intimidating, powerful symbol of America's western frontier.

A few year's ago I attended the September Governor's Buffalo Roundup held in South Dakota. Next year the roundup date is September 25. The annual roundup in Custer State Park includes: an art show, pancake feed Saturday & Sunday mornings, continuous entertainment under the big top, annual buffalo chili cook-off, living history recreations, authentic chuck wagon cookout, state park tours, and of course the roundup itself, when over 1,000 bison are gathered together for inoculations and sale. The wildlife spectacle held in the hills of Custer State Park is an annual event for hundreds of bison enthusiasts. The sight of these brown beauties running into the corrals is a sampling of western lore not easily duplicated.

Custer State park, (www.custerresorts.com/index.php) is one of the largest in the nation, has four state lodges with restaurants, and is accessible to horseback riding and hiking. Seventy-one thousand acres of natural beauty and adventure await you in the beautiful Black Hills of South Dakota. Situated 25 miles south of Rapid City; Custer Resorts is within 25 miles of Mount Rushmore National Memorial, Crazy Horse Memorial, Windcave National Park and Jewel Cave National Monument. As this was my first visit to South Dakota, I explored a few more locales, and found that South Dakota has a lot to offer in the way of diverse landscapes, man made wonders and historic western towns, caught in the 21st century yet suspended with a portion of its pioneer roots.

The splendor of Mount Rushmore is not to be underestimated. (www.mtrushmore.net) One would think that after seeing this image a hundred times in the media that its emotional impact upon viewing in person would be lessened, but it's not. The mountain itself was originally named after Charles E. Rushmore, a New York lawyer investigating mining claims in the Black Hills in 1885. Sculptor, Gutzon Borglum chose this mountain due to its height (5700' above sea level), the soft grainy consistency of the granite, and the fact that it catches the sun for the greatest part of the day. The visitor center complete with movie theaters, gift shop, parking garage, snack bar, avenue of states, and event venues, is a boon for the visitor. If you stay for the formal evening lighting program, be forewarned that this is an over the top patriotic celebration of America. I found it enlightening, while talking with some international viewers, that this type of program, that is extolling the virtues of their native land in video and live presentations, would not be tolerated in Europe.

Deadwood South Dakota is a town steeped in history and mystery, but alive today as it ever was. (www.deadwood.org)

The entire city of Deadwood is a national historic landmark. In Deadwood you can ponder the truth at the foot of Wild Bill's grave in Mount Moriah cemetery (along with Calamity Jane's), tour Adams Museum and House, pan for gold at the Broken Boot Mine, choose from various guided tours, or take a self-guided walking tour into the past that puts the Wild West into perspective. You may even run into an incarnation of Will Bill himself, either at the number 10 saloon or on horseback inspecting main street. And there's plenty of casinos for your gaming pleasure along with some fine eateries. One such is Kevin Costner's Diamond Lil's, where I had a pleasant Martini during sunset over main street. Costner's Memorabilia and costumes from his films are on display throughout the dining room, and if that was not enough finery, the top floor hosts a fine dining restaurant complete with piano and beveled glass décor.

Deadwood is full of surprises such as Costner's founded and funded Museum of the Tatanka (Buffalo) Museum right outside of town. Even with expert Lakota interpreters, displays of costumes worn in "Dances With Wolves", and historic explanatory panels, the best part of Tatanka is the monumental 17 part sculpture of an Indian hunt near a buffalo jump. With wafts of movie theme music and the rustling of Dakota grass, this hill top venue is the pride of South Dakota, itself. Hats off and congratulations



to Kevin Costner for giving back to America with the preservation and inspiration found at Tatanka: Story of the Bison interpretive Center and Sculpture. (For more information visit www.storyofthebison.com)

The badlands is another South Dakota wonder. (www.nps.gov/badl/index.htm) Roaming among the many outcroppings of natural time sculptured stone you are transported to another world. Containing the world's richest Oligocene epoch fossil beds, dating 37-28 million years old, the evolutionary stories of mammals such as the horse and rhinoceros arise from the 244,000 acres of sharply eroded buttes, pinnacles, and spires.

The privately funded Crazy Horse memorial, is indeed a large undertaking and one that started in 1948 and will continue for many more decades. The memorial is more than a carved mountain but

also is a Native American museum and artist's gallery, along with an institution giving scholarships to Native Americans wishing to continue their education. This is certainly a part of Americana where young children can return as adults and see its slow but steady progress. At certain times it's possible to take tours to the arm of Crazy Horse and feel its immensity. (www.crazyhorsememorial.org)

There are many more treasures to this part of South Dakota including: the towns of Hill City with its Black Hills Bronze works, Black Hills mining museum, the Mickleson Bicycle Trail, the town of Keystone with its Big Thunder Gold Mine tour, the Rushmore Borglum story, and the most delicious meal of my trip at Powder Lodge House. So you can see, South Dakota is more than its most famous resident, Mount Rushmore. www.travelsouthdakota.com

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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DATE NIGHT RETURNS WITH A SPECIAL APPEARANCE BY THE RICK AND MORTY RICKMOBILE



Oklahoma City Zoo is exclusive stop in OKC for the Adult Swim series' "Don't Even Trip Road Trip" tour

You won't need a Mr. Meeseeks to make the perfect Date Night a reality. After a successful introduction in June, the Oklahoma City Zoo and Botanical Garden is pleased to announce the return of Date Night on Monday, October 14, from 6 p.m. to 10 p.m. Doors open at 5:30 p.m.

