

Happy New Year!

SENIOR NEWS & LIVING OK

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Information for Oklahoma Seniors

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What the Health is Pickleball

Quite a bit to a Senior

Story by Darl DeVault

Central Oklahoma's fastest growing recreational sport, pickleball, has everything going for it—universal design and appeal with senior-led visionary organizers. It is being widely embraced by seniors for its great health outcomes.

Pickleball is a recreational paddle sport

See PICKLEBALL Page 6



New Year, New Life



Naadi patient gets ultimate gift

The staff at Naadi Healthcare Vascular and Interventional Center helped give June Brown a new lease on life.

story and photo by Bobby Anderson, Staff Writer

It's a new year and June Brown is celebrating her new lease on life. "They said there was really nothing they could do. It was just damaged muscle," Brown said, recalling a July 2006 injury to her left leg that left her living in pain.

Over the next 13 years, that injury gave way to a vicious cycle of pain, redness and swelling followed by antibiotics.

And building oilfield equipment for a living, that meant Brown spent long days on her feet which just made problems worse.

She managed the best she could until she noticed a hole forming in her leg, about the size of a pencil eraser.

Her doctor put her on another round of antibiotics hoping it would curb the growing infection.

"The doctor was real nice but said he had never seen anything like this and wouldn't touch it," Brown remembers.

Finally deciding she had had enough, Brown pressed the issue and sought a second opinion.

Pathology samples showed dead tissue in her leg due to no blood flow.

"It was basically just dying," she said.

She was horrified and in need of help.

GIFT OF HEALING

That's when she found Dr. C.V. Ramana and Naadi Healthcare Vascular and Interventional Center.

Dr. Ramana was able to restore blood flow for the first time in more than a decade.

"Within two weeks I was released from wound care. You wouldn't believe the difference," Brown said. "It's got a scar but it's a totally

See NAADI Page 2

NAADI

Continued from Page 1

different leg. I'm just so happy there's no pain, no nothing.

"I can forget about it."

Naadi specializes in peripheral vascular disease and venous insufficiency.

From pain in the calf while walking to non-healing wounds, Naadi works on getting people back to their former selves.

"Ultimately, the end goal is if somebody has a really bad wound we don't want them to lose their limb. We want to save their limb, save their life. People who have amputations have a very high mortality rate," said Shelby Dudley, a radiology technologist at Naadi.

Naadi Vascular and Interventional Center is the first outpatient center in Oklahoma City dedicated to vascular and interventional radiology.

Interventional radiology (also known as IR) is the minimally invasive, image-guided treatment of medical conditions that once required open surgery.

Breakthroughs in technology and imaging have created new treatment choices for patients. In this new era of medicine, there is no longer one "right way" to handle your condition.

Personalized medicine means doing the right thing for each individual patient. More than ever, it's imperative for you to know and understand all of the available options to treat your condition or disease. In many cases, there is a minimally invasive approach that could dramatically reduce your pain, risk and recovery time.

"A lot of people have pain in their legs and they think it's normal and it's not," Dudley said. "A lot of people have peripheral vascular disease and they don't know. It's a misdiagnosed disease. This can be treated and there are things that can be done to prevent it."

Controlling diabetes and blood pressure, exercise and maintaining a healthy diet are some of the biggest modifiable risk factors that can help prevent peripheral artery disease.

After the injury, Brown resigned herself to her current condition. She didn't know things could be better.

Not until she visited Naadi and Dr. Ramana.

"He was great. He was real sweet and real concerned," Brown said of Dr. Ramana. "He was patient with me. He didn't try to push. He let me go at my own pace. I appreciated that. He made it to where I would understand what was going on to help relieve some



June Brown (above left) celebrates new lease on life.

of my anxiety."

"His staff is really sweet. You couldn't ask for better, more concerned people that want to make sure you're comfortable, relaxed and healthy."

Patients are able to self-refer to Naadi. Taking her health into her own hands was the best gift Brown could have given herself.

"That's something I hope we can make a change in the culture," Ramana said. "People see all of that as a normal part of growing old and kind of accept that and don't think there is anything they can do to impact that."

"One of the nice things about being in a facility like this is you get to see those patients over and over and you get to see how you've impacted their lives," Ramana said. "It's very rewarding."

And now Brown has a new lease on life.

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OPINION

S THE SAVVY SENIOR

Dear Filer,

It's true. The Internal Revenue Service (IRS) has created a new federal income-tax form specifically designed for senior taxpayers, age 65 and older, that should make filing a little easier this year, particularly those who don't file electronically. Here's what you should know.

Form 1040-SR

Created by the 2018 Bipartisan Budget Act, the new two-page simplified federal income tax form is called the 1040-SR. Similar in style to the old 1040-EZ form that the IRS discontinued last year, the new 1040-SR has larger print and better color contrast that makes it easier to read.

In addition, it also includes a chart to help older taxpayers calculate their standard deduction, which may help ensure that fewer seniors neglect to take the additional standard

Dear Savvy Senior,

A couple months back I read that the IRS will be offering a new senior-friendly tax form this tax season that will be easier to use. What can you tell me about this?

deduction that they are entitled to. For 2019, the additional deduction for those 65 or older or the blind is \$1,300.

The 1040-SR form also has specific lines for retirement income streams such as Social Security benefits, IRA distributions, pensions and annuities, along with earned income from work wages and tips. And, it allows a child tax credit for seniors who are still taking care of a dependent child or grandchild.

You can also report capital gains and losses, as well as interest and dividends on this new form. Any of the tax schedules available to those using the standard form 1040 may also be used with the 1040-SR.

You should also know that the 1040-SR doesn't put a limit on interest, dividends, or capital gains, nor does it cap overall income like the old 1040-EZ form did. But, if you have to itemize because of state and local taxes or charitable giving, then you will not be able to use the new

IRS Introduces a Tax Form Created for Older Taxpayers

Paper Filer

Form 1040-SR.

Paper Filing Advantage

Seniors who use tax-preparation software to file their taxes will be able to generate a 1040-SR, but the new form will provide the most significant benefit to taxpayers who still fill out and file their returns on paper.

Last year, about 88 percent of the 153 million individual federal tax returns filed to the IRS were filed electronically. About 5 percent were prepared using tax software, then printed out and mailed to the agency, while about 7 percent were prepared on paper.

To use the new 1040-SR tax form for the 2019 filing year, taxpayers, including both spouses if filing jointly, must be at least age 65 before Jan. 1, 2020. You also don't have to be retired to use the form - older workers can use it too. But early retirees (younger than 65) cannot use 1040-SR.

To see the 2019 draft version of the new 1040-SR form, go to

[IRS.gov/pub/irs-dft/f1040s--dft.pdf](https://www.irs.gov/pub/irs-dft/f1040s--dft.pdf).

Tax Preparation Help

If you need help filing your tax returns this year, consider contacting the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TEC provides free tax preparation and counseling to middle and low-income taxpayers, age 60 and older. Call 800-906-9887 or visit [IRS.treasury.gov/freetaxprep](https://www.irs.gov/treasurygov/freetaxprep) to locate a service near you.

Also check with AARP, a participant in the TCE program that provides free tax preparation at more than 4,800 sites nationwide. To locate an AARP Tax-Aide site call 888-227-7669 or visit [AARP.org/findtaxhelp](https://www.aarp.org/findtaxhelp). You don't have to be an AARP member to use this service.

