

Here Comes Santa Claus



Jerry Chrisope wows young and old alike by keeping the spirit of Santa Claus alive year round.

story and photo by Bobby Anderson, Staff Writer

The spirit of Christmas is alive and well. At least it is when Jerry Chrisope steps into a room. Chrisope is a member of the International Brotherhood of Real Bearded Santas. He's one of thousands of individuals across the country dedicated to bringing the magic of Santa Claus to young and old.

"Even adults light up," Chrisope said. "I used to travel a lot before I retired. I could walk through an airport and turn around the corner and see people's faces light up. It takes them back."

"It's not just children."

Chrisope went to his first Santa School in 2009.

"You cover costuming, makeup, voice, entrances, exits, all kinds of things," he said.

SANTA ALL YEAR

See SANTA Page 2

A safe solution



John Houge, owner/general manager of A Safe Solution, is helping people stay in their homes longer.

story and photos by Bobby Anderson, Staff Writer

For 30 years now, John Houge has helped seniors lead a longer, safer and more comfortable life all in the comfort of their own homes.

As the state manager, Houge helped bring Craftmatic adjustable bedding to Oklahomans near the turn of the century, ushering in a new era in home health and safety products.

And for the past 13 years he's been an expert traveling the metro counseling seniors on the benefits of A Safe Solution walk-in tubs.

For many seniors, the worry about a fall is always in the back of their minds.

According to data compiled from the 1997 and 1998 National Health Interview Survey, the majority (55%) of fall injuries among older people occurred inside the house.

Falls in the bathroom are a major source.

Combine already slick surfaces with water and rugs and getting in and out of a bathtub and it can be a



405-226-8424
A SAFE SOLUTION WALK-IN TUBS

See TUBS Page 6

SANTA

Continued from Page 1

Noshave November lasts for Chrisope through December before he takes off about half his beard and then starts growing it out in July.

Chrisope has mastered the look so much he's routinely identified as St. Nick while he's out and about - especially at the Oklahoma City Zoo where he works.

When kids question him he always points to "Jerry" on his nametag and brings a finger to his lips.

"I tell them it's a great place to see who's being naughty or nice," he said with a chuckle. "I have a card I give them that says 'I met Santa' on one side with my picture."

His card also has instructions for kids to follow about how to stay on the "nice" list including always looking for the best in people and always keeping Christmas in your heart.

CRUNCH TIME

Chrisope's Santa season starts in the middle of November. The recent Santa Market at the Oklahoma City Fairgrounds was his first event this year.

Chrisope says he's the atypical Santa when it comes to working - typically doing between 30 and 40

events per year.

He will be at the airport the week before Christmas this year so Santa can greet travelers coming and going.

Do you have much home time in December?

"Mrs. Claus is shaking her head 'No,'" Chrisope said with a laugh and his wife of 56 years, Sharon, looking on behind him. "She likes it. She has her own persona."

The two team up for home events for larger families. Songs are sung, stories are told and photos posed for along with the traditional giving of gifts.

The job can be grueling.

"Take your typical mall Santa," Chrisope began. "Let's say on a conservative effort he only sees 400 children in a day - but he can see three times that. Let's say each child weighs 10 pounds so that's 4,000 pounds he's lifted onto his lap and off again."

"Many of the santas can't do that so they use workarounds - chairs, have the parents do it - because nobody can do that day in and day out for an entire season."

He maintains three formal suits - one used for events that includes pets so he can prevent a reaction from children with allergies.

There's travel, setup, and being

constantly aware that all eyes are on him whether he's in the suit or not. That means no drinking, no smoking, no foul language and always looking for the best in others especially when he puts on the crushed, red velvet suit

"There's a lot more to it than putting on a red suit, sitting down and saying 'What do you want?'" he said.

MARCH 15, 270 AD

Chrisope's Oklahoma Driver's license shows he's passed his 78th birthday. But his St. Nicholas of Myra driver's license dates him a bit more.

Christian Bishop St. Nicholas, who used his inheritance from his deceased parents to help the sick and poor, is widely believed to be the foundation for the modern day Santa Claus.

Maintaining the energy level is the hardest part of Chrisope's role. Nobody wants a "flat" Santa.

"Learning how to keep children happy without destroying the magic," he says as the hardest part of Santa to master.

Chrisope's business card includes ways to reach Santa when he's on his sleigh and when he's home at the North Pole.

This time of year you'll find members of his organization busy on their Facebook pages trying to cover all the requests for Santa to appear at an event in person.

And just like good ole' St. Nick that's how Santa makes it everywhere seemingly all at once.



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OPINION

S THE SAVVY SENIOR

Dear Rhonda,

If you disagree with a coverage or payment decision made by Medicare, you can appeal, and you'll be happy to know that around half of all appeals are successful, so it's definitely worth your time.

But before going that route, talk with the doctor, hospital and Medicare to see if you can spot the problem and resubmit the claim. Some denials are caused by simple billing code errors by the doctor's office or hospital. If, however, that doesn't fix the problem, here's how you appeal.

Original Medicare Appeals

If you have original Medicare, start with your quarterly Medicare Summary Notice (MSN). This statement will list all the services, supplies and equipment billed to Medicare for your medical treatment and will tell you why a claim was denied. You can also check your Medicare claims early online at MyMedicare.gov, or by calling Medicare at 800-633-4227.

There are five levels of appeals

Dear Savvy Senior,

How do I go about appealing Medicare when they won't pay for something that they covered in the past?

Rejected Rhonda

for original Medicare, although you can initiate a fast-track consideration for ongoing care, such as rehabilitation. Most people have to go through several levels to get a denial overturned.

You have 120 days after receiving the MSN to request a "redetermination" by a Medicare contractor, who reviews the claim. Circle the items you're disputing on the MSN, provide an explanation of why you believe the denial should be reversed, and include any supporting documents like a letter from the doctor or hospital explaining why the charge should be covered. Then send it to the address on the form.

You can also use the Medicare Redetermination Form. See CMS.gov/Medicare/CMS-Forms/CMS-Forms/downloads/CMS20027.pdf to download it or call 800-633-4227 to request a copy by mail.

The contractor will usually decide within 60 days after receiving your request. If your request is denied, you can request for "reconsideration" from a different claims reviewer and submit additional evidence.

What to Do When Medicare Tells You No

A denial at this level ends the matter, unless the charges in dispute are at least \$160 in 2019. In that case, you can request a hearing with an administrative law judge. The hearing is usually held by videoconference or teleconference.

If you have to go to the next level, you can appeal to the Medicare Appeals Council. Then, for claims of at least \$1,630 in 2019, the final level of appeals is judicial review in U.S. District Court.

Advantage and Part D Appeals

If you're enrolled in a Medicare Advantage health plan or Part D prescription drug plan the appeals process is slightly different. With these plans you have only 60 days to initiate an appeal. And in both cases, you must start by appealing directly to the private insurance plan, rather than to Medicare.

If you think that your plan's refusal is jeopardizing your health, you can ask for a "fast decision," where a Part D insurer must respond within 24 hours, and Medicare Advantage health plan must provide an answer within 72 hours.

If you disagree with your plan's decision, you can file an appeal, which like original Medicare, has five levels. If you disagree with a decision made at any level, you can appeal to the next level.

For more information, along with step-by-step procedures on how to make an appeal, visit Medicare.gov and click on the "Claims & Appeals" tab at the top of the page.

Get Help

If you need some help contact your State Health Insurance Assistance Program (SHIP), which has counselors that can help you understand the billing process and even file your appeal for you for free. To locate your local SHIP, visit ShiptaCenter.org or call 877-839-2675. The Medicare Rights Center also offers free phone counseling at 800-333-4114.

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.

Have yourself a healthy holiday season

For many of us, lack of sleep, elevated stress and increased travel are as much a part of the holidays as turkey and stuffing or hanging stockings over the fireplace. So how can you set yourself—and your loved ones—up for a healthy holiday season?

1. Get your flu shot

Flu season has arrived, but it's not too late to get your vaccination.

"The U.S. flu season doesn't fully hit its stride until December," said OMRF President Stephen Prescott, M.D. "But the sooner you vaccinate, the more time your body has to build immunity so you are primed and ready."

The Centers for Disease Control and Prevention estimate that last year's flu outbreak affected up to 43 million Americans and resulted in, or contributed to, between 36,000 and 61,200 deaths. "Even though the flu shot isn't perfect,

it's still your best chance to avoid this potentially deadly virus," said OMRF immunologist Eliza Chakravarty, M.D.

2. Count sheep

Studies show that people who get eight hours of sleep are three times less likely to catch colds than those who average fewer than seven hours.

Sleep deprivation also causes stress hormones like cortisol to rise, signaling the body to go into fat-storage mode by slowing your metabolism. And when you're sleepy, you eat more, which can put you on a slippery slope with all the extra treats around this time of year.

3. Hand-y advice

Think of all the hands will you shake at holiday parties and how many surfaces you will touch at the airport. Touch your mouth, nose, food or face, and you're susceptible to the bacteria and



viruses you just picked up.

"The more germs you come in contact with, the greater the risk of catching a cold, the flu or other illnesses," said Prescott. "But there's a simple defense: Wash your hands often."

Good old soap and water work best, but hand sanitizer helps in a pinch.

4. Fit in fitness

A great way to neutralize the some negative holiday effects is to

stay active.

"Too often, taking a little time off is the start of falling away from your exercise program entirely," said Prescott.

Exercise does more than help avoid weight gain. "Even light exercise can lower blood pressure, strengthen bones and improve your mood," he said. "It also decreases the risk of catching a cold or the flu. And who wants to be sick during the holidays?"