The Zoo will be open exclusively for adults 21-and-older to explore, enjoying the beautiful Oklahoma fall with a multitude of activity options, including a special appearance by the Rickmobile, making its only Oklahoma City stop on the nationwide "Don't Even Trip Road Trip" tour. The Rickmobile is like the Oscar Meyer Weinermobile, but instead of a hotdog, the vehicle is shaped like Rick and Morty's mad scientist, Dr. Rick Sanchez. It opens to reveal a mobile merchandise shop, with t-shirts, figurines, toys and more from Rick and Morty and other classic Adult Swim series. The Rickmobile mobile shop accepts

only credit/debit cards for purchases, no cash or checks.

"Rick and Morty is an absurdly awesome animated series and we're thrilled to host the Rickmobile's only stop in Oklahoma City," said Greg Heanue, OKC Zoo chief marketing officer. "The Zoo's successful Date Night event series connects adults with wildlife in bold new ways, so hosting the wildly popular series' tour at this event makes complete sense."

In addition to Rick and Morty team trivia, Date Night attendees can explore the Zoo, attend a sea lion presentation, sing along with karaoke, play outdoor games, ride the endangered species carousel and enjoy drinks at multiple locations throughout the park. Special menus will be featured at Zoo eateries.

Date Night tickets are now available at okczoo.org/datenights for \$25. Each ticket includes one free drink. Food is not included. No one under 21 years old will be admitted. Official federal,

state or tribal identification showing both date of birth and a photo is required for entry. Attendees are welcome to dress as their favorite characters from the series, but no face masks or weapons (real or fake) will be allowed.

Rick and Morty is an animated series from Dan Harmon (Community) and Justin Roiland that follows a scientist and his grandson through a multiverse of adventure, calamity and comedy. Its upcoming fourth season premieres on Adult Swim in November.

Wubalubadubdub don't miss Date Night fun featuring the Rickmobile at the OKC Zoo! The Zoo is a proud member of the Association of Zoos and Aquariums, the American Alliance of Museums, Oklahoma City's Adventure District and an Adventure Road partner. Hours of operation are 9 a.m. to 5 p.m. daily. Regular admission is \$11 for adults and \$8 for children ages 3-11 and seniors ages 65 and over. Children two and under are admitted free. Stay up-to-date with the Zoo on Facebook, Twitter, Instagram and YouTube or by visiting the Zoo's Blog. To learn more about these and other happenings, call (405) 424-3344 or visit okczoo.org.



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OSDH Works to Reduce Falls in Older Adults



Each year, across the country, thousands of educators, caregivers, health and aging professionals, and older adults focus their efforts on one goal: preventing falls. That's why the Oklahoma State Department of Health (OSDH) is partnering with the National Council on Aging (NCOA) and the Falls Free® Coalition to celebrate Falls Prevention Awareness Day, Sept. 23. This year's activities will focus on the teamwork needed to prevent falls effectively.

Every second of every day in the United States an older adult falls, making falls the number one cause of fatal and nonfatal injury among older Americans. Every week in Oklahoma, approximately 124 adults age 65 and older are hospitalized and 11 die from a fall. Acute care hospital charges alone total more than \$250 million a year.

Falls are not a normal part of aging, and an individual has the power to prevent them. The OSDH offers the following tips on simple tips to prevent falls:

Exercise regularly. Exercises that improve strength, balance, and coordination are the most helpful in lowering the risk of fall-related injuries.

- Speak up. Talk to your doctor about fall risks and prevention.
- Ask a doctor or pharmacist to review both prescription and over-the-counter medications for side effects and interactions. The way medications work in the body can change with age. Some medications or combinations of medications can contribute to drowsiness or dizziness, which increases the risk of falling.
- Have vision screenings at least once a year. The wrong prescription eyeglasses or health conditions, such as glaucoma or cataracts, limit vision and may increase the risk of falling.
- Reduce hazards in the home that may lead to fall-related injuries.
- *Keep floors clean and clear of clutter where people walk.

- *Maintain adequate lighting throughout the home, especially near stairways.
- *Remove throw rugs or use non-skid throw rugs in the home, and use non-slip mats in the bathtub or shower.
- *Install handrails on stairways and grab bars in bathrooms.
- *Keep regularly needed items in easy-to-reach places that don't require the use of a step stool.