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.

Medical Center Earns OHA Excellence in Quality Awards

The Oklahoma Hospital Association presented Excellence in Quality awards to four hospitals during its recent annual convention on Nov. 14. This award recognizes exceptional efforts to improve hospital quality and patient care and represents the highest level of professional acknowledgement from the OHA Council on Quality & Patient Safety.

Twenty-three OHA member hospital award application submissions were scored based on their story of identification of a project specific to identified needs within the hospital, creating innovative interventions that incorporate evidence-based best practices, demonstrating measurable and quantifiable results, sustaining/spreading the success within the hospital, and stimulating learning for others.

One award was presented in each of four categories based

on hospital size: critical access hospital, 26-100 beds, 101-300 beds, and greater than 300 beds.

INTEGRIS Southwest Medical Center earned the 2019 Excellence in Quality award for a hospital with more than 300 beds.

INTEGRIS Southwest Medical Center, Oklahoma City

Project Title: Blood Culture Collection Performance Improvement Project

Submitted by: Tami Inman, BSN, RN, CIC, infection preventionist

The goals of the awards are to recognize outcomes in quality performance practices, capabilities and results; share best practices, challenges and successes among Oklahoma hospitals; and stimulate innovation, knowledge and learning in achieving quality and safety in health care among member hospitals.

JAN/FEB AARP Drivers Safety

\Date/ Day/ Location/ Time/ Registration # Instructor

Jan 2/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi

Integris Senior Wellness Center - 5100 N. Brookline, Suite 100

Jan 8/ Wednesday/ Mustang/ 8:30 am - 3:30 pm/ 376-3411/ Kruck

Mustang Senior Center - 2101 Mustang Rd.

Jan 10/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Palinsky

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

Jan 14/ Tuesday/ Edmond/ 10 am - 4:30 pm/ Varacchi

Shelter Insurance - Edmond

Jan 14/ Tuesday/ Yukon/ 8:30 am - 3:30 pm/ 350-7680/ Kruck

Dale Robertson Senior Center - 1220 Lakeshore Dr.

Jan 21/ Tuesday/ Okla. City/ 8:30 am - 3:30 pm/ 603-7183/ Kruck

Healthy Living - 11501 N. Rockwell

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

Integris Wellness Center - 5100 N. Brookline, Suite 100

Feb 6/ Thursday/ Norman/ 9 am - 3:30 pm/ 307-3177/ Palinsky

Norman Regional Hospital - 950 N. Porter 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

MAKE EXERCISE A HABIT FOR BEST HEALTH OUTCOMES

By Joshua Vasil, OU Medicine

When it comes to healthy and effective exercise habits, the amount of time and effort you can put in to the workouts is the key. However, an OU Medicine internal medicine provider says there are some helpful options for those who don't have much time to work out.

According to the Journal of the American Medical Association, adults should spend 150 to 300 minutes per week of moderate-intensity, or 75 to 150 minutes a week of vigorous-intensity aerobic physical activity. The Journal also recommends adults perform muscle-strengthening activities that involve all major muscle groups two or more days a week.

Joanne Skaggs, M.D., OU Medicine internal medicine physician, says time does matter when it comes to your workout habits, however, if you don't have much time, she recommends High Intensity Interval Training or HIIT work-outs or simply limiting idle time throughout the day.

"Weight-bearing exercise is key for metabolism and losing weight just as much as aerobic physical activity is," Skaggs said. "You always want to do a combination."

Maintaining a routine to ensure that you get the most out of your exercise habits is important, Skaggs said. She recommends marking time for exercise on a calendar. "It forces it to become part of your schedule so that it's harder to ignore, or at least there is some guilt. Group fitness is also a good way to motivate and become socially engaged in your community."

For those who can't find time or can't make it to a fitness facility or gym regularly, Skaggs suggests trying to limit idle time by incorporating some of these activities in your day:

- Move more
- Sit less
- Park at the back of the parking lot
- Take the stairs when you can
- Incorporate physical activity into family time
- Look for fitness videos online, even if it's only a 10 minute workout

"I always recommend the rule of 3's," Skaggs said. "Three minutes for three days in a row. Increase by three minutes every three days until you are able to reach 30 minutes. It's much more doable this way."

Skaggs warns that it's always important everyone knows their limits and not push too hard, to avoid injury. "Do not go out and try and lift excessively or over exert yourself. Know your body. Do what you can, gradually pushing yourself to maintain a steady, healthy exercise pattern. And, you need to realize that physical fitness and health takes time. You're not going to lose 50 pounds overnight."

Before starting a new exercise and fitness regimen, it is important to check with your doctor.

OU Medicine has primary care physicians available at many locations across the Oklahoma City metro. For more information, go to: <https://www.oumedicine.com/oumedicine/primary-care>



Joanne Skaggs, M.D., OU Medicine internal medicine physician.

Trauma One Re-Verified as Level 1 Trauma Center



TRAUMA ONE

The trauma center at OU Medicine has been re-verified as a Level 1 Trauma Center by the American College of Surgeons.

In 2001, the Trauma One Center, at both OU Medical Center and The Children's Hospital, was designated as Oklahoma's only Level 1 Trauma Center, the highest national ranking a trauma center can receive. The verification process by the American College of Surgeons validates that trauma centers have all resources necessary for any type of trauma care.

"Earning verification from the American College of Surgeons is gratifying because it reflects the commitment and hard work that our healthcare professionals deliver day in and day out," said OU Medical Center President Kris Gose. "The process validates that we have all resources in place to provide optimal trauma care at any time."

As a Level 1 Trauma Center, Trauma One offers comprehensive care that can handle the most critical emergencies. Trauma One provides 24-hour coverage by general surgeons, and quick availability of care in specialties such as orthopedic surgery, neurosurgery, anesthesiology, emergency medicine, radiology, internal medicine, plastic surgery, oral and maxillofacial surgery and more.

Operating rooms and trauma surgeons are available 365 days a year, and the air ambulance Medi Flight can be dispatched in minutes to airlift patients to Trauma One. A multidisciplinary team of physicians, nurses, specialists and other health care professionals are always on site, using advanced technology to treat the most severe and critical injuries. Level 1 Trauma Centers provide total care for every aspect of injury, from prevention through rehabilitation.

In addition to serving people across Oklahoma, Trauma One, because of its location in the

geographic center of the state, is ideally positioned for regional access as well. An injured person's best chance for survival is when treatment occurs within an hour of the event. Paramedics, ambulance systems and other hospitals across the state play key roles in transporting patients to Trauma One within an hour.

"The Trauma One Center has been able to save countless lives in its nearly 20-year existence," said Roxie Albrecht, M.D., medical director of Trauma One. "As part of a tertiary care center, it is important that we participate in continuous assessment of our program. Our aim is to always provide the highest level of care to people when they need it the most."

The verification of Trauma One was conducted by the Verification Review Committee, a subcommittee of the Committee on Trauma of the American College of Surgeons. Verified trauma centers must meet the essential criteria that ensure trauma care capability and institutional performance, as outlined by the American College of Surgeons' Committee on Trauma in its manual Resources for Optimal Care of the Injured Patient. There are five categories of verification in the program. In addition to submitting documentation, Trauma One had an on-site review by a team of experienced site reviewers.