2019 HOLIDAY HELPERS GIFT DRIVE TO BENEFIT THE CHILDREN’S CENTER REHABILITATION HOSPITAL

With the holiday season right around the corner, the staff at The Children’s Center Rehabilitation Hospital are preparing for their 13th annual Holiday Helper’s campaign. Individuals and groups looking for ways to donate this season can easily choose from a list of basic needs items and a special toy catalog to provide patients extra holiday cheer. The campaign will officially kick-off November 21 and will run through New Year’s Day.

“We are blessed beyond words to have a community who cares so much about the patients,” said Albert Gray, chief executive officer of The Children’s Center Rehabilitation Hospital. “The outpouring of support we receive year after year is a blessing, and it is truly a special time for our patients.”

The Hospital goes through more than 6,500 diapers in one week, 20,000 diapers in one month and 350,000 diapers in one year. With the addition of 40 more beds, the amount of diapers needed in one week has increased to 6,500. The staff request Huggies and Pampers due to the patient’s sensitivities.

This year it is easier than ever to become a Holiday Helper, you can download a basic needs list located at www.miracleshappenhere.org/ways-to-give/holiday-helpers/ . The basic needs list includes the items most needed by the patients. Besides being able to purchase items from a basic needs list, shoppers may also choose items from departmental wish lists or purchase Christmas presents for specific patients. Needs lists are also available on the hospital’s website www.miracleshappenhere.org.

“We are continually amazed by the generosity of our donors. While we experience this generosity all year, it is especially evident during the holiday season. Year after year, our donors help to meet the material needs of the Hospital. This is such a blessing to our patients and staff,” said Amy Coldren, manager of volunteer services.

Items can be dropped off daily between 9:00 a.m. and 9:00 p.m. at The Children’s Center Rehabilitation Hospital’s main lobby inside the Donald W. Reynolds Complex between Thanksgiving and New Year’s Day. The Children’s Center Rehabilitation Hospital is located on N.W. 39th Expressway just east of Rockwell. More information can be found on the Hospital’s website, www.miracleshappenhere.org or by calling (405) 789-6711 option 4.

STRANGE BUT TRUE SO THEY SAY...

- SBT** The placement of a donkey’s eyes in its head enables it to see all four feet at all times!
- SBT** Human teeth are almost as hard as rocks!
- SBT** A mole can dig a tunnel 300 feet long in just one night!
- SBT** Ancient Egyptians slept on pillows made of stone!
- SBT** A hippo can open its mouth wide enough to fit a 4 foot tall child inside!
- SBT** A quarter has 119 grooves on its edge, a dime has one less groove!
- SBT** Until 1796, there was a state in the United States called Franklin. Today it’s known as Tennessee!

Oklahoma HMO encourages seniors to prevent flu, colds by washing hands



With cold and flu season in full swing, Oklahoma seniors are more at risk of getting sick this winter due to their lowered immune response. According to the Centers for Disease Control and Prevention (CDC), hand-washing can prevent one in three diarrhea-related illnesses and one in five infections, including the flu. This is why it is important for seniors, and those who care for them, to be proactive about washing their hands.

Dec. 1-7 is National Handwashing Awareness Week, and GlobalHealth, an Oklahoma-based health insurance provider, is sharing information to educate Oklahomans on the importance of hand hygiene.

“Because our immune systems weaken with age, it’s important for seniors to wash their hands regularly to guard against germs that contribute to colds and other diseases,” said Dr. Wesley Williams, medical director at GlobalHealth. “In addition to washing your hands, remember to not cough or sneeze into them and do not put your fingers in your eyes, nose or mouth. While practicing good hand hygiene can help stop the spread of germs and sickness this winter, it’s also important to get a flu shot each year.”

GlobalHealth is providing information to help raise awareness of the importance of washing your hands regularly.

When to wash your hands. Four out of five germs and 80% of infectious diseases cause illness and are usually spread by touching something, such as handling food, emptying trash, using the toilet or handling pets and their waste. You should always wash your hands before eating, treating wounds or caring for a sick person, and inserting or removing contact lenses.

How to wash properly. You should always wash your hands with soap and clean water for at least 20 seconds to ensure they are properly cleaned. If you need a timer, you can hum “Happy Birthday” twice. Remember to scrub all surfaces, including between your fingers, under your fingernails and on the backs of your wrists. Be sure to rinse your hands under clean, running water, which removes the dirt and microbes you loosened when scrubbing.

Handwashing for seniors. Diseases, such as the flu and the common cold, can also cause seniors to develop infections like pneumonia or complicate existing conditions like asthma and heart disease. With more than 200 different viruses able to cause the common cold, the CDC says that hand hygiene is one of the most effective ways to prevent the spread of germs that contribute to dangerous diseases for seniors.

TUBS

Continued from Page 1

recipe for disaster - literally.

That's where Houge and A Safe Solution come in. Walk-in tubs provide homeowners with the peace of mind knowing they will be as safe as possible.

"I enjoy going to see people and I enjoy helping them with their home health needs," Houge said.

A SCARY FALL

According to the National Institutes of Health, one in three adults aged 50 and over dies within 12 months of suffering a hip fracture. Older adults have a five-to-eight times higher risk of dying within the first three months of a hip fracture compared to those without a hip fracture. This increased risk of death remains for almost ten years.

Beyond suffering pain, a hip fracture results in a loss of physical function, decreased social engagement, increased dependence, and worse quality of life. Many people who have a hip fracture need to change their living conditions, such as relocating from their home into a residential aged care facility.

Ultimately, the often rapid

regression of an older person's health following a hip fracture means outcomes are poor.

By offering high-quality walk-in tubs that are safe and therapeutic, individuals overcome the risks of bathing in a standard bathtub.

For those who struggle to get into and out of a standard tub, dreading the difficult 30" threshold and slippery bathtub floor, a walk-in tub is the answer to changing bathing requirements.

Safety is a major reason many rely on walk-in tubs, but Houge said there's a host of other reasons.

BLISSFUL HEALTH

The benefits of a relaxing bath are becoming clearer and clearer in scientific literature.

Hydrotherapy is the full immersion of the body into both hot and cold water as a natural and holistic treatment which detoxifies the blood, stimulates blood circulation, enhances the immune system, improves digestion, reduces inflammation and much more.

For thousands of years, people around the world have benefited from the healing power of hydrotherapy. In recent decades, doctors have confirmed the healing power of bathing, and studies and testimonials have shown

how hydrotherapy is a reliable and affordable home remedy for treating the symptoms of many of today's most common ailments.

According to an article in the New England Journal of Medicine, type II diabetes patients reported a 13% reduction in blood-sugar levels, improved sleep, and an increased sense of well-being by simply enjoying warm water therapy as a home remedy for diabetes symptoms. Research shows stress reduction improves the quality of life and may indirectly improve blood sugar control.

"There's the safety and integrity of being able to take care of themselves," Houge added. "There's enough safety (features) that most of our customers can take a bath by themselves without being afraid."

Houge makes his sales calls personally.

"I don't send a salesman. We're family-owned, operated and local," said Houge, who owns the

business with wife Karen.

Knowing that change - even change for the good - can be stressful, Houge is there to answer any and all questions before during and after the process.

Once all questions are answered the product can be installed in as little as a day, with two days of set time to insure the optimal cure.

"It feels great because that's what they really want," Houge said. "It's rewarding when they finally see the benefit. Most of our customers are pretty conservative. That is why our mission statement has always been to provide the highest quality products at the most reasonable price in the industry."

Houge offers Veteran's Discounts and lifetime warranties along with free in-home estimates.

He can be reached at 405-226-8424 or by email at asafesolution@gmail.com.

Public Health Veterinarian Plays Vital Role in Disease Investigations

The Oklahoma State Department of Health (OSDH) relies on a state public health veterinarian for the surveillance, prevention and control of zoonotic diseases such as rabies and tularemia, which are spread from animals to humans. A veterinarian in this position also provides technical assistance in the agency's preparedness and response efforts for bioterrorism threats such as anthrax and plague.

LeMac' Morris recently joined the OSDH to serve as the state public health veterinarian after many years of practicing veterinary medicine in Sulphur. After leaving private practice, he went back to school to pursue a master's degree in public health from the University of Iowa. While enrolled in the program, he worked for the Center for Food Security and Public Health, which is a specialty center for the Center for Disease Control and Prevention (CDC). Upon graduating, he became a technical advisor working for companies manufacturing animal health pharmaceuticals and biologics.

As the state public health veterinarian, his duties will focus on zoonotic diseases and how they impact public health.

"A large portion of my responsibilities involve working with our team of epidemiologists evaluating the risk of exposure in rabies cases involving both humans and animals," said Morris. "Perhaps one of my most important responsibilities is gathering and conveying pertinent information regarding zoonotic diseases to the veterinary community, to the public, and when needed, responding to assist in controlling disease outbreaks."

He will work with teams performing mosquito surveillance to monitor diseases such as West Nile virus. His duties also consist of consulting with county health departments, health care providers, laboratory personnel and animal disease experts at Oklahoma State University and the United States Department of Agriculture (USDA).

Morris also works closely with local, state and federal partners to formulate and interpret laws, rules, and regulations for administration and enforcement of communicable and zoonotic disease intervention and control efforts.