The *Tai Chi: Moving for Better Balance* program has been proven to reduce the risk of falls. Throughout Oklahoma, many individuals have been trained as Tai Chi instructors and teach *Tai Chi: Moving for Better Balance* classes to older adults. This exercise program focuses on improving functional abilities, such as balance and physical function, to reduce fall-related risks and frequency of falls. Oklahoma seniors are invited to join one of the more than 90 open Tai Chi: Moving for Better Balance classes across the state.

To receive more information on classes and how to prevent falls, contact the OSDH Injury Prevention Service at (405) 271-3430 or visit <http://falls.health.ok.gov>.



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HEALTH

Osteoporosis: The Silent Disease

by Dr. C.V Ramana

What is osteoporosis?

It is the “weakening” or “softening” of bones.

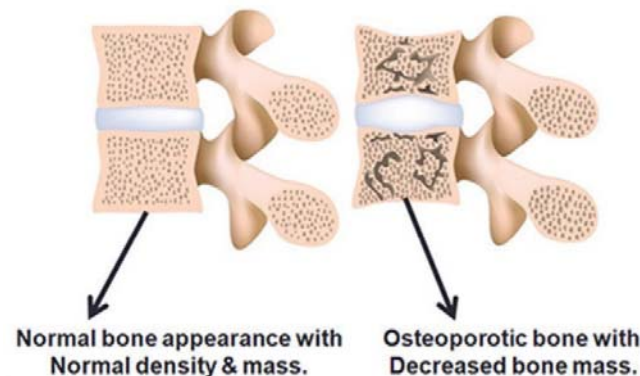
Bone consists of a framework or matrix of collagen and other soft tissue elements. It is then “hardened” by deposition of calcium mineral into the matrix. We think of bone as being a “static” component of the body, but this is not true. Bone is constantly formed and broken down throughout our life as the result of a complex interplay of dueling hormones, health, diet, and activity. In childhood and young adulthood, bone growth is faster than breakdown. People generally reach peak bone mass in their late 20’s. After that, bone breakdown tends to be faster than new bone formation. When calcium is taken out of mature (or fully formed) bone and not replaced, the frame left behind is soft or weak, and easily susceptible to fracture.

Why is calcium needed in the body?

Calcium is an important mineral

in the body – it is vital to the formation and strengthening of our bones, but also plays an important role in the function of muscles and nerves as well as innumerable biochemical reactions in the body. Calcium is transported throughout the body dissolved in blood, and so, available to all of our organs and tissues in carrying out their functions. The amount of calcium in the blood is tightly regulated by hormones released into the bloodstream from the thyroid and parathyroid glands (located below the Adam’s Apple), pituitary gland (in the brain), as well as the adrenal glands and kidneys.

Our bones serve as a massive reservoir of calcium that can be tapped when calcium levels in the blood are low due to inadequate dietary intake, inadequate levels of vitamin D in our bodies, or the wrong form of vitamin D due to inadequate exposure to sunlight, or as a result of some



medications.

How to know if you have osteoporosis?

Unfortunately, this is a “silent disease” and does not become symptomatic until a bone is fractured, or the back becomes kyphotic (stooped) due to slow collapse of multiple vertebra in the upper spine.

How to find out if you have osteoporosis?

Sometimes the diagnosis may be suggested based on the appearance of bones on x-rays or CT scans that you may have for other reasons. The most reliable way, though, is through a test called DEXA which measures Bone Mineral Density (BMD) in various bones in the body.

Blood tests to determine the level of Calcium, Vitamin D, calcitonin and parathyroid hormone can also be helpful, especially in planning treatment.

Risk factors for developing osteoporosis

Factors that can be modified

- Lifestyle – inactive lifestyle or extended bedrest
- Smoking
- Alcohol consumption
- Inadequate dietary intake
- Sex hormones – abnormal absence of menstrual periods or menopause with low estrogen in women, and low testosterone in men
- Medications – long term use of steroids, some seizure medications

Factors that cannot be modified

- Sex – women are more prone to develop this than men
- Age – bone mass decreases in everyone after the late 20’s
- Body size – small boned women are more likely to develop osteoporosis]
- Ethnicity – Caucasian and Asian women have a higher likelihood, though African American and Hispanic women are also at high risk.
- Heredity – people whose parents have osteoporosis have an increased likelihood

How can it be treated?

- Smoking cessation
- Decrease alcohol consumption
- Lifestyle modification – weight bearing exercises such as walking, jogging, hiking, climbing stairs, playing tennis and dancing are all good. Resistance exercises such as weight lifting or weight training machines are good
- Increase dietary intake of calcium and vitamin D
- Recommended levels – calcium – more than 1000 mg/day after the age of 30, and 1200 mg/day for women after the age of 50. Vitamin D – more than 600 IU/day for adults up to age 70, and 800 IU/day for men and women beyond the age of 70.