Level 1 Trauma Centers like OU's Trauma One also provide public education and prevention information to people across the state. OU's primary areas of advocacy are: ATV Ride Safe Oklahoma, which provides classes to increase awareness of ATV safety guidelines; Stop the Bleed, a course that teaches how to save someone's life by controlling bleeding; and concussion education for coaches, game officials, athletes and parents about the nature of concussion and head injury.

PICKLEBALL

Continued from Page 1

for all ages and skill levels that is growing rapidly, providing more venues even now as winter weather sets in. The sport's growth comes from its universal appeal wherein even grandparents who welcome the opportunity to try new fitness outlets can play with their grandkids to stay active.

Senior leaders have guided the Greater Oklahoma City Pickleball (GOPB) Club to average 32 percent growth for the last four years, after beginning in 2009 with several players. Currently, 750 members play and socialize at 18 venues around the metro area.

Brad Merritt, 63, president of the GOPB Club, says that pickleball is a draw for people of all ages and skill levels. "A major attraction of this sport is that strategy, placement and patience are greater assets than strength, size and speed," Merritt said last week. "Older players and those with a less athletic background can really enjoy the game, while some play at a more competitive level."



Joe Washington played pickleball in September with volunteers at Senior Day at the Fair.

Take control of your health! Experience the Naadi Healthcare difference

Naadi Health is an outpatient vascular clinic located in Oklahoma City specializing in the diagnosis and treatment of vascular disease and venous insufficiency.



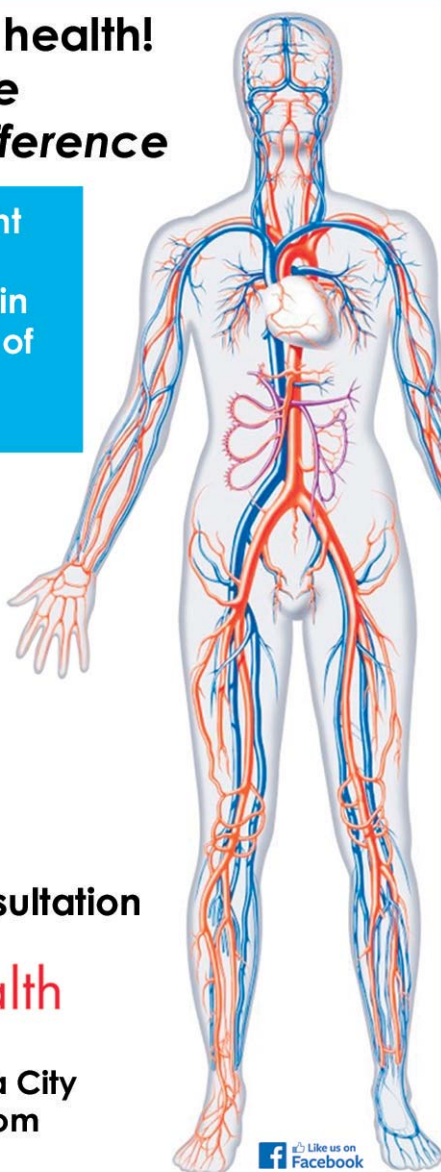
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Merritt, as outgoing president after two years, is displaying that visionary zeal for the sport by beginning important negotiations with the city of Edmond. Improved court availability could take place in the metro area once the newly built Edmond Tennis Center opens in early summer of 2020.

He and other club leaders seek to take advantage of that project, built by the City of Edmond and the Edmond Public Schools.

Merritt began talks two weeks ago to request that Edmond's previous facility, the Kickingbird Tennis Center, become a full-time pickleball venue.

The group is excited about this opportunity to have a full time pickleball facility locally.

As one of larger pickleball clubs in America, the GOPB Club has fostered pickleball as a way of life for its best players. Several professional players and impressive national title holders serve as role models to players of every age and talent level. They are traveling the globe to bring home gold, silver, and bronze medals from state and national tournaments and world cups.

The sports' odd name is

murky. Some say it is based on a dog named 'Pickles' who chased the ball as the three dads invented a game that young and old could play together 55 years ago. Joel Pritchard, Bill Bell, and Barney McCallum played the first games with solid wood paddles and a whiffle ball. They played near Seattle on a badminton court with the net lowered just past tennis height.

Played as singles and doubles, players only need the ability to move to get started in pickleball. The game is played on either indoor or outdoor courts that are usually scaled down tennis courts. There is serving, volleying and running in short bursts. There is sweating, bending, and stretching. Doubles games often brings spouses and children onto the same court.

Little is required to play, as only comfortable clothes and court shoes are needed to get started. The club furnishes paddles for beginners to use and will provide any partners needed. The club is full of friendly and helpful pickleball players always eager to welcome the curious to

continued next page

the court.

Club members offer lessons for beginners and help players develop their game through round robins, shootouts, leagues and novice-only tournaments. Better players attend tournaments in neighboring cities and states that happen all year long.

Each year, the club's volunteers provide a free demonstration court for the full run of the Oklahoma State Fair, attracting many new players. The State Games of Oklahoma will host almost 500 players from across the nation here in Oklahoma City this month. Whether someone is just looking for a way to exercise or want to be challenged at a competitive level, there is a place in the pickleball community through this club's activities.

You can get involved in the sport quickly by going to the national associations' web site, www.places2play, and put in your zip code. That search brings up those venues in your local area along with times of play and contact information.

Through this club's efforts and those of others there are places to play every day throughout Oklahoma with indoor and outdoor courts. They invite your interest at www.greaterokcpickleballclub.wildapricot.org

"It's an exciting time for the sport and the local club with a new board assuming leadership roles this January," said Merritt. "We expect a lot of new faces in the new year and the GOPB Club invites you to join them on the courts."



Ethan Ramm about to serve pickleball in the recent PC Smash Tournament at Hidden Trails in OKC. Photo by Audrey Ramm

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COMMUNITY

Blue Star Mothers Support and Encourage Military During Christmas

Linda Rakett and her fellow Blue Star Mothers of Chapter 6 love supporting the military and veterans. Rakett is a volunteer with Blue Star Mothers through RSVP of Central Oklahoma. The national organization, made up of mothers who have children serving in the military or who have served and have been honorably discharged, started in 1942 during World War II.

"Our mission is to serve and help active duty military and veterans," said Rakett, who became a Blue Star Mother when her son joined the Army right out of high school in 2003. "We send deployment boxes to the ones serving around the world, and we try to help the veterans who

are at the Veterans Administration hospital or VA Centers."

During the Christmas season, Linda and the other mothers contact nursing homes in the area and find out how many veterans are residents. They prepare gift bags that contain socks, candy, tissues, personal greeting cards, and snacks for each veteran to share with them for Christmas. They also participate in the Marines Toys for Tots drive, help out at the Military Welcome Center at Will Rogers World Airport, and participate in Veterans Day parades.

"We do whatever we can do to help," Rakett said. "We love helping our military and our veterans."

To learn more about Blue Star

See SUPPORT Page 9



Blue Star Mothers of Oklahoma Chapter 6 Beverly Moran, left, and Linda Rakett, right, an RSVP volunteer, with Army Veteran Vinca Williams. Moran and Rakett delivered Christmas gift bags to veterans in Midwest City's Emerald Care Center.

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SUPPORT

Continued from Page 8

Mothers and volunteering with RSVP of Central Oklahoma, call Laura McPheeters at 405-605-3110 or email lmcpheeters@rsvpokc.org.