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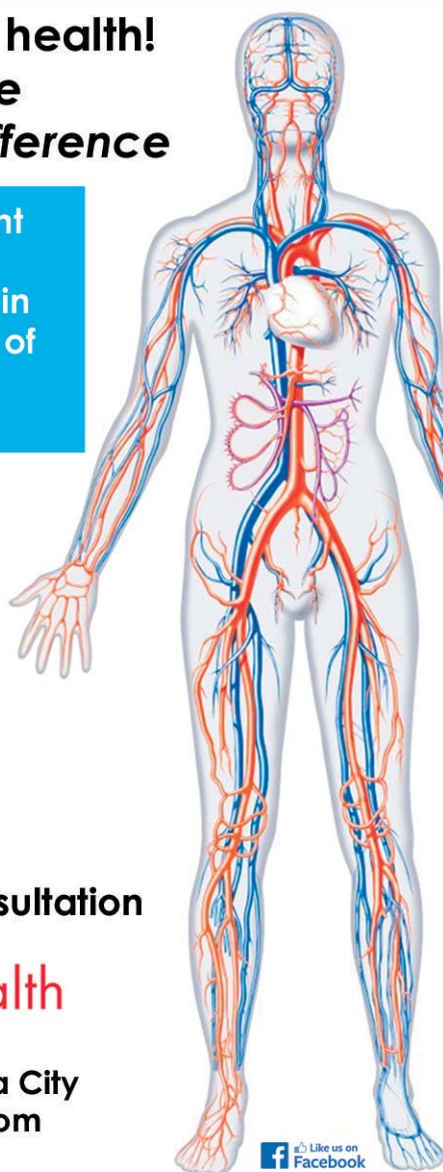
Symptoms:

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Holdenville Man Grows 25.2lb Sweet Potato

Fred Millard, Jr., of Holdenville, has been featured by National Geographic and the Smithsonian Magazine for his extensive contributions to the freshwater turtle industry. But this time, he is in the spotlight for a vastly different record: his 25-pound, 2-ounce sweet potato.

Millard, who is turning 80 in December, has been gardening all his life. For more than 40 years now, he has aimed to grow his sweet potatoes bigger than the year before, and he even issued a steep dare for friends and family members.

"I'll challenge anyone to a catfish supper if they can grow a bigger sweet potato than me," said Millard. "Otherwise, they have to buy me one!"

However, that is a tough challenge to step into—Millard has only been beaten twice in more than forty years.

When asked if he aims to beat state and world records

with his sweet potatoes, he said his only goal is to be a tad bigger than his competition for that year.

The Great Pumpkin Commonwealth, which records not only record-breaking pumpkins but also other vegetables, has been contacted to see if Millard's sweet potato breaks Oklahoma records and we are awaiting confirmation.

"A sweet potato this big doesn't require much peeling and you get quadruple the 'good stuff'," Millard said.

Millard and his wife, Caroline, plan to cut this sweet potato and can it—just like they do all of their sweet potatoes.

But with this one, there will be plenty to share. He said they will have to cut it with a saw and will save some for Caroline's famous sweet potato casserole for Thanksgiving and Christmas and share the rest with Hughes County neighbors.



Fred and Caroline Millard, from Holdenville, with their 25-pound, 2 ounce sweet potato grown in their backyard garden. He claims his secret is to turn the vines upside-down once a week to burn the roots off them, which makes all the energy go back to the main stalk.

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COMMUNITY

APRN Offers New In-Home Service in

by Darl Devault

A nurse practitioner with an entrepreneurial spirit recently started a mobile urgent care practice for homebound patients, on-the-go parents and families. Based in Edmond, with scheduling available online, by text or phone, this groundbreaking advanced practice registered nurse delivers convenient, urgent care to her patient's home.

Research shows that as a member of the American Association of Nurse Practitioners, Kara De La Pena is the only individual advanced nurse providing this service, NP 2 Go, in the Metro area. Her certifications in advanced cardiac life support, basic life support, and pediatric advanced life support allow her to claim first-in-market status.

Several corporate entities are dispatching caregivers at this level to people's homes. Those companies are not matching the direct-fee, comprehensive impact De La Pena delivers to her patients.

"NP 2 Go's mobile urgent care or house call service was born from seeing so many patients who could benefit from a more convenient option to get healthcare," De La Pena, APRN-CNP, said.

The nursing profession is in high demand in Oklahoma. She also serves as a registered nurse at OU Medical Center Edmond part time in perioperative services, as she launches her new community-wide service.

De La Pena provides in-home urgent care visits, migraine

See OFFERS Page 9



Kara De La Pena, APRN-CNP - De La Pena is a Family Nurse Practitioner licensed by the American Association of Nurse Practitioners.

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OFFERS

Continued from Page 8

treatment, primary care (for homebound patients), weight loss consults, IV vitamins/hydration, and sports physicals. She also helps patients needing advanced directive planning counseling. To answer those questions she says she draws on her experience as an ICU nurse being with many patients during their end-of-life period.

She says several patient populations need intravenous fluids, but have no other options than going to an emergency room. She serves that need in patient's homes. She stresses how her practice assists other practices and medical offices to help keep their patients out of ERs.

When the flu, food poisoning, or a stomach bug causes some mild dehydration a patient fills out a health history and assessment. She calls the patient if there are any questions. If an emergency room visit is indicated, she sends them on, instead of seeing them. If the ER is not indicated, she provides the hydration in their homes.

De La Pena says many migraine sufferers can have an acute or chronic migraine that can last for several days and be debilitating. She can give the same medications an ER provides, after assessing their condition. Another ER trip avoided.

De La Pena was born and raised in Enid, Okla. She earned her associate's degree in nursing from Oklahoma City Community College in 2012, and her bachelors of science in nursing from Northwestern Oklahoma State University in 2014.

In 2019, she earned a master's degree in nursing while graduating as a family nurse practitioner from Maryville University in St. Louis. The school, founded 150 years ago, provides a technology-driven, mentor-inspired education.

Along the way she has been a certified nurse's aide and licensed practical nurse before becoming a registered nurse. She says her mother prompted much of this by being a mentor and role model.

"My mother is the best nurse that I have ever met, often teaching me things that are not in books. She taught me about the comfort provided by simply flipping over a pillow, or the skill of practicing compassion towards people with unknown

struggles," De La Pena said. Her mother, Karla Brock, an RN since 1991, has worked at St. Mary's Hospital in Enid for 28 years.

De La Pena has a combined 15 years of experience helping patients throughout her years of basic patient care, nurse tech, CNA, LPN, RN, and now APRN-CNP status.

Her early caretaking skills were honed taking care of her great-grandmother who suffered a stroke when De La Pena was a teenager. She attended to her daily needs, as well as drove her to appointments.

Nurse practitioners in Oklahoma need only a supervising physician to oversee their prescriptive authority. They are prohibited from prescribing Scheduled 2 medications (Hydrocodone, Adderall, etc.).

Oklahoma Nurse practitioners are continuing to pursue legislation that allows for full practice of their license without a supervising physician. These nurses pushed legislation in 2018 seeking full practice authority. Their position then was that 22 states, most with better health outcomes than Oklahoma, allow this status.

De La Pena and her supervising physician have agreed on specific medication protocols for her new outpatient emphasis at NP 2 Go. They went over her business plan extensively before she started her private business ventures.

The company is private-pay only. When patients invite NP 2 Go to come to their homes, they get one bill. The NP 2 Go Website and Facebook cite the costs for the services provided.

De La Pena believes that patients deserve to have transparent billing and to know the costs of services before booking their appointments. NP 2 Go works with local companies to provide the most cost-effective labs, medications, or radiology. She says this provides a thorough solution to the patient's needs.

De La Pena, 33, has lived in Edmond for more than 11 years, marrying Jason in June of 2014. They now have two daughters 8 and 4 years old. The family attends Victory Church in Warr Acres and enjoys boating at Lake Arcadia often. As soon as her new venture gives her more time, she plans to be more active in local government and volunteer in the community.

Visit www.thenp2go.com or call 405.696.7003.



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COMMUNITY

Village People

by Bobby Anderson, Staff Writer

Far too many people are living with a pulse but not a purpose.

It's something that drives Marilyn Olson and the idea behind VillagesOKC.

"What we do is connect people who want to be active and live with a purpose," the executive director of VillagesOKC said.

Olson's background is extensive, helping open 10 retirement communities in multiple states.

"Each of use in VillagesOKC has learned a few things in the decades of our life and together we share what we've learned," she said. "One day I said to my husband 'it would be a real shame to wake up dead one morning and not having shared some of these things.'"

A PLAN, NOT A PLACE

"What we're learning is 100 is the new reality. More and more people are living until 100," Olson explained. "And most people are only planning til 80 so what are

you going to do with those other 20 years that God gives you?"

"Our plan is to live long and die short, not live and then slowly die. And you can have some control over that."

Mounting research is showing that you can improve your risk of Alzheimer's by up to 60 percent by simply making lifestyle changes.

"The problem is doing that is very difficult," Olson said. "Villages gather people together and says 'Let's do this together.'"

"It's peer pressure with love."

That's where Villages come in.

First of all, this Village is not an actual village. It is not a real estate development or a retirement community. It is a group of like-minded people in a geographic area who come together and develop the resources they will need to age comfortably in their own homes.

Villages bring services to people rather than moving people to services - neighbors helping neighbors create networks of support and reduced-cost professional services.

WHAT IS THE VILLAGE MOVEMENT?

Across the nation the village movement is an innovative grassroots organization which has emerged in the last decade providing support



Marilyn Olson, is the executive director of VillagesOKC, a unique group of people helping one another age comfortably in their own home.

See VILLAGE Page 11

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Social Security Administration and its Inspector General Announce New Online Reporting Form for Imposter Scam Calls

Andrew Saul, Commissioner of Social Security, and Gail S. Ennis, the Inspector General for the Social Security Administration, announce the launch of a dedicated online form at www.oig.ssa.gov to receive reports from the public of Social Security-related scams. These scams—in which fraudulent callers mislead victims into making cash or gift card payments to avoid arrest for purported Social Security number problems—skyrocketed over the past year to become the #1 type of fraud reported to the Federal Trade Commission and the Social Security Administration.