Medications

- Supplemental calcium and Vitamin D
- Prescription medications that work in a variety of ways to interfere with the rates of bone formation and breakdown balance
 - Bisphosphonates (which bind to calcium for deposition in bone)
 - Estrogen and estrogen analogues
 - Estrogen receptor modifiers
 - Calcitonin – hormone
 - Parathyroid hormone blocker

Who can treat Osteoporosis?

A primary healthcare provider should be contacted for diagnosis and development of a treatment plan. In some cases, they may refer to a specialist for the treatment. Specialists can include endocrinologists, rheumatologists, and women’s health specialists such as an Ob/Gyn.

Dr. C.V Ramana is a vascular and interventional radiologist with more than 20 years of practice experience. He has expertise in all areas of vascular and interventional radiology. Dr. Ramana has a Ph. D from Yale University and MD from CWRU in Cleveland, Ohio where he subsequently completed his fellowship in Vascular and Interventional Radiology at the Cleveland Clinic. <https://naadihealthcare.com/>

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STRANGE
BUT TRUE
SO THEY SAY...

SBT In England, in the 1880's, "Pants" was considered a dirty word!
SBT The average person laughs 13 times a day!
SBT Dogs can hear sounds that you cant!

SBT Men are 6 times more likely to be struck by lightning than women!
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 The blesbok, a South African antelope, is almost the same color as grapejuice!

RSVP's Provide A Ride Program Serves as Transportation Alternative for Elderly Parents Who Can No Longer Drive

About one in five licensed drivers in the United States is over the age of 65. Driving is one of the last points of independence some seniors have to give up. This makes it difficult when a family has to have the conversation with an elderly loved one about whether or not it is safe for them to continue driving.

"It is a major life change," said Faye Beam, coordinator for the Retired and Senior Volunteer Program (RSVP) of Central Oklahoma's Provide A Ride (PAR) program.

Provide-A-Ride is a free medical transportation program for seniors who are no longer able to drive to doctor's appointments. Volunteers pick up seniors, take them to their appointments, wait with them, and return them home. Currently, volunteers take PAR clients to more than 300 physicians in the

Oklahoma City metro area.

"I receive calls often from children concerned about their elderly parents driving," Beam said. "All families face similar scenarios. Children become caregivers for their parents, and they worry about their well-being and safety."

Some of the red flags Beam hears from family members about their elderly parents and driving include: parents getting lost, vision problems at night, easily distracted while driving, developing fear related to driving, or unable to keep up with the expenses of owning a vehicle.

Beam wants families to know that PAR can be a reliable, safe alternative form of transportation for their loved one and encourages family members to have their loved one call and talk with her about the program.

"I always try to make clients feel at ease and comfortable and in charge

of scheduling their transportation to medical appointments," she said.

As with new things, the PAR clients get used to their new form of transportation and most make friends with the volunteer drivers, Beam said.

"They have interesting conversations, and many look forward to the time spent with their Provide-A-Ride drivers," Beam said.

Beam suggests taking gentle baby steps with elderly parents about the subject of driving.

"Give mom and dad time to think about giving up their vehicle," she said.

Currently, the PAR program has 683 active clients and 55 volunteer drivers. Volunteer drivers choose their schedules and receive free supplemental liability insurance coverage and mileage reimbursement. If you would like more information for a loved one who can no longer



Faye Beam, coordinator for the Retired and Senior Volunteer Program.

drive or if you would like to sign up to be a volunteer driver, contact Faye Beam at 405.605.3110 or email her at faye.beam@rsvpokc.org.

CROSSWORD CORNER

- Across**
1 Raid units?
7 Pass after all else failed?
15 Mine shaft tool
16 Ambiguous part
17 Cab Calloway catchphrase
18 Jonathan's cousins
19 She plays Hermione in "Harry Potter" films
20 Falls behind, perhaps
22 Some sleepers
23 Soup vegetable
24 Big name in diamonds
26 Parishioner's place
27 Reagan ____
28 Word on a business card
29 Old tankard material
31 Stallone, in "Capone"
33 Name on some euros
35 Takes in
37 Replacement for unlisted items
41 Charity tourneys
43 Throw out an idea
44 Takes root
47 Eats
49 Brief subject
50 Spot for a scrape
51 Starbucks order
53 "____-daisy!"
54 Thumb twiddler
56 Dough
57 Pickup spot?
58 Baloney
- 60 Where Mark Twain married Olivia Langdon
62 Paratrooper's start
63 Like beef loin, vis-à-vis chuck
64 Commuting metaphor
65 Bands of cerebral nerve fibers
- Down**
1 Napa County city that's home to Beringer Vineyards
2 Pricey cut
3 2-Down and others
4 Vertical, more or less
5 Slangy agreement
6 Loser's mistake?
7 "The Shape of Things to Come" author
8 Develop
9 Ziering of "Sharknado"
10 Soapmaking compounds
11 Stinging builder of mud nests
12 See 14-Down
13 Work on, as a road
14 With 12-Down, 1994 Peace Prize sharer
21 Peace Nobelist of 1983
25 Bridge
28 High clouds
30 Fund
32 Like tournament favorites
- 34 Ottoman officials
36 Craig role
38 Medium for da Vinci
39 Rampaging
40 Day of resolve
42 Magazine renamed Rosie in 2001
44 One-person boats
45 "Bewitched" role
46 Worker in a cage
48 Useful
52 Nice school
53 Dispirit
55 S&L offering
59 Fared poorly in the wash
61 Early August arrival