Since 1973, RSVP of Central Oklahoma has helped senior adults continue to live with purpose and meaning by connecting them

with rewarding community volunteer opportunities, including RSVP's Provide-A-Ride Senior Transportation Program. RSVP is a partner of Senior Corps and the United Way of Central Oklahoma. To learn more about becoming a volunteer, call Laura McPheeters at 405.605.3110 or visit rsvpokc.org. You can also follow RSVP on Facebook at facebook.com/RSVPokc.

Buck and Brightmusic Barnstorm Chamber Music

Ensemble performs woman composer Libby Larsen with Mozart, Weber, Schoenberg



Guest pianist Stephen Buck joins the Brightmusic Chamber Ensemble in this season's third concert, "Rustic Gardens," Tuesday, January 21, 7:30 p.m. at St. Paul's Cathedral. Brightmusic continues the season featuring female composers with "Barn Dances" by Grammy Award winner Libby Larsen, in addition to works by Weber, Mozart, and Schoenberg. Buck serves on the academic faculty of State University of New York (SUNY) Purchase Conservatory of Music and champions new music.

Cowboy dances inspired American Libby Larsen (b. 1950) to write "Barn Dances" for flute, clarinet, and piano. Larsen named each movement for a dance step "to take a flight of fancy in each movement and to create the musical equivalent of a calendar drawing." The second movement, Divide the Ring, pays homage to country singer Gene Autry.

"Rustic Gardens" continues with the Quintet for Clarinet and Strings in B-flat major (Op. 34) by German composer Carl Maria von Weber (1786-1826) and the Quartet No. 1 for Flute and Strings in D major (K. 285) by Wolfgang Amadeus Mozart (1756-1791). Weber had his friend, clarinet virtuoso Heinrich Baermann, in mind, with rich technical and melodic passages for the soloist. Mozart likewise wrote his quartet for Dutch surgeon and flutist Ferdinand Dejean. The quartet charms with clear form and texture.

In contrast is the harmonically complex Chamber Symphony No. 1 by Austrian Arnold Schoenberg (1874-1951). The piece marks the end of his conventional (post-Romantic) period and anticipates his evolution to a twelve-tone technique, giving equal emphasis to all notes.

Musicians appearing in this concert are: Stephen Buck (piano), Gregory Lee and Katrin Stamatis (violin), Mark Neumann (viola), Jonathan Ruck (cello), Parthena Owens, (flute), and Chad Burrow (clarinet).

Admission is \$20 at the door and free for children, active-duty military, and students with ID.

Brightmusic Chamber Ensemble, Oklahoma City's own chamber ensemble, presents fine classical chamber music in acoustically-rich St. Paul's Cathedral at NW 7th and Robinson near downtown Oklahoma City. Free parking is available south of the cathedral. For more information about the ensemble and upcoming concerts, visit www.brightmusic.org



Thinking About Downsizing?

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Amber Bergerson of Senior Transitions

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COMMUNITY

IS GRANDMA STARVING? THE ANSWER MAY SURPRISE YOU

When you hear the word "malnutrition," you probably think of people in impoverished countries, but the fact is, one in every two older adults is at risk of becoming malnourished.

An elderly Oklahoma City woman was that one in two. Sharon Gibson said she was wasting away. Doctors had given up hope and so had she.

"It was just all overwhelming and I was to the point where I didn't care whether I lived or died," the 74-year-old said.

Malnutrition in older adults is a hidden and growing epidemic and a costly one. The estimated price tag of the increased health care costs for disease-associated malnutrition in older U.S. adults tops \$51 Billion a year. Hunger is not the sole cause. Sometimes it's about eating the wrong foods and sometimes medical conditions like cancer, diabetes and Alzheimer's are to blame.

Gibson had been diagnosed

with Chronic Obstructive Pulmonary Disease, which left her constantly out of breath. She also had digestive issues that impacted her ability to eat, as well as trouble standing, which made it difficult to cook.

"I was very sick physically, emotionally. I couldn't eat. My digestive system was shot. My lungs were shot - my whole bone structure. I couldn't even stand up straight," she explained. That was before Gibson found Valir Pace, a non-profit program that provides all-inclusive care to older adults.

"A lot of participants have come to me when I'm doing their initial assessment and they say, 'you know, sometimes I have to pay my medicine, you know, pay for medicine and sometimes I have to decide if I want to eat or what I'm going to buy to eat and that's so heartbreaking,'" said Zella Classen, MA, RD/LD, director of Food and Nutrition at Valir Pace.



Kevin Morefield and Zella Classen of Valir Pace deliver food and pre-packaged to meals to 74-year-old Sharon Gibson at her Oklahoma City home. Half of all seniors are at risk for malnutrition. Gibson has battled malnutrition and a variety of health issues, but she says she is living life again and enjoying it thanks to Pace.

At Pace, Classen and the entire nutrition team spend their days preparing, serving and packing meals for delivery to participants. They know malnutrition in older adults can lead to a variety of health problems. These include:

- An increased risk of infection due to a weak immune system

- Poor wound healing
- Muscle weakness and decreased bone mass, which increases the risk of falls and fractures

- A higher risk of hospitalization and death

"A lot of times someone will

See GRANDMA Page 11

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Local Business Wins National Awards

Laura Lynn's Home Care Named as Provider and Employer of Choice

Laura Lynn's Home Care announced today that it has received both the 2019 Best of Home Care® – Provider of Choice and Employer of Choice Awards from Home Care Pulse. These awards are granted only to the top-ranking home care providers, based on client and caregiver satisfaction scores gathered by Home Care Pulse.

Laura Lynn's Home Care is now ranked among a small handful of home care providers across the country who have proven their ability to provide an exceptional working experience to employees and the highest quality care to clients.

"We want to congratulate Laura Lynn's Home Care on receiving both the Best of Home Care – Provider of Choice Award and the Best of Home Care – Employer of Choice Award," says Erik Madsen, CEO of Home Care Pulse.

"Since these awards are based on real, unfiltered feedback from clients and caregivers, Laura Lynn's Home Care has proven their dedication to providing a great work environment and solid training to employees,

while maintaining their focus on client satisfaction. We are pleased to recognize their dedication to quality professionalism and expertise in home care."

Best of Home Care providers have contracted with Home Care Pulse to gather feedback from their clients and caregivers via live phone interviews each month. Because Home Care Pulse is an independent company, it is able to collect honest and unbiased feedback.

"These awards confirm what we have always believed. Our team of caregivers is the absolute best you can get. We're so proud of their hard work, their compassion and the care they provide to the families we serve," says Laura Hicks, CEO and founder of Laura Lynn's Home Care.

"Our goal at Home Care Pulse is to empower home care businesses to deliver the best home care possible," says Erik Madsen, CEO of Home Care Pulse. "We are happy to recognize Laura Lynn's Home Care as a Best of Home Care award-winning provider and celebrate their accomplishments

in building a team of happy, qualified caregivers who provide outstanding care for their clients."

For more information about Laura Lynn's Home Care, visit LauraLynnsHomeCare.com or call (405) 418-2961.

Established in 2002 by Laura Lynn Hicks, Laura Lynn's Home Care is a licensed home care

agency and has become Oklahoma's premier provider of private-duty services. Laura Lynn's Home Care provides in-home assistance delivered by a team of Certified Home Health Aides. Laura Lynn's Home Care clients are able to remain in the comfort of their homes, while receiving long-term care or post-operative assistance.