To combat these scams, Social Security and the OIG will use the new online form to capture data that will be analyzed for trends and commonalities. The OIG will use the data to identify investigative leads, which could help identify criminal entities or individuals participating in or facilitating the scams. Ultimately, these efforts are expected to disrupt the scammers, help reduce this type of fraud, and reduce the number of victims.

"We are taking action to raise

awareness and prevent scammers from harming Americans," Commissioner Saul said. "I am deeply troubled that our country has not been able to stop these crooks from deceiving some of the most vulnerable members of our society."

Commissioner Saul and Inspector General Ennis encourage the public to use the new online form to report Social Security phone scams including robocalls and live callers, as well as email, text, and in-person scams. The form allows people to create a unique Personal Identification Number (PIN), so if OIG contacts a person about their report, they will know the call is legitimate.

"Awareness is our best hope to thwart the scammers," said Inspector General Ennis. "Tell your friends and family about them and report them to us when you receive them, but most importantly, just hang up and ignore the calls."

Social Security employees do occasionally contact people—generally those who have ongoing business with the agency—by telephone for business purposes. However, Social Security

employees will never threaten a person, or promise a Social Security benefit approval, or increase, in exchange for information or money. In those cases, the call is fraudulent and people should just hang up.

Generally, the agency mainly calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record, or a person who has requested a phone call from the agency. If a person is not in one of these situations, they normally would not receive a call from the agency.

Social Security will not:

- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.



If there is a problem with a person's Social Security number or record, in most cases Social Security will mail a letter. If a person needs to submit payments to Social Security, the agency will send a letter with instructions and payment options. People should never provide information or payment over the phone or Internet unless they are certain of who is receiving it.

The Social Security OIG will also continue to take reports of fraud, waste, and abuse in Social Security's programs and operations. A separate online form for those reports remains available at their website.

VILLAGE

Continued from Page 10

services for community-dwelling older adults.

The village movement is one of the most viable options to let our society cope with the upcoming "Revolution Aging."

The revolution is due to the unprecedented number of seniors in America over 55. This number is growing by 10,000 per day. This number is many times greater than the number of available retirement communities or assisted living communities available or even planned. Thus has developed another option - aging in place in one's own home.

Beacon Hill, the first village, came to birth in Boston, Massachusetts. Others have cropped up all over the nation.

Now it's Oklahoma City's turn.

"There are villages all over the nation," Olson said. "It just depends on what the people want. This is not my idea. I just agreed to initiate it because that's what I'm supposed to do. This is my calling right now."

"The end result is really up the people and what God orchestrates."

Locally, the group celebrated

its one year "Village-versary" and launch of VillagesOKC Pickleball as a new way for Village members to stay active and participate in one of the fastest-growing sports in the U.S.

Being active and productive is a way of life.

That's why Olson helped with the recent Christian Women of Oklahoma City Bazaar. Her involvement began last year.

"Powerful testimonies of God's goodness, encouragement and new friends," Olson said of her first experience.

Seventy-seven 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.

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 October event was one of the group's best ever.

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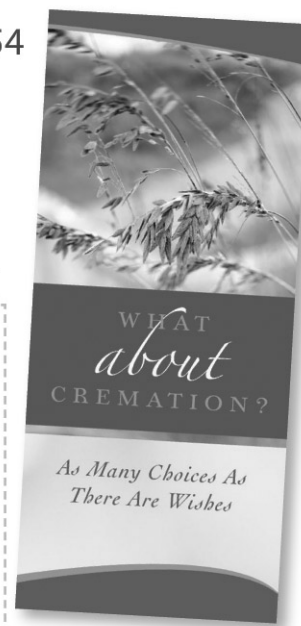
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Holiday spirit should be restrained until appropriate time

by Greg Schwem

I'm normally a big fan of people who challenge large corporations or establishments over what they see as violations of their personal rights. Many of those people have appeared in this column and I have delighted in their stories that end with them, to use an impolite term, "sticking it to the man."

Which brings us to the case of Nick and Claudia Simonis.

As widely reported by various news organizations, the San Antonio couple recently received a warning from their homeowner's association after placing Christmas decorations in their front yard on Nov. 1. The association insisted that was too early and the couple should Santa-ize their home, according to the letter, "closer to the holiday season" without specifically defining what that day was.

To which I reply, I wholeheartedly agree with the homeowner's association.

I'm sorry Simonis family, but I can't help you on this one. Had you just installed flickering lights on your bushes and your home's exterior, you and the association probably could have peacefully co-existed. But it was the large, inflatable snowman in your front yard that drew the association's ire. That's kind of hard to miss if you're a rules enforcer. You may as well just speed past a stopped school bus driven by an off-duty police officer.

The Simonises had a plausible explanation for their decorative hastiness; Claudia is expecting a baby on Christmas Day. Should that due date come early, tasks like home decoration would certainly take a back seat to other priorities. Sleep, for example.

Every year my wife and I rehash the "when should we decorate?" discussion. I insist that no decorating should occur pre-Thanksgiving. My wife insists I should watch not the calendar, but the weather forecast, taking advantage of whatever warm day Mother Nature throws Chicago's way. Considering my hometown has already been the victim of snowfall, an ice storm and single digit wind chills, I may have missed that opportunity.

But temperatures are forecast for the mid-50s on Thursday, a week before Thanksgiving. Do I break my rule for the privilege of decorating my house wearing just a light jacket? I recently returned from a business trip to find some of my neighbors were better weather prognosticators than I, as they had stealthily decorated prior to the cold snap. I hate them all equally.

What the Simonises failed to realize is that there is a difference between putting up decorations and actually turning them on. An inflatable snowman could easily be deflated, correct? Why not just leave Frosty in a melted state on your front lawn and then, whenever your association deems to be the appropriate time, flip a switch and watch it roar to life?

Heck, I have a neighbor who does this on a daily basis with an inflatable Santa and his reindeer. True, during the day, it looks like Blitzen and company had a horrific encounter with an 18-wheeler, but the savings in electricity far outweighs any trauma suffered by neighborhood children.

My wife and I once discussed installing lights on a giant spruce in our back yard and leaving the strands on the branches year-round. Every Thanksgiving night we would plug in an extension cord and, Merry Christmas! How easy would that be?

Plenty easy, and also plenty fatal to our tree, according to our landscaper, once we ran the idea past him.

Each year I vow to tone down the decorating at my house, as my fear of ladders, along with my aching back, intensifies. And yet, with every strand of lights I string on the outdoor trees, I find myself saying, "As long as I'm out here, I can do one more."

So Simonises, I agree that a festively decorated house is a great way to embrace the holiday spirit. But for now, channel your energies towards that new baby. You're responsible for teaching it everything.

Including the art of compromise with a Scrooge-like homeowner's association.

Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at www.gregschwem.com.)



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NATIONAL SCIENCE FOUNDATION-FUNDED STUDY UNDERWAY AT OKC ZOO'S LIZARD LAB

Conservation research aims to improve survival rates of threatened Texas horned lizards reintroduced to the wild

The Oklahoma City Zoo and Botanical Garden is partnering with the Sam Noble Museum at the University of Oklahoma to help save one of the state's most iconic species: the horny toad. Formally known as the Texas horned lizard, this species - once a common sight across much of the state - has become increasingly rare as its habitat has been lost and fragmented due to urbanization and other factors. A National Science Foundation-funded study underway at the OKC Zoo's Lizard Lab is exploring how to improve survival rates of lizards raised in human care when they are reintroduced into the wild. The research is also examining how the gut bacteria in populations in human care compares to that in wild populations.

Samuel Eliades, a third-year ecology and evolutionary biology Ph.D. student at the University of Oklahoma and researcher at the Sam Noble Museum, is leading the project. Eliades has been assisting in Texas horned lizard tracking and population monitoring at Tinker Air Force Base for two years. Inspired by this field research, he has received \$40,000 in funding support from the National Science Foundation INTERN program to study the species with the assistance of his advisor and museum curator Dr. Cameron Siler.

"Horny toads in Oklahoma are in the midst of a silent extinction," Eliades said. "This was a species so common that - until they started vanishing - no one bothered to study them. We are still playing catch up to try to understand this complex and interesting lizard."

The goal of this research project is two-fold. First, to establish a

head start program at the Lizard Lab raising Texas horned lizards and releasing them back into the wild so that they have a greater chance of survival. Second, Eliades will study their gut bacteria and compare those samples to bacteria from Texas horned lizards in the wild. This stool sample analysis will provide a better understanding of how being raised in human care influences these animals and, in turn, can better prepare the lizards for survival in the wild following release.

Eliades' research at the Zoo's Lizard Lab will be overseen by Rebecca Snyder, OKC Zoo curator of conservation and science, and Brad Lock, OKC Zoo curator of herpetology.

As a conservation organization, the OKC Zoo is committed to preserving wildlife and wild places," Snyder said. "In addition to the study being done on-site at the Lizard Lab to help Texas horned lizards, Zoo staff regularly volunteer their time in the field assisting our conservation partners with research on wild populations of this species and others."

This summer, Eliades oversaw the collection of a group of 35 Texas horned lizard eggs from Tinker. Once hatched, these will mature at the Zoo under his watchful eye for about a year before they are released. Once back in the wild, Zoo staff and researchers from the University of Oklahoma will continue to monitor the head start lizards as part of the Tinker population. In the immediate future, this research will bolster the Texas horned lizard population on Tinker Air Force Base. In the long term, the hope is to expand this program



to assist wild Texas horned lizard populations across the state. Researchers also hope to better understand the beneficial and harmful bacteria that Texas horned lizards have in their guts and find ways to ensure the animals are as healthy as possible before released back into native habitats.

