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Canoe Sprint Super Cup Televised from OKC

Mayor David Holt (left) and Riversport Executive Director Mark Knopf pose at the opening of Riversport's new alpine skiing and snowboarding indoor slope, Ski OKC, funded by the Inasmuch Foundation.

Story by Darl Devault, Contributing Editor

In the afterglow of the Tokyo Olympics their canoe/kayak medalists and world champions will compete under the lights Saturday at the 2021 ICF Canoe Sprint Super Cup August 21 at Riversport on the Oklahoma River. The free event's world-class paddlers will be competing for both medals and prize money in the first internationally televised night event being beamed to Europe and China.

"To host this international competition right after the Olympics is a huge honor for Oklahoma City and an exciting opportunity for Oklahomans," said David Holt, Oklahoma City Mayor.

The free entry ICF Super Cup is 8 to 10 p.m. Saturday, with prime seating at the

Boathouse District's Finish Line Tower terrace as the centerpiece of a multi-day race event. It will be a fast-paced event designed to fit the 90-minute TV format.

The Oklahoma Paddlesport Festival will include a World Party, the American Canoe Association (ACA) 2021 Slalom and Sprint National Championships. The weekend also features the USO Experience, a three-day expo event expected to attract thousands of military members and their families from across the region.

"Oklahoma City is known for our hospitality and for all Riversport offers in the Boathouse District," said Mike Knopp, Riversport executive director. "It's unique

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Lawmakers Request Action Prohibiting Vaccine Mandates for Healthcare



A group of lawmakers today sent a letter to Lt. Governor Matt Pinnell, in his role as Acting Governor of Oklahoma, requesting executive action to prohibit vaccine mandates for Oklahoma healthcare workers. This letter is a follow up to one sent to Governor Kevin Stitt on July 15, 2021. Rep. Sean Roberts, R-Hominy, spearheaded the letter and said that the urgency of the situation necessitates the need to act swiftly and decisively.

"I have been working to identify issues at our state's healthcare facilities. I have discovered that not only are more facilities moving towards mandating the COVID-19 vaccine, but they are denying legitimate medical and religious exemptions," said Roberts. "I have received reports from verified healthcare employees that individuals with signed medical exemptions for the COVID-19 vaccine are being told their exemptions will not be honored. The collective takeaway from these messages is that the time to act is now and if we don't, we may be facing a healthcare employee shortage crisis."

According to Roberts, the transfer of powers to the Lt. Governor when the Governor is outside of the state is found in Article 6, Section 16 of the Oklahoma Constitution. The constitutional provision provides that the Office of Governor is transferred to the Lt. Governor when the Governor is removed from the state. This includes all powers held within the Office of Governor. Roberts, and those signed onto

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CUP

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in the world for a city to have both flatwater sprint and whitewater slalom in the same venue. We're looking forward to sharing this with paddling enthusiasts around the globe."

The invitational event will be held at Riversport, a \$100M outdoor sports and recreation venue in the city's Boathouse District. In its 15th year of making sports history, the venue is the only permanently lit flatwater course in the world. Completed in 2013, the permanent racecourse lighting along the river was another integral part of the MAPS 3 Oklahoma River improvements,

Spectators' participation is encouraged to help bolster the new sport of Xtreme Slalom which, will debut at the Paris Olympics in 2024. The ICF Canoe Slalom Ranking Race features top slalom athletes in three boats at a time dropping 12 feet into whitewater, then paddling head-to-head in completing turns, combat rolls and other maneuvers in racing to the finish

"The ICF is extremely excited and proud that Oklahoma City will host the ICF's Canoe Sprint Super Cup in 2021," said Simon Toulson, ICF secretary general. "This event brings



together only the best athletes in our sport to fight for cash prizes in the amazing river setting of Oklahoma. The night finals are going to be quite unique with a large audience which adds to the important role Oklahoma plays in the sport of Canoe on a world stage. We are indebted to Riversport and the supporters of this event to persevere through the pandemic to host this event"

The 350m sprint distance allows sprint paddlers to take on endurance athletes in the sport. Riversport's rare course lighting gives these elite athletes an opportunity to race at night. The event, so soon after the Olympics, promises to help keep them



in world-class fitness as they prepare for this year's ICF canoe sprint world championships in September in Copenhagen.