GRANDMA

Continued from Page 10

come to me and they may not have been educated on an appropriate diet for them. And remember, as we are get older, we may develop a chronic disease like diabetes or heart disease, and things like that; and they may not have been educated on that. Or if they have been, they really struggle on getting the right foods for that diet because of their limited income. So, we try to work with them on educating and then trying to help solve that problem on getting them the appropriate foods," Classen said.

Today thanks to Valir Pace, participants have access to two meals a day, as well as delivery of specially prepared meals and groceries to their homes. It's not just providing food, though. Classen said it is

about providing the right food and the right nutritional supplements to optimize health.

Today, Gibson has a very different outlook on life.

"Nutrition is the basis of everything. If you're not eating, your body isn't functioning. You can't do anything else. So, Zella interviewed me and asked really good questions. They got to the root of my digestive problems and set up a plan with me and, slow but sure, I gathered strength," she said.

Gibson pays nothing for the program – a program she says has literally saved her life.

"They've turned my life around. I'm living again. I'm not just existing. I'm not waiting to die. I'm living and enjoying each day," she said.

To find out if you or a loved one qualifies for the program, visit www.valirpace.org

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BBT 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!

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

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

BBT More people use blue toothbrushes, than red ones!

BBT A sneeze travels out your mouth at over 100 m.p.h.!

BBT Your ribs move about 5 million times a year, every time you breathe!

BBT In the White House, there are 13,092 knives, forks and spoons!

BBT Slugs have 4 noses!

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

BBT The average American/ Canadian drinks about 600 sodas a year!

BBT It was once against the law to slam your car door in a city in Switzerland!

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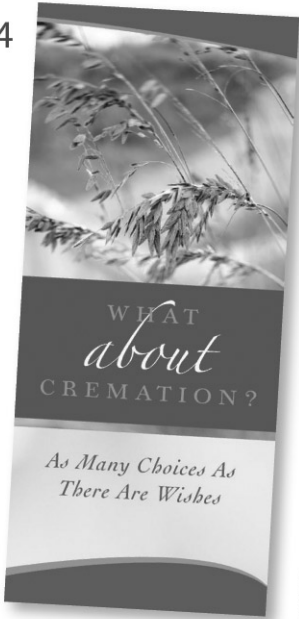
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It’s about time I start carrying a purse

by Greg Schwem

Excuse me, random female, may I borrow your purse?

I will return it momentarily; I just want to know how it feels to carry whatever you want throughout the day and evening without an unsightly protrusion in your back pocket; one that could easily cause your pants to drift south at inopportune moments.

It’s what we men face when we carry a wallet.

I know, ladies, you look at wallets with jealousy. “Imagine,” you say to yourselves, “being able to fit everything in that 5-by-4-inch bi-folded area and then hide it. No need to worry about whether the exterior matches our outfit and which hand feels more comfortable to carry it everywhere we go.”

It’s similar to my wife lamenting that I can be ready for an evening out in the time it takes to run a comb through my hair, while she spends an hour in front of the bathroom mirror surrounded by an army of tubes, brushes and powders.

“Men have it so easy,” she’ll say, while I tap my foot and look at my watch, signaling we are already 15 minutes late.

But when it comes to the purse versus wallet choice, girls, YOU have it easy. You don’t have to prioritize. Need to carry an extra credit card? The purse has room. A secondary form of identification? You could shove a passport into its inner confines, and nobody would know. If I’m asked to show anything other than a driver’s license to the bank teller, the airport security employee or the hotel front desk clerk, I’m screwed.

Internet retailers seem well aware of my dilemma; each year around the holidays, I get bombarded with online ads from companies determined to solve my space issue. This year the winner was the Ridge, makers of a wallet it claims holds up to 12 cards and oodles of bills. The website also touts the most puzzling feature I’ve ever heard: “Expands to remain slim.”

I fail to see how anything can expand yet remain slim. It certainly didn’t happen to my body following Thanksgiving dinner, and I see little hope during the season of Christmas eating.

Still I excitedly forwarded the Ridge link to my wife, telling her I would like it under the tree this Christmas.

“I finished shopping for you months ago,” she replied. “And haven’t you tried these things before? You always go back to a regular wallet.”

She’s right. As I peer in my wallet now, I see 15 cards -- three over the “expands to remain slim” Ridge wallet limit -- and wonder how I could part with any of them. Sure, I could carry one credit card; but what if it gets declined while I’m Christmas shopping? That has already happened once, but an angry call to my credit card issuer proved the error was theirs, not mine.

My ATM card? It’s a must, for I’m of the generation that occasionally prefers cash, as opposed to whipping out a credit card for a 99-cent cup of coffee. Then there’s my transit card and my health insurance card. Sure, I could forego the latter but what if, while taking the subway, I get mugged and require medical attention? See the dilemma?

Before long, I’ve convinced myself I’m not an ideal candidate for anything other than an old-fashioned wallet that includes plastic sleeves for inserting pictures of children. I’m proud to say all those photos have been moved to my iPhone. Just give me a minute while I feverishly swipe through my photos app to find a decent shot of my kids.

So, women, hand me your purses. Unlike wallets, they come in all shapes, sizes, colors and patterns. I’ll pick one and will spend my time wondering what to carry, as opposed to what not to carry, when I leave the house each morning. I’ll confidently march down the subway stairs knowing I have everything for the ride, including a transit card, my phone and maybe even a hard cover book to pass the time.

Plus, if needed be, I’ll have a weapon to swing at a subway mugger.

You’ve enjoyed reading, and laughing at, Greg Schwem’s weekly humor columns in Senior Living News. But did you know Greg is also a nationally touring stand-up comedian? And he loves to make audiences laugh about the joys, and frustrations, of growing older. Watch the clip and, if you’d like Greg to perform at your senior center or senior event, contact him through his website at www.gregschwem.com)



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



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ZOO WELCOMES CLOUDED LEOPARD CUBS TO CAT FOREST HABITAT

Male, J.D., 7 months old, and female, Rukai, 8 months old, are now on public view

The Oklahoma City Zoo and Botanical Garden is pleased to announce the arrival of two clouded leopard cubs: seven-month-old male, J.D., and eight-month-old female, Rukai. The duo were paired at the Pittsburgh Zoo, Rukai's birthplace, in October and have spent the past two months bonding. J.D. was born at the Nashville Zoo in late April. The hope is that Rukai and J.D. will one day grow up to have their own cubs together and in clouded leopards, breeding is more successful when future mates grow up together. The method of introducing juvenile, genetically valuable male and female clouded leopards began about a decade ago when the clouded leopard population began to drastically decline.

"The Zoo is so excited to welcome these beautiful, gregarious clouded leopard cubs," said Tyler Boyd, curator of carnivores. "In addition to serving as ambassadors for their species – educating Zoo guests about their plight in the wild and the need for wildlife conservation – J.D. and Rukai's potential offspring will help ensure the species continues to thrive for generations."

The cubs are located in the Cat Forest habitat between the Tiger and Small Cat Interpretive Centers. The carnivore and maintenance teams have added elevated perching opportunities to better suit the arboreal tendencies of this species and afford guests more opportunities for viewing. The Zoo is also home to 15-year-old male clouded leopard, Luke, who will not share a habitat with J.D. and Rukai.