Although the OKC Zoo Lizard Lab is located behind-the-scenes and is not accessible to guests, visitors can support the Zoo's conservation efforts by rounding up to the nearest dollar at any of point of sale. Guests can also show their support by purchasing colorful new conservation wristbands for \$2. The entire amount goes to support the Zoo's Round Up for Conservation. The Zoo will continue to share updates on the Lizard Lab through social media.

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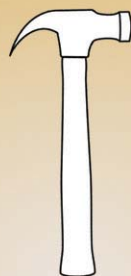
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Mercy's New ER and Primary Care Clinic in Edmond Now Open



Mercy has again expanded services in Edmond with the addition of a new emergency department and primary care clinic. The new facility is now open just south of the original facility on Mercy's Edmond I-35 campus.

Mercy broke ground on the \$30 million, 49,000-square-foot building in January 2018. The facility is two levels. The first level ER is an extension of Mercy Hospital Oklahoma City's emergency department and features 11 exam rooms, ultrasound, imaging services, full laboratory services, an infectious disease isolation room and a generator that allows the facility to run on full power in the event of an outage.

Fifteen emergency medicine physicians, 20 nurses and several support staff will take shifts serving patients around-the-clock. Patient care will be streamlined thanks to the ER's modern design and dedicated, in-house lab and imaging services.

On the second floor, Mercy Clinic will have 16 primary care providers including family medicine and pediatrics.

Dr. Jesse Campbell serves as chief administrative officer for Mercy Clinic and has seen patients as a primary care physician at Edmond I-35 since the first building opened in 2014.

"We have had multiple patients come into our I-35 facility looking for an emergency room," said Dr. Campbell. "I can't tell you how many times we've had to call an ambulance to take those patients

to an emergency department, ultimately delaying their care. Now, we'll be able to take those patients downstairs from the primary care clinic or across the parking lot from the specialty care clinic building for the appropriate, convenient care they need."

Through Mercy's comprehensive electronic health record, care team members at the new Mercy Edmond I-35 facility will have immediate access to patient records, electronically creating a seamless experience for current Mercy patients.

"Over the last two years, we know most Edmond residents have visited a Mercy hospital or clinic," said Jim Gebhart, president of Mercy Hospital Oklahoma City and regional strategy officer. "By expanding our Edmond I-35 campus, we are now able to serve even more people and make a significant impact in our growing community."

The original Edmond I-35 facility features an outpatient surgery center, imaging, laboratory, specialty physician offices, a first-of-its-kind wellness center and Mercy Sports Performance powered by EXOS.

The new Mercy Edmond I-35 facility is located at 2301 W. I-35 Frontage Road in Edmond.



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HEALTH

Understanding Diabetes

by Dr. C.V Ramana

Understanding diabetes and the long-term problems associated with uncontrolled blood sugar is the first step in preventing more serious complications of the disease.

Diabetes is a disease that involves problems with the hormone insulin. To understand why insulin is important, it is useful to know how the body uses food for energy. The body is made up of millions of cells and these cells need food in a simple form to function appropriately. Much of what we eat and drink is broken down into a simple sugar called glucose. Glucose is food for the cells. The pancreas releases insulin to help your body use and store the glucose (sugar) and fat from consumed food. Insulin regulates the amount of glucose that is in the blood stream by conducting the transfer of glucose from the blood stream

to the muscle and fat tissues to use be used for fuel or to the liver for storage. Diabetes can occur when 1) The pancreas does not produce any insulin. 2) The pancreas produces very little insulin or 3) the body does not respond to insulin also called insulin resistance. The most common form of diabetes is type II. Ninety-five percent of diabetics are classified as type II. This form of diabetes occurs when cells are resistant to insulin. The pancreas releases more and more insulin, but eventually it gives out.

Too much glucose (sugar) in the blood stream for long periods of time has serious health consequences. Some of the long-term affects of diabetes are increased risk for heart disease or heart attack, increased risk for stroke, plaque build-up in the arteries, kidney damage, nerve damage,



changes in vision, skin problems and wounds that won't heal. These negative long-term effects can be prevented by proper management of blood sugar. Damage to the arteries can lead to vascular disease. Some of the symptoms and side effects of vascular disease include pain in the legs or calves when walking, numbness or tingling in the feet, cold feet, and discoloration or sores that will not heal. There are a number of treatment options available for those affected by vascular disease.

The most important blood test for diabetes is called the A1c. Your doctor may call it glycosylated hemoglobin. It is a simple blood test that gives the average of blood sugar level over the past three months. The value is determined as a percentage ranging from 4%-15%. A normal value is around 4%. The American Diabetes Association (ADA) recommends an aggressive approach to the prevention of diabetes and the current guidelines call for an oral diabetic medication such as Metformin with an A1c of 5.8% or greater. A value of 7% or higher can require tighter control with the use of injectable insulin. Studies by the ADA report prevention of complications related to diabetes when the A1c value is under 7%. A person with normal blood sugar levels should have their A1c tested every 6 months and those already diagnosed with diabetes should have their A1c tested every 3 months. Decreasing the A1c value as little as one percent may decrease the risk of irreversible effects of nerve damage, kidney damage and changes to vision.

The early signs of high blood sugar are increased thirst, headaches, trouble concentrating, blurred vision, frequent urination, fatigue and weight loss. Often the signs and symptoms of high blood sugar are discrete and go unnoticed. If you are not currently under the care of a primary provider, then establish one and ask to be screened for diabetes. If you are currently diagnosed as a diabetic, consistency is key to long-term prevention. Have your A1c level checked every three months and work closely with your primary care provider to establish a care plan and a medication regimen that works for you.

If you feel that you may be at risk for diabetes, any of its complications, vascular disease, or have some of the symptoms, you should consult your primary healthcare professional to screen for it, and to discuss treatment options.

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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.

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

SBT One in every 4 Americans has appeared on television!

SBT The average American/

Canadian will eat about 11.9 pounds of cereal per year!

SBT It's against the law to burp, or sneeze in a certain church in Omaha, Nebraska!

SBT you're born with 300 bones, but when you get to be an adult, you only have 206!

SBT Human thigh bones are stronger than concrete!

PROVIDING EXCELLENT PRIVATE CARE - EXCELL PRIVATE CARE

Story by Vickie Jenkins, Staff Writer

EXCELL’s mission is to provide the highest quality of genuine care for our clients and their families. Through personalized service and coordinated assistance, Excell Home Care, Hospice and Personal Care are committed to helping individuals maintain their comfort, independence and dignity.

Excell provides exceptional, comprehensive assistance to ensure the well-being of each patient we serve. As an established, reputable and highly-diversified service provider, Excell offers a wide array of skilled nursing and rehabilitation services, hospice care, personal care, Geriatric Care Management and the ADvantage Program.

Excell’s commitment to excellence, integrity, honesty, caring, compassion, attentiveness, creativity and innovation means that all of our customer’s needs, both expressed and unspoken, are met with the highest level of attention. –Excell Private Care Services-

Carol Mulligan, LPN is the backup case manager supervisor at Excell Private Care Services. “I

started out as a nurse’s aide in a nursing home in 1990. I really enjoyed working with the elderly and I worked in several nursing facilities over the years. It was around 1995 that I found that it was hard for me to continue as a nurse due to being on my feet for eight hours a day. I still wanted to continue my career in nursing, yet I wanted to find something a little less strenuous. That is when I found out about Excell Private Care Services. I can still be a nurse and help the patients with the ADvantage program, finding them a place to live that suits them, along with a place that makes them feel comfortable and at home. There are some apartments and assisted living facilities in Oklahoma that are contracted with the state. That means that there are a certain number of rooms that might be available if they are an ADvantage member,” Carol commented.

“On an average, we have about eight case managers and each one of them usually carries forty to fifty members throughout Oklahoma. I worked with elderly

people for numerous years while being a nurse. Working with the ADvantage program, I feel like I am on the other side of the spectrum now; helping the people get to a place that they enjoy as much as they can without putting them in nursing homes,” Carol said.

What qualities do you feel like make a good nurse? “I think one of the most important qualities to have is to be a good listener. It makes such a difference to both the nurse and the patient. Also, a nurse needs to be able to get along with others, no matter what the setting, whether it is in a hospital, home health or hospice. Teamwork always plays a big part in any job, no matter what the situation might be,” Carol replied.

Asking Carol how she can relate to patients in a positive way, she replied, “I realize how some people feel a little awkward about meeting a nurse or case worker for the first time and discussing their medical issues. When I meet a patient or a family member that may have someone that qualifies for one of our programs, I try

to show kindness and compassion. They are more likely to relax and open up and know that I am there to help them. They just need someone to listen to them.”

Carol is married to her wonderful husband and they enjoy spending time with their three children, thirteen grandchildren and three great grandchildren. That makes for a fun time when they all get together! Adding to the fun are their four Boxers; Gus, Molly, Jojo and Bess. What motivates Carol? “My motivation comes from my family and spending time with them. They keep me going,” Carol smiled.