"This event will feature the world's greatest athletes in canoe/kayak competing under the lights on television around the world at one of the world's greatest venues for canoe/kayak," said Mayor Holt. "Let me also add, these Olympians will not have had crowds at the Olympics due to the COVID situation in Japan, so we want to show up and give them the cheers they deserve to hear."

The weekend will also include an Xtreme Slalom demonstration event and the ICF Super Cup Sprint Portage race. The Xtreme Slalom whitewater demonstration event will be Friday, August 20 at 7 p.m., in Riversport's whitewater center rapids. The Super Cup Sprint Portage race will be held Saturday at 10:00 a.m. on the Oklahoma River. The 800m race involves racers paddling a short distance, docking, running with their boats and then re-entering the water to finish the race.

Riversport is working in partnership with the International Canoe Federation, the State of Oklahoma, the Chickasaw Nation and First Americans Museum, Inasmuch Foundation and the Oklahoma City Convention and Visitors Bureau to host the event. The public is invited to attend the World Party honoring international athletes and coaches. It will be held Friday, August 20, 7 to 10

p.m., in the McClendon Whitewater Center and will feature the Xtreme Slalom demonstration event. Tickets are \$35 and may be bought online at ICF World Party - Riversport OKC

"We encourage everyone to come out for the ICF Super Cup," Knopp said. "This is a unique opportunity to see Olympic and World Champions in some of the most exciting races ever staged."

Riversport is known as an innovator is both Olympic sports and outdoor recreation. The nonprofit Riversport Foundation has developed Oklahoma City's Boathouse District. It has evolved into one of the world's premier urban outdoor adventure and water sports venues. It regularly hosts national and international races in both rowing and canoe/kayak. Located at America's crossroads, the Boathouse District features iconic architecture, world-class adventure sports and recreation, and powerful programming for all ages.

It is an official US Olympic and Paralympic Training Site and a model for other communities to embrace bold ideas and bolster outdoor culture.

The International Canoe Federation is the umbrella organization for all national canoe organizations worldwide. It is headquartered in Lausanne, Switzerland, and administers all aspects of canoe sport worldwide.

The full schedule for the weekend events is available online at: Oklahoma PaddleSports Festival - Riversport OKC

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OPINION



Does Medicare Cover Home Health Care?

Dear Savvy Senior,

How does Medicare cover in-home health care? My husband has a chronic health condition that makes it very difficult for him to leave the house, so I’m wondering if he could qualify for Medicare home health care. *Seeking Help*

Dear Seeking,

Medicare covers a wide variety of part-time or intermittent in-home health care services to beneficiaries in need, if they meet Medicare’s criteria. Here’s how it works.

In order for your husband to secure coverage for home health care, Medicare first requires that he be homebound. This means that it must be extremely difficult for him to leave home, and he needs help doing so either from another person or medical device like a cane, wheelchair, walker or crutches.

He will then need to have a face-to-face meeting with his doctor to get a home health certification confirming that he needs skilled-nursing care or skilled-therapy services from a physical or speech therapist on a part-time basis.

His doctor can also request the services of an occupational therapist and a personal care aide to assist with activities of daily living such as bathing, dressing and using the bathroom. His doctor must renew and certify his home health plan every 60 days.

He will also need to use a home health agency that is certified by Medicare. If he meets all of the requirements, Medicare should pay for his in-home health care.

But be aware that Medicare will not pay for personal care aide services (for bathing, dressing, using the bathroom, etc.) alone if he does not need skilled-nursing or skilled-therapy services too. Homemaker services, such as shopping, meal preparation and cleaning are not covered either.

If your husband has original Medicare, you can locate a Medicare-certified home health agency by calling 800-633-4227 or by visiting Medicare.gov/care-compare. If he has a Medicare Advantage plan, you should contact his plan directly and ask which home health agencies work with the plan and are within the plan’s network of providers.