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62									63					
64									65					

Answers on page 26

FALL SENIOR SEMINAR

MEDICAL MARIJUANA: SEPARATING FACTS FROM HYPE

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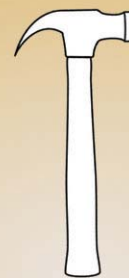


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Tele-Conference

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Reed Cntr (MWC)

Nov 7, 8 Dec 4, 5, 6

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OKALA Office

November 19

Survey Prep (New in 2019)

Tulsa

December 12

Holiday Open House

OKALA Office

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Dr. Tabatha Carr - Sponsored by HPSI



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Rosa Knight

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Melanie Wright

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Nancy's Law to help speed breast cancer detection



Sen. Adam Pugh (R-Edmond) visits with John Simpson and Elyzabeth Simpson before the Nancy's Law bill-signing ceremony. The law is named for John Simpson's wife Nancy Simpson of Edmond, who lost her life to breast cancer in 2018. The law focuses on dense breast tissue, which can interfere with efforts to detect breast cancer.

Gov. Kevin Stitt signed a bill on that enhances requirements for health care providers who perform mammograms to notify patients about their test results. The measure is part of Oklahoma's ongoing efforts to fight breast cancer.

Known as Nancy's Law, the legislation is named for Nancy Simpson of Edmond, who lost her life to breast cancer in 2018 at the age of 69. The law focuses on dense breast tissue, which can interfere with efforts to detect breast cancer.

"Mammograms are vital tools for detecting breast cancer," said Sen. Adam Pugh (R), Edmond, who co-authored the bill. "But for some women, they may not tell the whole story. Nancy's Law will equip those women with the knowledge they need to take charge of their health and, in some cases, save their lives."

Dense breast tissue affects as many as half of all women and can obscure basic mammography scans, making cancer more difficult to detect. Under existing Oklahoma law, if a patient is found to have dense breast tissue, when she receives her mammography results, the health care facility that performed the mammogram must advise the patient of this fact and provide information on additional testing options.

The new legislation requires those mammography results and notification to be emailed to the patient if she so elects.

"Our wives, mothers, sisters and daughters depend on breast screening to detect cancer," said the bill's co-author Rep. Lewis Moore (R), Arcadia. "This new measure will give more Oklahoma women the chance to live their lives cancer-free."

Simpson worked for 30 years as a laboratory technician at the Oklahoma Medical Research Foundation, searching for effective ways to control fats that play a major role in heart disease and stroke.

Although she underwent yearly mammograms, Simpson's dense breast tissue hid her cancer until doctors discovered it at stage 4, when it was too advanced to respond to treatment. At the end of her life, she wrote a letter to Pugh and Moore that served as the catalyst for the new legislation.

"Nancy dedicated her career to helping make discoveries to benefit people she would never know," said OMRF President Stephen Prescott, M.D. "Even in the fight for her own life, she did what she could to ensure that future generations of women could take control of their own breast health and live longer."

"We are so grateful to Sen. Pugh and his staff for what they've done in Nancy's memory," said John Simpson. "Nancy was a caring, empathetic person. She would love knowing that Nancy's Law will save lives."

"This law is a major step for women's health in Oklahoma," said Stitt. "It ensures that all women can take advantage of advances in breast cancer detection and treatment that can spell the difference between life and death."

Nancy's Law will take effect Nov. 1.

Did 73-year-old woman who gave birth really think this through?

by Greg Schwem

For the past week, I have been scouring drug stores searching, without success, for a greeting card I plan to mail to Erramatti Mangayamma and her husband, E. Raja Rao.

The card I'm looking for would say, "Congratulations! What the hell were you thinking?"

On Sept. 5, Mangayamma gave birth to twin girls. This event alone may not be card-worthy, as women give birth every day. But not all of them are 73 years old.

With an 80-year-old husband.

Mangayamma, who is from Andhra Pradesh, India, is believed to be the oldest woman ever to give birth. Unable to conceive since they were married in 1962, the couple approached Dr. Sanakayala Umashankar, who reportedly agreed to administer one round of in vitro fertilization to Mangayamma.

As someone whose second child was conceived via IVF, I know the risks involved with implanting multiple eggs into a woman's body. Before doing so, our fertility doctor wanted us to be aware we could end up with not one child, but an entire litter, and were we OK with that?