What advice would you give to someone going into the medical field? “I would tell them to start off as a nurse’s aide first. You need to go into nursing with a genuine love and compassion for it. If you don’t feel that from the beginning, nursing is not the right job for you. Move forward and don’t look back,” she said. “You will find out that it can be the most rewarding job that you have

Continued next page

CROSSWORD CORNER

- Across**
1 Encircled by
5 Note from the boss
9 Strolls through the shallows
14 Calf-length skirt
15 Words while anteing
16 Make a speech
17 High school infatuation
19 Wash lightly
20 Slowpoke in a shell
21 Worker’s allowance for illness
23 Tide table term
26 U.K. flying squad
27 Detriment to air quality
30 A few hours for doing whatever
36 Prune, as a branch
37 Colombian metropolis
38 Capital of Morocco
39 Not a close game, a headline for which may include the end of 17-, 30-, 46- or 63-Across
43 Runway gait
44 Taunting remark
45 Bobby of hockey
46 Rich coffee lightener
49 “The ___ the limit!”
50 One hovering around the flowers
51 Future atty.’s exam
53 Ground beef dish
58 Coffeehouse flavor
- 62 Quarterback’s “Snap the ball at the second ‘hut’”
63 One of two Senate “enforcers”
66 Tall story?
67 Ohio border lake
68 Roof overhang
69 Place for road trip luggage
70 Amount owed
71 Scott who sued for his freedom
- Down**
1 Lbs. and oz., e.g.
2 Personal bearing
3 Bit of brainwork
4 “Fine” eating experience
5 Former Russian space station
6 Grounded Aussie bird
7 “Swing and a __, strike one”
8 Available for the job
9 Company employees, as a group
10 Like the Mojave
11 “The X-Files” agent Scully
12 Crafts website
13 Experiences with one’s eyes
18 MLB’s Indians, on scoreboards
22 Litter box user
- 24 Slightly
25 Paperwork accumulation
27 Walk through puddles
28 __ Carlo
29 Met performance
31 Gnatlike insect
32 Kit__: candy bar
33 Former Apple laptop
34 Comedy’s Cable Guy
35 Galactic distances: Abbr.
37 Urban distance unit
40 Toyota RAV4, e.g.
41 Lab vessel
42 PCs, originally
47 Top corp. officer
48 Gathered from the field
49 Stuck in a hold
52 Acker of “Person of Interest”
53 Castle protector
54 __’acte
55 Westernmost Aleutian island
56 Jacob or Esau
57 Taxi meter figure
59 Scorch
60 50-Across home
61 Made fun of
64 Make fun of
65 Vietnamese New Year

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69						70					71			



Carol Mulligan, LPN is the backup case manager supervisor at Excell Private Care Services. Carol shows a genuine love and concern as she helps her clients find the right place that they can call HOME.

ever had. Working for Excell has shown me how much it means to help others, getting them to their comfort place that they can call HOME. I love being a nurse,

helping others and making them happy,” Carol added. Asking Carol how she would sum up her life in one word, she replied, “FULL.”



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Daily Living Centers Brings on New Board Member

Daily Living Centers of Oklahoma welcomes Bob Chamberlain to their board of directors. Chamberlain is a Certified Aging in Place Specialist.

"I can't think of anything more important than helping care for and improve the quality of life of others," said Chamberlain. "That's why I'm honored to serve on the Daily Living Center's board of directors."

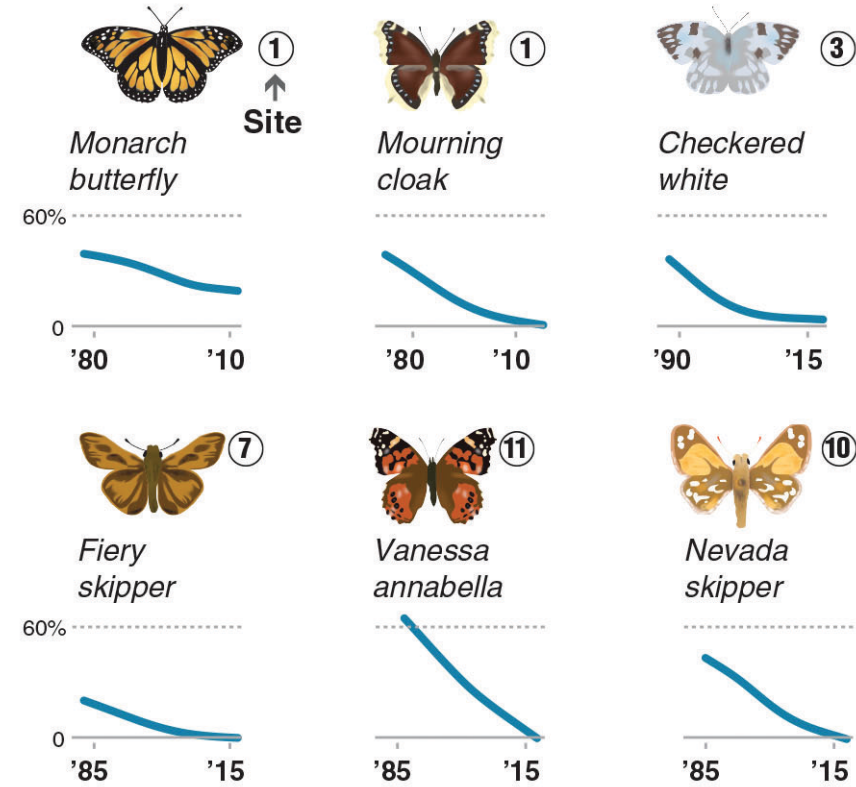
As President of Chamberlain & Sons LLC and owner/partner of Full Circle Home Technologies, Chamberlain brings with him an uncommon technology and construction background. He has held senior management positions in technology, building material distribution and new home construction. He is a current member of Central Oklahoma Home Builders Association and the National Association of Home Builders. The Daily Living Centers of Oklahoma is an adult day health non-profit organization offering affordable non-residential facilities that support the health, nutritional and social needs of disabled or elderly Oklahomans. For more information please visit, www.dailylivingcenters.org.



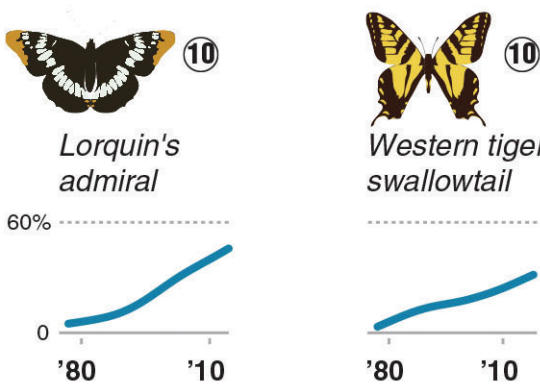
Tracking butterflies

Butterfly sightings

At both lower and higher elevations, the likelihood of observing most species has dropped.

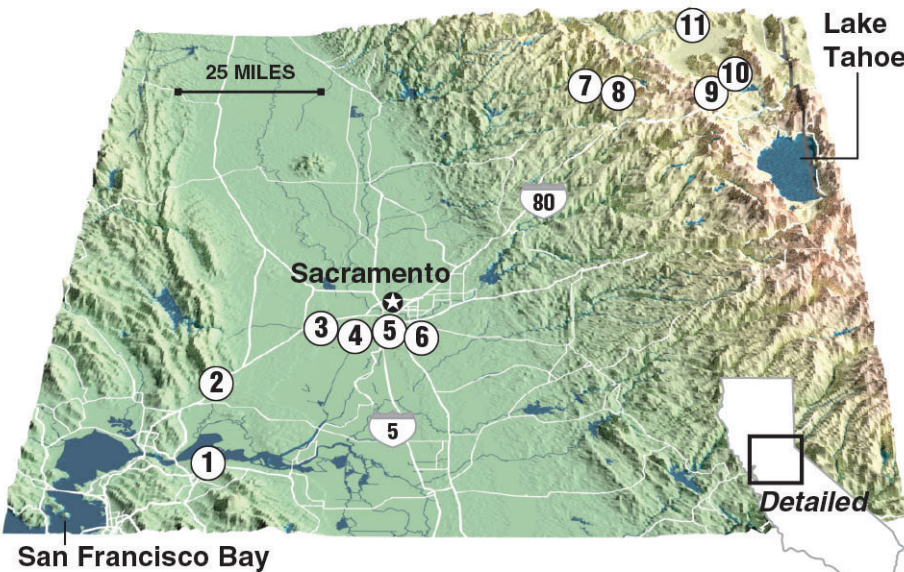


At the highest elevation, a few species of butterflies have bucked the trend and shown gains.



Where they are

The butterfly data were collected from 11 sites along the I-80 corridor. The sites were chosen for the change in elevation and ease of access.



Source: Art Shapiro, UC Davis, Matt Forister, University of Nevada, Reno, NOAA, Nextzen, OpenStreetMap
Graphic: Shaffer Grubb, Los Angeles Times/TNS

Holiday OPEN HOUSE

Thursday, December 12, 2019
2:00 - 5:00 PM
1301 Tinker Diagonal, Suite AL
Oklahoma City, Oklahoma 73115

Please join the Oklahoma Assisted Living Association for our 5th Annual Holiday Open House! We have plenty of food and fun for everyone including door prizes, a photo booth and possibly some surprises!

Please RSVP by Friday, Dec 6, 2019 by either calling 405.235.5000 or email okala.info@okala.org

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<p>Peace on Earth</p>  <p>Linda Lee</p>	<p>That's hard. I guess to just love one another.</p>  <p>Karen O'Neill</p>	<p>Each Month We Visit With Seniors Throughout The State</p>  <p>If you would like us to visit you, please email the Editor at:</p> <p>news@metropublishingok.com SENIOR TALK or call SENIOR NEWS AND LIVING 405-631-5100</p>	<p>Compassion for all.</p>  <p>Lola Coons</p>	<p>For everyone to just get along.</p>  <p>Diann Estrada</p>
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Holiday Activities at Pawnee Bill Ranch and Museum



Beginning December 1, Pawnee Bill Ranch and Museum will be beautifully transformed for the holiday season with festive decorations that will remain on public view during the entire month of December. Visitors can view the decorations for free during normal hours of operation.