For more detailed information on how Medicare covers in-home health, see the “Medicare and Home Health Care” online booklet at Medicare.gov/Pubs/pdf/10969-Medicare-and-Home-Health-Care.pdf.

Other Options: If your husband does not qualify for Medicare home health care coverage, there are other coverage options depending on your situation. Here are several that may apply to you:

Insurance: If you happen to have long-term care insurance, check to see if it covers in-home care. Or if you have a life insurance policy, see if it can be utilized to pay for care.

Medicaid: If your income is low, your husband may qualify for Medicaid, which offers different home and community-based services that can pay for in-home care. To investigate this, contact your local Medicaid office.

Also see if PACE - which stands for “Programs of All-Inclusive Care for the Elderly” - is available in your area (see NPAonline.org). PACE provides in-home care, including help with activities of daily living, such as meals, dental and medical care, among other benefits.

Veterans Benefits: If your husband is a veteran, the VA also offers some benefits that can help. Two programs to inquire about are “Aid and Attendance or Housebound Allowances” and the “Veteran-Directed Care” program. Both programs provide monthly financial benefits to eligible veterans that can help pay for in-home care. To learn more, contact your regional VA benefit office (see Benefits.va.gov/benefits/offices.asp or call 800-827-1000).

To look for these and other programs in your area that can help pay your husband’s home care, go to PayingForSeniorCare.com and click on “Find Financial Assistance for Care” to access their Eldercare Financial

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.

SITUATION UPDATE: COVID-19

COVID-19 Oklahoma Test Results

COVID-19 Cases	478,858
New Cases	1,806
New Cases 7 day Average	1,268
Active Cases	10,679
CDC/NCHS Provisional Deaths	8,723
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	18 (10)
Region 2 (NE)	64 (19)
Region 3 (SW)	41 (12)
Region 4 (EC)	40 (14)
Region 5 (SE)	34 (8)
Region 6 (Central)	41 (11)
Region 7 (Tulsa)	246 (90)
Region 8 (OKC)	136 (32)
Total	620* (196)
Other Types of Facilities	
Focus Facilities	14 (5)
Rehabilitation Facilities	1 (0)
Tribal Facilities	23 (7)
Other Facilities Total	38 (12)

● *Includes 27 pediatric hospitalizations.
**Focus, Rehabilitation and Tribal Facilities numbers are not assigned to a specific region as their patient populations reside across the state. Information provided through survey of Oklahoma hospitals as reported to HHS as of the time of this report. Response rate affects data. Facilities may update previously reported information as necessary.
Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2021-07-29 at 7:00 a.m.

MANDATES

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the letter, believe that the current situation requires the immediate action of the state government and has led to the urgent request for Pinnell to act.

“It is unacceptable to force a vaccination on an employee, especially when they have a documented medical issues,” said Roberts. “We have received reports from Oklahoma Families for Freedom that medical facilities have been denying in-person treatment to unvaccinated individuals as well. This is medical discrimination and must stop”.

The following lawmakers signed on to the letter:

Rep. Sean Roberts, R-Hominy

Rep. Lonnie Sims, R-Jenks

Rep. Denise Crosswhite Hader, R-Piedmont

Rep. Mike Dobrinski, R-Okeene

Rep. Justin Humphrey, R-Lane

Rep. Jim Olsen, R-Roland

Rep. Mark Vancuren, R-Owasso

Rep. Kevin West, R-Moore

Rep. Rick West, R-Heavener

Rep. David Smith, R-Arpelar

Rep. Tom Gann, R-Inola

Rep. Wendi Stearman, R-Collinsville

Rep. Chris Sneed, R-Fort Gibson

Rep. Randy Randleman, R-Eufaula

Rep. Kevin McDugle, R-Broken Arrow

Rep. David Hardin, R-Stilwell

Rep. Sherri Conley, R-Newcastle

Rep. Danny Williams, R-Seminole

Rep. Max Wolfley, R-Oklahoma City

The full text of the letter can be seen below:

Oklahoma House of Representatives

July 28, 2021

Acting Governor Pinnell,

As I am sure you are aware there are many healthcare facilities across the state that have decided to mandate the COVID-19 vaccines to their thousands of employees. These employees are the heroes that stood on the front line of the pandemic caring for those that had fallen ill to COVID-19.