Rukai and J.D.'s relocation to the OKC Zoo was a Species Survival Plan® (SSP) recommendation. The

mission of an Association of Zoos and Aquariums (AZA) cooperatively managed SSP Program is to oversee the population management of select species, including the clouded leopard, within AZA member institutions like the OKC Zoo and to enhance conservation of this species in the wild. Each SSP Program coordinates the individual activities of participating member institutions through a variety of species conservation, research, husbandry, management and educational initiatives.

Clouded leopards are native to Nepal and Bangladesh. They are the world's strongest climbing cats, which gives them an advantage over the other big cats sharing their territory. The species is listed by the IUCN as vulnerable to extinction due to deforestation, poaching and the pet trade. Clouded leopards are protected in most range countries although enforcement in many areas is weak. Precise data on clouded leopard population numbers is not known (they are among the most elusive cat species) but researchers estimate there are around 10,000 clouded leopards in the wild.

Every cloud(ed) leopard has a silver lining – you can CAT-ch them at the OKC Zoo's Cat Forest habitat! Located at the crossroads of I-44 and I-35, 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 and Instagram and by visiting Our Stories. Zoo fans can support the OKC Zoo by becoming Oklahoma Zoological Society members at ZOOfriends.org



OKC Zoo Male Clouded Leopard Cub (photo by Jennifer D'Agostino).



OKC Zoo Female Clouded Leopard Cub (photo by Jennifer D'Agostino).

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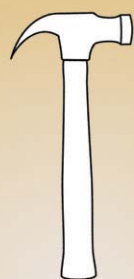
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Lights, Camera Cancer: How a Young Oklahoma- born Actress Fought Back

This Christmas, Claire Phillips is leaving the bright lights of Hollywood for a road trip back to her native Oklahoma. The young actress is on her way to spend the holidays with family and friends, and hopefully watch the Oklahoma City Thunder play on New Year's Eve.

Phillips graduated from Oklahoma City University in 2013 with a degree in Theatre Performance and Music. She headed for the West Coast and landed some lucrative roles in shows like ABC's "Speechless," "Fresh off the Boat," and HBO's "Togetherness."

But shortly after moving to Los Angeles, life threw her a curve ball.

"When I was 24, I was diagnosed with breast cancer," Phillips said. "Luckily it had not spread throughout my body yet. It was aggressive though, and the doctors moved very quickly."

Phillips said she had no family history, so her diagnosis came as quite a shock.

"Honestly, I had a three-week scare leading up to my diagnosis, and deep down I knew I had cancer," she said. "Once they started doing the tests, I had this gut feeling something was wrong. So, by the time they told me the results of my biopsy I had already accepted it in a way. I didn't cry, I was just numb. Two of my best friends held my hand and my parents were on speaker phone when they told me, then I went straight into fight mode."

She leaned on the resources of the American Cancer Society, and through her doctors at UCLA, Phillips began her journey attacking cancer.

"The American Cancer Society has always been an amazing resource for fighters to help take a small amount of the stress away during their battle," she said. "Whether it's a free wig, a ride to treatment, the 24-hour hotline, the research—the American Cancer Society is a valuable partner to have on your side."

Phillips chose a team of doctors at UCLA, then had a double mastectomy with full reconstruction, followed by chemotherapy.

Today, besides her work on TV and film, she is an advocate for ACS and cancer patients everywhere.

"I was so excited to hear about the beginning phase of Oklahoma's Hope Lodge," Phillips said. "Providing those who have limited funds a place to stay free of charge when traveling for treatment will be such an impactful way to give back where it is needed. I was lucky enough to live in a major metropolitan city with some of the best doctors in the country when I was diagnosed, and I didn't have to travel far from home. But I know that is not always the case for all fighters. I am very happy Oklahoma is providing Hope Lodge as another resource to those who are battling cancer."

Last October, Phillips passed the five-year mark, and says she feels great.

"My doctors are still staying diligent in my check-ups, scans and bloodwork," she said. "And we are keeping an eye on my little sister and my mother."

"Life is good," she added. "I live in Los Angeles with my wonderful boyfriend and new puppy, I have great family, friends and doctors, as well as resources like the American Cancer Society I rely on. So, this Christmas, there's much to celebrate!"



Claire Phillips graduated from Oklahoma City University in 2013.

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HEALTH

What is Metabolic Syndrome?

by Dr. C.V Ramana

Metabolic syndrome is a combination of risk factors that increase the likelihood of developing heart disease, diabetes, and stroke. These risk factors include high blood pressure, high blood sugar levels, excess body fat (particularly around the waist), high triglyceride levels and low levels of good cholesterol. Having only one of these risk factors does not mean that you have metabolic syndrome, however, having one will increase the possibly of developing cardiovascular disease. Having three or more will likely result in a diagnosis of metabolic syndrome. The two critical risk factors for diagnosing metabolic syndrome is excess central body fat and insulin resistance.

The American Heart Association reports that approximately 25 percent of the American population has metabolic syndrome. To diagnose metabolic syndrome your primary care provider will perform tests to look for signs of the disorder. These tests may include a baseline blood pressure measurement, waist circumference measurement, a fasting lipid panel, and a fasting glucose level. Complications of metabolic syndrome include hardening of the arteries, peripheral artery disease, cardiovascular disease, diabetes, heart attack, kidney disease and stroke.

If you think you are at risk for metabolic syndrome, see your primary care provider for an examination and screening. Metabolic syndrome is treatable and the poor outcomes related to



living with the disorder for many years are avoidable. Your primary care provider can provide support and encouragement for decreasing your overall body fat by making lifestyle changes. He or she can prescribe medications to reduce high blood pressure, high blood sugar and even high cholesterol. Preventing poor outcomes from metabolic syndrome is certainly possible. Establishing a primary care provider and having regular check ups is the first step in taking control of your health and leading a healthier lifestyle.


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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 In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!

SBT There are 18 different animal shapes in the Animal Crackers

cookie zoo!

SBT Should there be a crash, Prince Charles and Prince William never travel on the same airplane as a precaution!

SBT Your body is creating and killing 15 million red blood cells per second!

SBT The king of hearts is the only king without a moustache on a standard playing card!

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

Assistant Secretary of the Navy Visits Pearl Harbor

By MC1 Jeffrey Hanshaw, SurgeMain Public Affairs

Assistant Secretary of the Navy for Manpower and Reserve Affairs Greg Slavonic visited Pearl Harbor Dec. 7, to speak personally with shipyard workers at an all-hands call and make public remarks at the USS Oklahoma Memorial on the anniversary of the World War II bombing.

Slavonic’s visit is in the wake of the deaths of two Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility workers Dec. 5.

“The Pearl Harbor Naval Shipyard proved its tremendous spirit and resilience in the second World War when it responded to the tragic bombing,” Slavonic said. “In a mighty and skillful effort, USS Oklahoma was righted and refloated. Sadly, tragedy is upon us again—and we are here to remember the fallen from the past and from the recent present.”

Slavonic is responsible for the overall supervision and oversight of manpower and reserve component affairs of the department of the Navy including the development of programs and policy related to active, reserve, retired military personnel, their family members, and the civilian workforce; the tracking of the contractor workforce, and, the oversight of human resources systems

within the department.