We ended up with one but, with an infant and a kindergartner to care for, we were routinely exhausted by midday. At the time, my wife was 36. I was 39. Roughly half the ages of Mangayamma and Rao.

Don't get me wrong, having a baby is a joyous occasion. But do new parents who are well into their years of Social Security eligibility, IRA withdrawals and entry into retirement communities REALLY know what they are getting themselves into? Mrs. Mangayamma, you do know that you can't go to bed until your new girls have drifted off, right? I'm 56 and my bedtime is approximately 9:30 p.m.

Your infants' bedtimes should be approximately, oh wait, infants don't have set bedtimes. Never mind.

Mr. Rao let's discuss your duties as a first-time dad. Are you OK with assembling two cribs, two strollers and, nightly, bathing two slippery babies? The latter requires very steady hands. I'm not making any assumptions about your manual dexterity but just yesterday, my fingers unexplainably twitched, causing me to drop a full glass of water. Just saying.

Now, new parents, let's flash forward a few years. I'm not sure how popular youth sports programs are in India, but my girls started playing soccer and softball when they were 6. Mr. Rao, how are your coaching skills? At 86, will you be up to teaching a



Greg Schwem is a corporate stand-up comedian and author.

team of giggly first-graders how to execute a corner kick? Will you be able to frantically wave your arm in a circular motion, signaling your lead runner should round third base and head for home? Are you confident you can perform both those feats without crumbling to the ground, having pulled something?

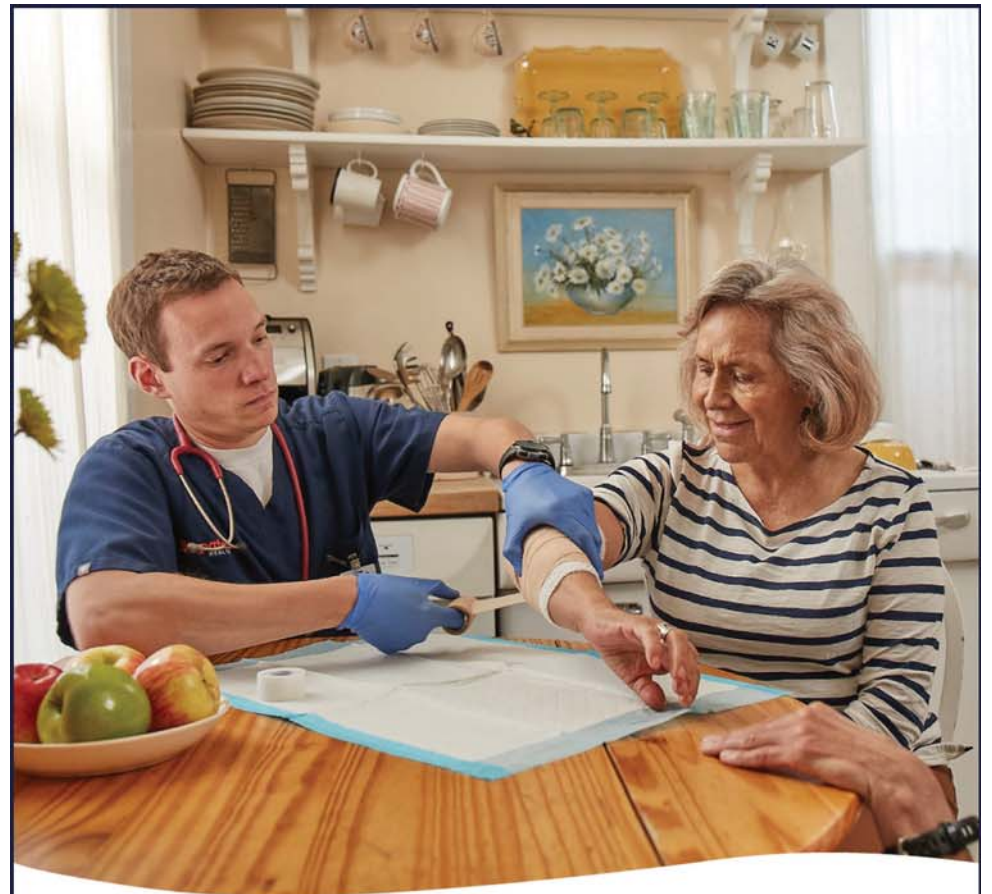
Also, be ready to argue with opposing coaches who may have different views about athletic development. Sports have changed considerably since you grew up in the good old 1950s.

Finally, let's not forget that you sired two girls. It's worth noting that, sometime around 2030, both will be entering those hormonally charged years that, for parents, are about as pleasant as repeatedly biting your tongue in the exact same spot. Mrs. Mangayamma, you'll be 84 while your husband will be 91. Better pray you both suffer from hearing loss by then; it's the only way you'll be immune from the sounds of slamming bedroom doors, screaming arguments about who-took-whose pair of Justice shorts and shouting matches involving bathroom time.