One great opportunity to experience the holidays at Pawnee Bill Ranch and Museum comes on Saturday, December 14, with the Pawnee Bill Ranch Association meeting and the Holiday Open House. The Pawnee Bill Ranch Association will hold its annual meeting in the Big Barn beginning at 11:30 a.m., with a noon meal for members following the short business meeting. For more information or to join the Pawnee Bill Ranch Association, please call 918-762-2513.

Immediately following the Pawnee Bill Ranch Association meeting on December 14, Pawnee Bill Ranch and Museum will host its annual Holiday Open House for the public from 1 to 4 p.m. Holiday Open House activities will include surrey rides and camel rides outside (weather permitting), a children's craft area inside the museum, a silent auction fundraiser and hot cocoa and cookies. Money raised from the silent auction will help to fund exhibits at the museum.

As a special treat later that Saturday, the ranch will host a Santas of the World Tour from 5 to 7 p.m. in the mansion. The tour is free and open to the public. Come to the ranch for a visit and photographs with these historic Santas. They are dressed authentically from their particular time period and country of origin. Some of the gift-bringers that may be featured are:

Black Peter (Holland, 1550); Grandfather Frost (Russia, 1900) and his granddaughter Babushka (Russia, 1800); Le Befana (Italy, 1800); Ophelia Noel (France, 1800); Civil War Santa (United States, 1861); Sinter Claus (The Netherlands, 1808) and his wife; Weihnachtsmann (Germany, 1800); Tundra Santa (United States, 1840); Tartan Santa (Nova Scotia, 1850s); and St. Nicholas (Turkey, 1100).

Pawnee Bill Ranch and Museum is located at 1141 Pawnee Bill Road in Pawnee. Hours of operation for the months of November through March are Wednesday through Saturday, 10 a.m. to 5 p.m. and Sunday 1 to 4 p.m. For more information about these events, please call 918-762-2513 or email pawneebill@okhistory.org.

Pawnee Bill Ranch and Museum is a division of the Oklahoma Historical Society. The mission of the Oklahoma Historical Society is to collect, preserve and share the history and culture of the state of Oklahoma and its people. Founded in 1893 by members of the Territorial Press Association, the OHS maintains museums, historic sites and affiliates across the state. Through its research archives, exhibits, educational programs and publications the OHS chronicles the rich history of Oklahoma. For more information about the OHS, please visit www.okhistory.org.



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405-455-3900

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www.arborhousingliving.com

TRAVEL / ENTERTAINMENT

Treat your family to the gift of Holiday Dance

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

The Holidays are times for comfort and joy. One such tradition is coming back again to experience Oklahoma City Universities Christmas Dance show, "Home for the Holidays." I have seen it several times and am always overwhelm by the talent, hard work and inventive nature of this performance art. Besides the fact that you are witnessing the dance stars of tomorrow, it's just plain fun and life affirming.

The Broadway-style dance spectacular, Home for the Holidays – is a Gift of American Dance, as Oklahoma City University's American Spirit Dance Company presents a "few of its favorite things" and a whole lot more, wrapped in a fast-paced show of beautiful kicklines, spirited tap, and fun-filled and playful musical theatre dance.

Directed by Jo Rowan, dance chair at Oklahoma City University's Ann Lacy School of American Dance and Entertainment, Home for the Holidays runs from Dec. 5 through 8 in Oklahoma City University's Kirkpatrick Auditorium, at 2501 N. Blackwelder Ave. Jo Rowan is an American treasure. Not to be overlooked is Dean John Bedford for his behind the scene direction and oversight for the quality of production.

"Home for the Holidays is Christmas magic, a joyful season's greeting to share with the entire family," Rowan said. "There's no need to buy a plane ticket to New York City -- our performers are Broadway bound. Enjoy these future Broadway dancers while they are still performing in OKC! The show is a slick and fast-paced as anything you would see on the professional stage." And this author whole heartedly agrees.

Home for the Holidays has become a yearly tradition for families across the state, and beyond, as the vision of the American Spirit Dance Company's nationally respected faculty/choreographers combines with the premier talent of the nation's best-trained dancers to create an experience fit for the lights of Broadway.

Dynamic rhythms and explosive choreography bring Toy Soldiers to life, while fast tapping feet and a very special guest, Tony the Pony, take you for an unforgettable sleigh ride. Little Chip, a darling singing and dancing chipmunk, is making his debut caroling with the triple-threat McNutt Squirrel Family Singers to share their holiday cheer. There will be breathtaking contemporary ballet featuring intricate partnering, and the American Spirit Starettes will treat you to a brand new kickline.

There's Santa and his workshop filled with fun-loving elves. There are beautiful ladies and handsome men sharing the joy of the holiday season. A call for Peace on Earth followed by a beautiful choral performance of "Silent Night" and a stunning, and imaginative nativity with Mary, Joseph, angels, and a pageant of the three kings and their retinue provide an uplifting and inspirational reminder of the true meaning of Christmas.

Dancers in the American Spirit Dance Company hail from Oklahoma City University's Ann Lacy School of American Dance and Entertainment, the nation's premiere musical theatre dance program that has been ranked the No. 1 BFA dance program in the nation by OnStage. This destination collegiate program has alumni credits in nearly 90 Broadway productions and has produced 50 Radio City Rockettes and counting. No wonder Playbill ranked Oklahoma City University among this year's "Top 10 Most Represented Colleges on Broadway."

Next year, you might see senior Bond Bourquien at Radio City, but this year she will be dancing in Home for the Holidays as a Starette. Bond said, "The Starettes are kicking off this holiday season with a precise, high energy number that includes iconic moves inspired by the Radio City Rockettes. It is such a treat to be able to work with Professor Vincent Sandoval who was a performer and also an assistant director and choreographer for the Rockettes. Expect to see great style, poise and many eye-high kicks."

Senior Thomas Olson appeared as Tony the Pony in his first Home for the Holidays. This year, he is leading man for "Swingle Bells", where Tony features his four-legged hoofing. "Working with choreographer Professor Tiffany Warford has been a full-circle experience as her dances are high energy and exude excitement," Olson said. As an aspiring choreographer, Olson watched Tony's character develop in rehearsals, and is prepared "to see the joy on families' faces as Tony will steal their hearts."

Matthew Schouten, senior, describes Professor Tye Love's original contemporary ballet, "Somewhere in My Memory" as a whimsical



dance displaying exquisite technique and intricate partnering, all while reminiscing in fond memories of holidays past."

Anthony Giandiletti Jr., shares; "Home for the Holidays is my favorite production each year, because there is something for everyone. It's a family friendly show that celebrates time spent with loved ones and spreading holiday joy to our community. This year, we are bringing back some of my favorite dances as well as adding a whole new lineup that will get audience members dancing in their seats." Anthony feels a dynamic and beautiful a cappella version of "Silent Night" with over 25 vocally talented dancers and a breathtaking nativity scene to "Star of Wonder" will touch the spiritual side of the audience. "The beautiful music, hazy lighting and intricate costumes make you feel encompassed in a whole different

world."

There is no reservation in me saying that this celebration of the season is a tribute to the joyous talent, touching sincerity and exuberance of youth through dance. If you have never seen, or if this is your annual tradition, Home for the Holidays is a must. No worry if this reading is near the performance dates, as the Kirkpatrick Auditorium is a very large facility, and there usually is always one or two seats available at curtain time, for procrastinators. Of course prime seating is available on a reserved seat basis.

Home for the Holidays is set for 8 p.m. Dec. 5, 6, and 7, and 2 p.m. Dec. 7 and 8 in the Kirkpatrick Auditorium on the Oklahoma City University campus. Tickets are \$29 and can be purchased by calling 405-208-5227 or visiting www.okcu.edu/tickets. \$18 tickets are available for groups of 8 or more.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

3110 N.W. 15 Street - Oklahoma City, OK 73107

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DECEMBER CALENDAR OF EVENTS

To Be Added To The Calendar, Email Senior News and Living at advertising@seniornewsandliving.com

DECEMBER

FREE LINE DANCE LESSONS

Weekly on Wednesdays
8PM-9PM. All ages and dance
levels welcome.
401 South Meridian Ave.
OKC-The Biltmore

Mid Day Dance

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

Donate A Toy, Gift A Smile This Christmas!

This Christmas
season share your generosity
with the families in need.
Please donate a new unwrapped
gift suitable for a girl or boy from
3 months to 16 years old.

Donations will benefit families through Mission Shawnee.

**From November 25th to
December 11th.** Drop off
location: Belfair of Shawnee,
1723 N. Airport Drive
Together we can make a
difference! Contact Desiree for
details: 405-441-1998

DECEMBER 3 & 5

VillagesOKC Pickleball

Yukon Community Center
2200 S. Holly Ave. Yukon

When:

**Tue., Dec. 3, 11 a.m.-1 p.m. and
Thu., Dec. 5, 11 a.m.-1 p.m.**

Phone: 405-990-6637

Email: info@okcvillages.org

Price: Free

Carma Branscum, VillagesOKC
member, said, "VillagesOKC is all
about keeping our brains strong
and our minds sharp. Pickleball
is the perfect combination of
healthy physical exercise while
using cognitive skills. It's the
perfect sport for mature adults
and their grandchildren...to play
together." With experience as
an elementary Physical Education
teacher, Branscum is taking the
lead bringing the nations fastest
growing sport to VillagesOKC.
VillagesOKC is building a roster
of curious and interested folks.
Come join us!