With the recent deaths fresh in everyone’s mind, Secretary Slavonic addressed a crowd of USS Oklahoma family members, World War II veterans and others, speaking on how the heroes of Pearl Harbor, both past and present, have always showed great resolve in the face of trials. “It’s hard to imagine what that day was like,” he said, referring to the attack on Pearl Harbor, an event that thrust the United States into World War II.

A retired U.S. Navy rear admiral and Oklahoma native, Slavonic enlisted as a signalman, eventually entered the Navy Reserve, and then retired after serving 34 years. He acknowledged the presence of another Sailor and World War II veteran in attendance at the ceremony: Signalman 2nd Class Burke Waldron. “I met a young man who is 96 years young and we have something in common,” Slavonic said, denoting their shared rating of signalman. “It was the bright spot of a difficult day.”

The memorial he stood before contains the names of those lost on the USS Oklahoma with each Sailor and Marine who perished represented by a marble pillar. Slavonic served



Assistant Secretary of the Navy, Manpower and Reserve Affairs , Greg Slavonic places a flower at the USS Oklahoma Memorial in honor of those lost on Dec. 7, 1941. (U.S. Navy Photo/Released)

CROSSWORD CORNER

- Across**
1 New England NFLers
5 Workforce
10 __ salad
14 Cornell who founded Cornell
15 Actress Tierney
16 Passionate god
17 Nerd’s moniker
19 Unexciting
20 Actress Gabor
21 Blends
22 Destination for the last flight?
23 In the cellar
25 Detective’s moniker
27 Speak to
30 Michelle who was the youngest female to play in a PGA Tour event
31 Bubbles up
32 Didn’t like leaving
38 Ending for marion
39 Traitor’s moniker
40 Gung-ho
41 Lawn-trimming tool
43 Anti-inflammatory brand
44 Sixth sense, initially
45 Coming to a point
47 Genius’ moniker
52 Bonny one
53 Captain Kirk’s “final frontier”
54 Young zebras
56 “Gross!”
- 59 __ avail: fruitless
60 Old-timer’s moniker
62 Skunk cabbage feature
63 More flimsy, as an excuse
64 Ballet move
65 Attention getter
66 Krispy __
67 Man, but not woman
- Down**
1 First name in skunks
2 Sea of __: Black Sea arm
3 Court calendar entry
4 __ Diego
5 Silvery food fish
6 Airport waiter
7 Dealership lot array
8 At risk of being slapped
9 A long way
10 Rats
11 Former New York senator Al D’__
12 Word with book or opera
13 “Clean Made Easy” vacuum brand
18 Pill amounts
22 Like Death Valley
24 Bodyguard, typically
26 Lambs’ moms
27 Not many
28 Indulge, with “on”
29 Sealed tight
33 Summer cooler
- 34 Bakery offering
35 Presents too aggressively
36 Cave in
37 Pigged out (on), briefly
39 Taunting remark
42 Italian noble family
43 Take __: decline to participate
46 Enticement
47 Prevent, in legalese
48 Apple players
49 Compact
48-Down
50 “My concern is ... “
51 “You’ve got the wrong person!”
55 Attention getter
57 Cry out loud
58 “Look ma, no hands!”
60 March on Washington monogram
61 Prefix with gram

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
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53						54		55			56	57	58	
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65					66					67				



Assistant Secretary of the Navy, Manpower and Reserve Affairs, Greg Slavonic addresses the crowd at the USS Oklahoma Memorial to commemorate the crew aboard who sacrificed their lives during the December 7, 1941 attack on Pearl Harbor, an event that propelled the United States into World War II. (U.S. Navy Photo/Released)

on the committee that led the effort to build the memorial. He went on to describe how it is a visual representation of Sailors manning the rails, referring to how the erect marble pillars mirror sailors lining the deck of a ship to salute and render honors. "The greatest generation is recognized by this memorial," he said, gesturing to the pillars.

"The men and women today, in uniform and out," he said in closing, "embody the proud heritage and fighting spirit of the crew of Oklahoma and those who were determined to make her stand upright again. Their legacy lives on, their story will not die."

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A photograph showing a woman with long dark hair hugging an elderly woman with short white hair. An elderly man with a white beard and glasses is visible in the background.

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A photograph of a two-story brick building with a gabled roof, surrounded by trees.

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Is your puppy making you sick?

The CDC and public health officials in several states are investigating a multistate outbreak of multidrug-resistant *Campylobacter jejuni* infections linked to puppies purchased from pet stores.

Latest outbreak information

• 30 people infected with the outbreak strain of *Campylobacter jejuni* have been reported from 13 states.

• 4 hospitalizations have been reported. No deaths have been reported.

• Contact with puppies, especially those at pet stores, is the likely source of this outbreak.



Map of reported cases

As of Dec. 11

NV (4)

UT (3)

WY (1)

MN (6)

IL (1)

OH (5)

KY (3)

TN (1)

GA (1)

SC (2)

FL (1)

CT (1)

MD (1)

Symptoms of *Campylobacter jejuni*

• Diarrhea (often bloody), fever, and abdominal cramps. The diarrhea may be accompanied by nausea and vomiting. These symptoms usually start within 2 to 5 days after exposure and last about a week. Some infected people do not have any symptoms.

Treatment

Most people with *Campylobacter* infection recover without specific treatment. Patients should drink extra fluids as long as diarrhea lasts. Antibiotics are needed only for patients who are very ill.

Advice to pet owners and pet store workers

• Always wash your hands thoroughly with soap and water after touching your puppy or dog, after handling their food and after cleaning up after them.

• Don't let dogs lick around your mouth and face.

• Don't let dogs lick your open wound or areas with broken skin.



Source: CDC
Graphic: Staff, TNS

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New Game Warden Chief Erdman promoted

Game Warden Nathan Erdman has been promoted to Chief of the Law Enforcement Division. Erdman previously served as Assistant Chief of the division since 2016.

The Law Enforcement Division is responsible for upholding the laws and regulations that protect Oklahoma's wildlife resources. Game wardens are public servants sworn to protect wildlife and the public's interests in the outdoors. These certified peace officers have statewide jurisdiction to act on any law violation. They check licenses and bag limits of hunters and anglers. Oftentimes wardens may have to wait, day or night, for long periods in concealed locations to nab the poachers who are stealing fish and game.

As Chief, Erdman oversees the division of about 120 people, the largest of the Department's five divisions. Employees consist of Game Wardens, Game Warden Supervisors and eight District Chiefs. Headquarters staff includes an Assistant Chief, an Operations Manager and Training Supervisor, and a secretary.

"I'm just lucky I've got 117 of

the finest employees that I could ever want," he said. "I'm up here to work for them; trying to make sure that they have everything that they need to get their job done and get it done more efficiently."

Erdman said he knew early in his life that he wanted to work as a game warden. "I grew up in the country, hunting and fishing." He recalls asking his college adviser what classes would be required to become a game warden.

Erdman earned a fish and wildlife management degree at Northeastern State University, and was hired as a game warden shortly after he graduated. His first assignment was in Beaver County in the Panhandle, where he spent 13 years. He then transferred to his home Okfuskee County in 2007. A year later, he was promoted to Supervisor in District 4, where he worked until becoming assistant chief in 2016. He has worked for the Wildlife Department for 24 years.