Also, both likely will have radically different dietary restrictions by then. The only thing they will have in common is their disdain for your dinner of choice: Jell-O and soup.

Well, I've probably given too many opinions. I'm sure that, after more than 50 years of yearning for children, you two will make amazing parents. Enjoy the experience because it goes so fast. In the blink of an eye, they'll be out of college and on their own.

And, at 94 and 101, you'll be empty-nesters.



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73034, in the Mac Building. No
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The new modern square dance is
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• Rake shredded leaves into your
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as mulch
• Mix shredded leaves into your
garden to improve your soil
For lightly leaved areas, use a
mulching lawn mower to mulch
them into your lawn.

OCTOBER

CITY FISHING

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Fisheries Management program,
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OCTOBER 2

Alzheimer's Foundation of America's National Educating America Tour Comes to OKC Renaissance Waterford - Oklahoma City Hotel 6300 Waterford Blvd., Oklahoma City Bricktown Wednesday, October 2nd 9:30 a.m.-12:30 p.m. Phone: 866-232-8484

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caregiving. The conference is free
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have the opportunity to interact
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free memory screening.

OCTOBER 3

Forms for Language: Artist Reception Artspace at Untitled 1 NE Third St. Oklahoma City 405-815-9995

Email: artspace@1ne3.org
Join us on Thursday, October 3,
2019 from 5 - 8 p.m. for an
artist reception with Gyöngy Laky.
Grab a drink and listen to Laky's
artist talk, titled Squibs, Shards
and Ciphers, at 5:30 p.m followed
by an artist reception from 6:30
p.m. - 8:30 p.m. This event is free
and open to the public. Drinks and
hors d'oeuvres available. Forms
Through Language is on view until
October 31, 2019.

OCTOBER 4

Pets Show at Little D Gallery Friday October 4th from 6-9 Little D Gallery 3003 Paseo, Oklahoma City Paseo Arts District (720) 773-1064 Email: lizzxwilson@gmail.com Price: FREE

Little D Gallery will be featuring
artwork from Ashley Dawn,
Denise Duong, Tanner Frady, Mat
Hoffman, Ben Stookey, and Emily
Williams. This event will be in
conjunction with Pets on Paseo
for October first Friday art walk!

OCTOBER 5

Curiosity Fest 2019 Sat., Oct. 5, 12-6:30 p.m. OKC University Law School 800 N. Harvey Avenue, Oklahoma City Midtown (405) 208-6400 Phone: 405-235-0280 Email: ohc@okhumanities.org Price: Free

This daylong festival sponsored
by Oklahoma Humanities
features over twenty hour-long
sessions for participants to
choose. Interactive, engaging,
informative and sometimes off-
beat and fun, the knowledge
found in history, literature,
philosophy, and ethics comes to
life. Lifelong learning and the
open discussion of ideas in an
entertaining format.

OCTOBER 15

Brookdale Senior Health Fair October 15, 2019 8:00AM - 4:00PM Coffee Creek Church 1650 Coffee Creek Road Edmond, OK 73025 Free Admission! Free Giveaways!

We will be having over 20
vendors at this event offering
a range of services from blood
pressure checks, massage, flu
shot clinics, hearing screenings
and more. Mitch Park YMCA
bringing 2 of their yoga
instructors to have free yoga
classes for seniors at 11am
and 2pm! Food trucks on site.
Call (405) 341-4361 for more
information or send an email to
heather.park@brookdale.com

OCTOBER 26

Free & all ages welcome. Door
prizes! Handmade and
Homemade for the Holidays.
Sat, Oct 26, 2019. 9 AM- 12PM
OSU Cooperative Extension
Conference Center
2500 NE 63rd Street, OKC 73111
405-713-1125. Join us for fun &
creative demonstrations of budget
friendly gift ideas that can be
handmade for family & friends.
Tamara Braxton from OKC-County
Health Dept will present "Stroke
Signs and Symptoms." We will
be collecting shaving cream and
deodorant to fill Christmas
stockings for the VA Hospital.
Demonstrations Presented by: (OHCE)
OK County-OK Home and Community
Edu. Program made possible by a
CE-FCS Ambassadors Grant

NOVEMBER 2

Huge Craft Fair

Come to our 7th annual Craft Fair.
Saturday, November 2, 2019 from
9:00AM - 3:00PM. Located at 14617
N. Pennsylvania, OKC. Held in our
three renovated buildings with more
space, a very popular event with great
variety & quality merchandise. This is
a fundraising event for the United
Methodist Women's group with monies
going to various missions. With about
60 vendors, a Bake Sale, & Gift Boutique
you will find those perfect gifts. Food
will be available for purchase, no need
to leave to find lunch.