DECEMBER 5

Jackpot Casino Parties at The Residence at Yukon Hills

105 E Bass Ave, Yukon, OK 73099
You are invited to a Casino Party!
They will be hosting The Residence
at Yukon Hills 2nd Anniversary
Party on 12/5/2019 from 1pm
- 4pm. SPONSORS WANTED:

sponsors WANTED to provide small
gift items for this event. Either
a door prize or game prize. Call
Marlene at 265.3417. There will
be four tables: 2 Blackjack; 1 Texas
Hold'em; and 1 Roulette.

Plus a Photo Booth, Karaoke Station,
Food, Drinks & Prizes Galore. Don't
gamble? - don't worry - no money is
exchanged. This is for fun only!

DECEMBER 7

Cowboy: Holidays at the Museum.
National Cowboy and Western
Heritage Museum.

1700 NE 63rd St. Oklahoma City.

When: Sat., Dec. 7, 10 a.m.-1 p.m.

Phone: 405-478-2250

info@nationalcowboymuseum.org

Price: Free with Museum admission.

Celebrate the holidays in Prosperity
Junction, a turn-of-the-century
frontier town. Make Western
inspired ornaments, pine cone
birdfeeders, decorations, meet
historical Western figures, sample
frontier food, or mosey up to the
sarsaparilla bar before dropping
off your holiday wish list with
Santa! Find Howe and Dee the
Cowboy Elves to earn your own
special badge. Free for children
and accompanying adults. Available
while supplies last. Free to museum
members or with museum
admission. Available while supplies
last. This program is made possible,
in part, with support of the Robert
Glenn Rapp Foundation.

DECEMBER 7, 14 & 21

Christmas in the Park Meadowlake Park

1200 W Rupe, Enid Beyond OKC

When: Sat., Dec. 7, 6-9 p.m.,

Sat., Dec. 14, 6-9 p.m. and

Sat., Dec. 21, 6-9 p.m.

Phone: 580-616-7210

The event is free and open
to the public. Celebrate the
holiday season in Meadowlake
Park with food, entertainment,
pictures with Santa, polar express
train rides, ornament making
stations and more.

DECEMBER 12

SAFE SHOPPING

Presented by Corporal Kim
Lopez, TRIAD Coordinator
Thursday, December 12, 2019 at
2:00 PM. Space is limited, so
please RSVP by 12/11/2019 to
Kristen 405 433-7823
2100 NE 140th Street | Edmond,
OK 73013. Triad is a
collaborative effort between the
Sheriff's office, local police
departments and senior citizens
working together to reduce and
prevent crimes against seniors
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DECEMBER 16

Eat Drink and be Ugly
December 16TH. 5 PM - 7 PM

Belfair Ugly Sweater

After-Hours Networking Event

1723 N. Airport Drive,

Shawnee, OK 74804. Call Desiree
to RSVP (405) 441-1998

DECEMBER 17

BELFAIR OF SHAWNEE -
FREE DEMENTIA TOURS
1723 N. Airport Dr. Shawnee, OK
TUESDAY, DEC 17TH 10AM-1PM
CALL DESIREE TO SCHEDULE
YOUR TOUR TODAY!
405-441-1998

DECEMBER 29

HAROLD STEVENSON'S THE
GREAT SOCIETY Exhibition
Fred Jones Jr. Museum of Art
555 Elm Ave. Norman, OK
When: Through Dec. 29,
10AM-5PM.
Phone: 405-325-3272
Email: museuminfo@ou.edu
Price: Free. In April of 1966, artist
Harold Stevenson began The
Great Society, an ambitious series
of portraits depicting residents
of his hometown of Idabel, OK
and the surrounding McCurtain
County. Composed of 98 large
portraits, Stevenson considered
The Great Society a single work
of art. This exhibition is the first
time the work has been seen
together since Stevenson gave
the series in 2007.

DECEMBER 29

MISUNDERSTOOD! Exhibition
Fred Jones Jr. Museum of Art
555 Elm Ave. Norman

When: Through Dec. 29, 10AM-5PM.
Price: Free. Misunderstood! features
poems and artworks ranging from
1894 to 2017. As these works
demonstrate, Native artists &
writers have grappled with the same
misperceptions of their communities
for more than 100 years. These
texts & images draw attention
to neglected & curated histories
about Native peoples in order
to secure a better future. This
is exhibited through the following
themes: Stereotype Threat, Undoing
History, Proud to Be an American, &
Love/d. Together, the Native voices
in this exhibition demand of the
viewer the same thing: "Please don't
let us be misunderstood."

DECEMBER - JANUARY

Sunday Veterans Jam With The
FOBS. VFW Post 9265

4605 S. Pennsylvania Ave. OKC

When: Sundays, 3PM-7PM

Phone: (405) 604-0264

brentsaulsbury@yahoo.com

Price: FREE. Come to the VFW
every Sunday for the Veteran's Jam
with host band the FOBs (Friends
Of Brent [Brent Saulsbury]) The FOBs
know virtually thousands of songs
& are near impossible to stump...all
genres and skill levels are welcome.
We have pro gear, great musicians
and food at Four.

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
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Businesses that offer
low to no cost events to our
readers.

Call us today at
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for more information and
to be included!

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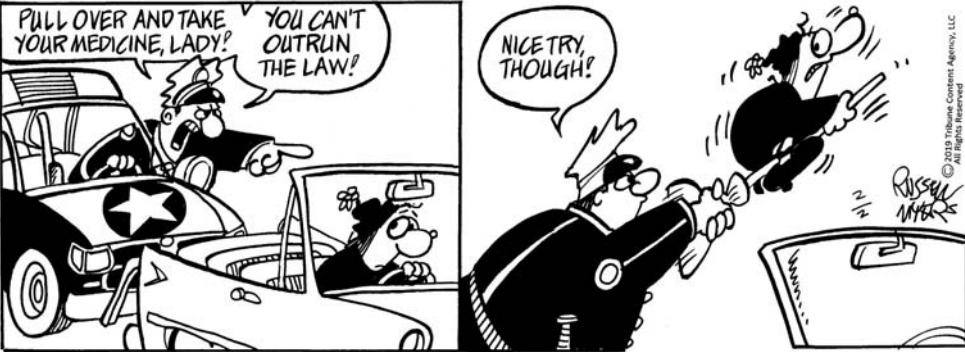
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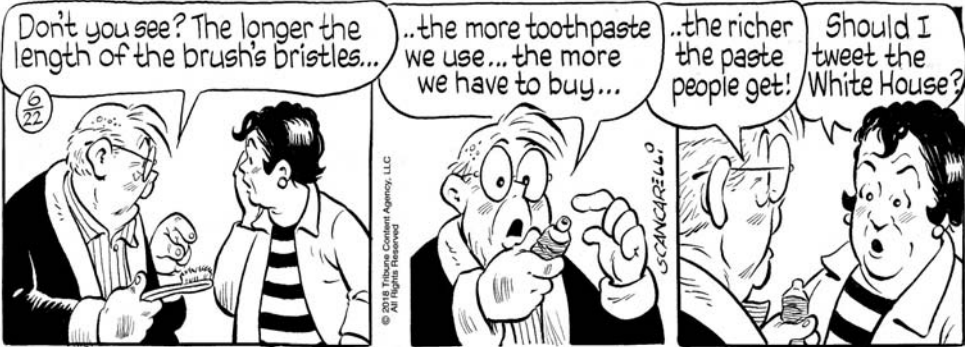
Broom Hilda



Animal Crackers



Gasoline Alley



JUMBLE

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

MUYTM

MAIDT

SASNEO

CIPHUC

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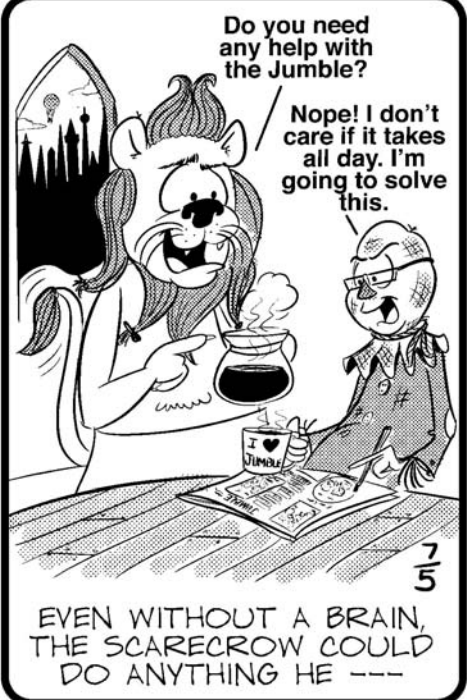
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THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

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Christmas spending estimates

How much will you spend on Christmas gifts this year?



Source: Gallup
Graphic: Staff, TNS

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!

SBT One gallon of used motor oil can ruin approximately one million gallons of fresh water!

STRANGE BUT TRUE

SO THEY SAY...

SBT Strange Fears: Aerophobia - Fear of flying

SBT Strange Fears: Algophobia - Fear of pain

SBT Strange Fears: Amaxophobia - Fear of riding in a car

SBT Strange Fears: Arachnophobia - Fear of spiders

SBT Strange Fears: Arithmophobia - Fear of numbers

SBT Strange Fears: Atelophobia - Fear of imperfection

A	M	I	D		M	E	M	O		W	A	D	E	S
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A	T	T	I	C		E	R	I	E		E	A	V	E
T	R	U	N	K		D	E	B	T		D	R	E	D

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