He said becoming Chief has been somewhat surreal. "I grew up in the small town of Okemah,

and graduated with 43 kids. To go from small town to being Chief of enforcement for all of Oklahoma's Game Wardens is something you would never imagine."

Game wardens must do their job well, as they are constantly in the public eye. They are expected to know all there is to know about hunting, fishing, wildlife laws, wildlife management, camping and other outdoor activities as well as general information about their county.

Game wardens often spend time visiting landowners in their county, encouraging them to allow ethical hunters and anglers on their land to harvest the surplus wildlife. They may assist the landowner with poaching problems or give them information about stocking fish in a pond.

Game wardens frequently help teach hunter education courses and fishing clinics. And they often help operate events for students involved in the Department's Archery in the Schools and Shooting Sports programs. They occasionally visit with sportsmen's clubs, schools, Scout groups and



Col. Nathan Erdman, Chief of Law Enforcement

civic groups. They may speak about new laws and regulations, or about some topic directly related to hunting or fishing. They may also pass along printed information published by the Wildlife Department.



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New use for OMRF brain cancer treatment could extend lives



Dr. James Battiste (left) is leading the clinical trial for OKN-007, an experimental drug that Dr. Rheel Towner (right) helped pioneer to treat brain cancer patients. (Photo courtesy of the Oklahoma Medical Research Foundation)

An experimental brain cancer compound developed at the Oklahoma Medical Research Foundation is being used in a new study that could considerably extend the lives of glioblastoma patients.

In a study at the University of Oklahoma's Stephenson Cancer Center, the OMRF compound OKN-007 is being combined with Temodar, the current standard-of-care medication for glioblastoma. Researchers hope to learn if it can enhance Temodar's effectiveness for a longer period of time.

Glioblastoma is an aggressive form of brain cancer with no cure. Even with surgery and chemotherapy, patients typically live only 12-18 months after diagnosis. Only 1 in 20 glioblastoma patients will live five years.

Temodar has been proven to work, but in most cases, patients tend to become resistant to the drug after approximately three months.

In combination, OKN-007 allows Temodar to remain effective for longer with less resistance, thus extending treatment well beyond the three-month window, perhaps indefinitely, said OMRF Vice President of Technology Ventures Manu Nair.

"Several additional months of treatment with Temodar can dramatically prolong the lives of patients and keep them from enduring other grueling treatments that can compromise their immune systems," said Nair.

OKN-007 had been in trials to determine safety and efficacy since 2013. The compound was developed by OMRF scientists Rheel Towner, Ph.D., and Robert Floyd, Ph.D., as a novel therapeutic that dramatically decreased cell proliferation (spread) and angiogenesis (formation of new blood vessels), and it turned on the process of removing damaged cells so they can't become cancerous.

"OKN-007 has been promising, but until now, it was only used in very late-stage cancer where patients are out of other options," said Nair. "By combining it with Temodar, it offers a longer, more effective treatment regimen."

The new study is led by James Battiste, M.D., Ph.D., medical director of the Comprehensive Brain Tumor Program at the Stephenson Cancer Center.

An estimated 12,000 Americans are diagnosed with glioblastoma each year, according to the American Brain Tumor Foundation. The standard treatment regimen involves surgery to remove as much of the tumor as possible, followed by radiation and chemotherapy. Still, the tumor almost always grows back.

"By combining Temodar and OKN-007 following initial surgery to have the brain tumor removed, we see potential for these patients to added benefit from an existing drug already proven to work, but for a much longer period of time," said Nair.



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TRAVEL / ENTERTAINMENT

To Cruise or Not to Cruise

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

Any time of year is a good time to look toward the future while examining the past. Over my more than twenty-five years of professional travel writing and photography I find some of my most carefree experiences had been aboard a ship traveling to unknown destinations.

Over the years I have cruised aboard Regent, Royal Viking (twice), Holland American, MS Egypt, Sunline, Blount, Princess, Seabourn, The American Heritage Windjammer, and a Phantom ship to Cuba, among others. These personal experiences add credibility to my evaluations of the cruise experience. I often tell my friends that on the whole I find the cruise ship experience so good that I'd do it every week, if it weren't for the single supplement penalty. Paying for two while I'm a single traveler is not appealing. Some cruise lines will try and pair you with a compatible stranger to negate the double charge, but that uncertainly is not for me.

There is a never-ending assortment of cruises ships, small to mega sized, all with advantages and disadvantages. Large mega ships offer a wider range of dining options, some with elite specialty pre reserved dinning rooms with up charges, but often worth the upscale food selections and air of luxury. Of course, when you share your leisure experiences with two or three thousand of your best strangers, with or without children and other walkers, can be a roadblock to carefree cruising. While the ships try their best not to have log jams during tour disembarkations, and final disembarkation, the wait is a challenger for impatient passengers. Larger ocean-going ships promise and offer a smoother sailing with the weather is not cooperating.

Smaller ships are more at prey to unwieldy seas, but most captains will steer away from such irritations if possible. The key is if possible, as the Captain is in charge of your safety as well as your enjoyment or frustrations, despite your wishes, as some planned on ports of call have to be substituted without notice. Other less offered options are historical lectures and smaller entertainment options as well as less shopping and casino. I can do without casinos, but some find it a must for evening entertainment.

You still have lots of options when exploring the ship your wish to book, including dining times, cabin locations, beverage packages, and optional upscale booking venues such as spas, relaxation areas, and on deck venues.

I find on cruises you get what you pay for. On an upcoming cruise with Celebrity I booked the aqua class ocean view cabin with concierge service and a beverage package and even room service which is so welcomed early in the morning. This is a regular size cabin with small veranda and is not the next class up a suite. The difference in price from a non Aqua class deck to a lower deck, same size room and veranda, was nominal. For the perks of the higher class, it made good sense to spend a little more and get a lot more luxury. I find this true on other cruise lines as well.

In our internet age, there are many cruise ship's tours and reviews on line. Just put in the name of the cruise line or specified ship and you might be surprised at the honest and informative evaluations, some with cruise ship video tours.

Don't let all these prepaid and prereserved options daunt you. It does take up your time and mental energies but that can be part of the cruise enjoyment. I have always found there are three levels of travel enjoyment. One is the pre-trip, planning and looking forward to an adventure. Two is the trip or destination itself. And three is reflecting, some time for years on your travel experience. All three levels amplify your benefits from travel.

It is well known that a prime advantage of a cruise is arrive, unpack once, and your basic needs, including food and entertainment, is taken care. Just as in any hotel, large or small, upscale or not, the noise irritation of door slamming from your "neighbors" is inevitable.

It this does not fit your disposition, maybe leisure travel is not for you. Travel is a risk, from a secure home base, but if you never



challenge yourself to get out into the world, you become only an armchair traveler watching travel shows on TV. If health allows go as soon as you can as the world and its challenges are always increasing, and besides, I don't think we are getting any younger or more mobile. But with an adventurous spirit and not expecting too much, travel can be a reward for your spirit and your pocketbook.

For your consideration: <https://seniornewsandliving.com/031215/travel-entertainment-reflections-on-a-visit-to-cuba-part-two-getting-there>

Also: <https://realtraveladventures.com/2014/12/19/from-montreal-to-new-york-via-blount-small-ship-adventures-part-2-on-the-water>

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JANUARY CALENDAR OF EVENTS

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Sun., Feb. 23, 9 a.m.-5:30 p.m.
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