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

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

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

OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

FOR SALE

Rose Hill Burial Park- One Plot \$2600
We have one burial plot in Rose Hill Burial Park in Oklahoma City for sale. Section 8, Lot 117. Spaces in this section sell for close to \$5000 if you buy directly from the cemetery. We will meet at the Rose Hill business office to transfer the deed. They charge a \$295 transaction fee that you will need to pay. Please contact Lori at 405-204-7477 if interested.

Memorial Park in Edmond

4 burial plots
next to each other
Close to the entrance
and the old office.

Asking \$5,500 for all 4
or \$1,500 each

Call Jeff at
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6 Months.....\$83.00

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Deadline is the 25th of each month. Mail-in form with check must be postmarked by the 25th and received by the 28th of each month. Classified Liner ads are prepaid only. ALL LISTINGS AND ADS ARE IN PRINT & EPUB. All prices are subject to change without notice at any time. Please call 405-631-5100 ext. 3 to submit ad copy and payments.
www.SeniorNewsandLiving.com

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Date(s) to Run:

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☐ 3 Months.....\$53.00
☐ 6 Months.....\$83.00
☐ ADD A PHOTO, ONLY \$5.00 MORE!

FIRST NAME LAST NAME

STREET ADDRESS APT. CITY

STATE ZIP CODE E-MAIL/PHONE

PAYMENT INFO. Check # _____ and Amount Enclosed _____

☐ VISA ☐ Master Card

☐ American Express

CARD NUMBER

EXP. DATE CVV # ZIP CODE

To place a Classified Marketplace listing, complete this form & mail-in form with check must be postmarked by the 25th & received by the 28th of each month. Mail to: Senior News and Living P.O. BOX 239. MUSTANG, OK 73064. For questions, please call us at 405-631-5100.

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The newspaper

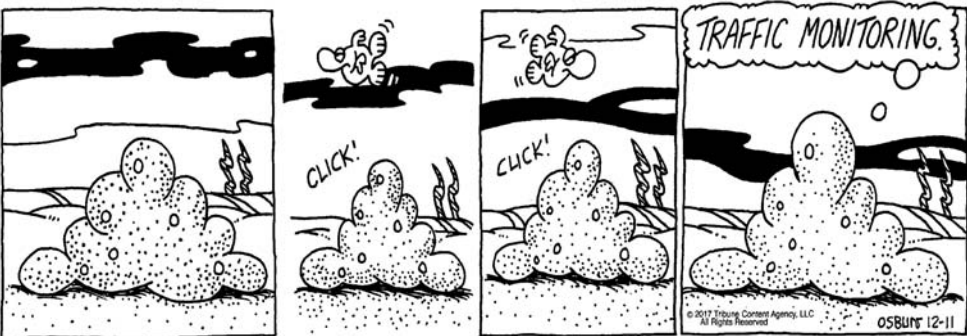
Broom Hilda

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.

GILCO

NOCAG

DYNEOK

RUJINO

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.

STRANGE BUT TRUE

SO THEY SAY...

SBT An earthquake on Dec. 16, 1811 caused parts of the Mississippi River to flow backwards!

SBT A person uses approximately fifty-seven sheets of toilet paper each day!

SBT Honolulu is the only place in the United States that has a royal palace!

S	P	R	A	Y	S		H	A	I	L	M	A	R	Y
T	R	E	P	A	N		G	R	A	Y	A	R	E	A
H	I	D	E	H	O		W	I	N	E	S	A	P	S
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F	R	E	E	F	A	L	L		L	E	A	N	E	R
S	A	R	D	I	N	E	S		P	O	N	T	E	S

Free Admission

Flu shot clinics

Blood pressure checks

Vision & hearing screenings

Massage therapy

Free yoga classes at 11am and 2pm

Live presentations from health professionals

Food trucks

Free give-aways

Harvest For Health

Brookdale Senior Health Fair

When: October 15th, 2019 8:00am-4:00pm

Location: Coffee Creek Church 1850 Coffee Creek Rd Edmond, OK 73025

Enriching the lives of those we serve with compassion, respect, excellence, and integrity.

Sponsored by Brookdale Home Health

Participating Vendors:

Brookdale Home Health

Brookdale Senior Living

Okiewellness by Vasayo

Mitch Park YMCA and Silver Sneakers *FREE Yoga classes at 11am & 2pm!

Laura Lynn's Private Duty

Life Share of Oklahoma

Alzheimer's Association

J & M Drug

Life Pharmacy

Here For You Private Duty

Best Feet Forward

VRI Medical Alert

Synergy Home Care

Purview Life

Oklahoma Assisted Living Association

OU School of Audiology

...and many more!

Call (405)341-4361 for more information or send an email to heather.park@brookdale.com

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Life Pharmacy

Here For You Private Duty

Best Feet Forward

VRI Medical Alert

Synergy Home Care

Purview Life

Oklahoma Assisted Living Association

OU School of Audiology

...and many more!

Saturday's

Jumbles: MACAW SCARF HARBOR EQUITY
Answer: She loved making dresses by hand — "SEW" MUCH

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