Many Oklahomans are about to have their paychecks used against them to make a medical decision that goes against their beliefs. Healthcare workers are left to choose between taking a vaccine authorized for emergency use or risk losing their job, this goes against “liberty and justice for all.” If we do not protect the individual’s right to choose what goes in their body, we no longer live in a free society.

The Oklahoma legislature had bills introduced last session that were related to these type of vaccine mandates, but none of these bills came to be law. Some other states in the country have taken action on

these issues while others already had laws on the books to protect their healthcare workers. For example in Oregon, employees such as health care providers, health care facility employees, clinical lab employees, law enforcement, and firefighters are protected by a 1989 state law that says “A worker shall not be required as a condition of work to be immunized” unless otherwise required by federal or state law.

After talking with healthcare workers and citizens across the state many of my colleagues and I have come to the conclusion this is an issue that requires the immediate attention of our State Government. The quickest and most effective way to protect these workers is an executive order prohibiting these mandates.

Those signed onto this letter and I respectfully request you draft an executive order to deal with this issue. If you deem this to be an issue the legislature needs to take care of, we respectfully request you call the legislature into special session to end medical tyranny and help us secure and protect our most basic human rights and civil liberties.

OK Living Choice Program assists Seniors transition out of nursing home

Do you have a loved one in a nursing facility that needs assistance transitioning back into the community? Oklahoma Living Choice Program may be what you are looking for. The Oklahoma Living Choice Program assists Oklahomans wanting to transition out of a nursing home and back into the community in a residence of their own. The populations served are individuals 65 and over, and individuals 19 and up with a physical disability.

To qualify for the Oklahoma Living Choice Program one should meet the following:

- Be at least 19 years of age
- Qualify for SoonerCare (Oklahoma’s Medicaid Program) for at least one day prior to transition
- Have lived in an institutional setting (nursing home) for at least 60 consecutive days
- Voluntarily want to transition back into the community
- Be willing to play an active role in his/her plan of care

Depending on the individual’s needs there are many services that the Oklahoma Living Choice Program offers, such as: assistance finding a new home, home delivered meals, transportation, skilled nursing, therapy services, personal care, medication management, and there are transitional funds (a one-time allotment of up to \$2,400).

Anyone can refer a potential individual that resides in a nursing home for the Oklahoma Living Choice Program by accessing the online referral form <http://www.okhca.org/ReferralHome.aspx?ref=LC>

If you need more information or have questions about the Oklahoma Living Choice Program you can contact 888-287-2443 or email Oklahoma.livingchoice@okhca.org

If you have a loved one in a Long-Term Care facility and have any questions regarding any concerns you may have, you can contact an ombudsman to assist you.

Areawide Aging Agency Long-Term Care Ombudsman Program advocates for the needs of residents in LTC facilities serving Canadian, Cleveland, Logan, and Oklahoma Counties. You may contact us at (405)942-8500.

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OBS Streak starts from Mitch Park

Story and photos by Darl DeVault

One of the most family-oriented organized bicycle rides in the state kicks off at 7:30 a.m. Saturday, August 15 at Mitch Park, 1501 W. Covell Rd. in Edmond, offering three distances starting in the 133-acre park. The park features several family friendly playgrounds including handicap accessible facilities, multi-use trails, basketball courts, pavilions, picnic tables, and grills.

Begun in 1973, and moved to Mitch Park in 2008, the Oklahoma Bicycle Society Streak has evolved into a family event using one of Edmond's premier parks as a base. It has undergone changes in location, name and sponsorship, but continues as a cycling community premiere family event.

"I signed up for the 40-mile route because I always have a good time at the Streak," said Dixie Duff, a retired OKC nurse who has ridden the Streak dozens of times. "There is something for everyone and it's nice to be able to do something

different besides the River Trails, Lake Overholser, and Lake Hefner. The rides are challenging and well supported with several rest stops."

Organizers emphasize the Streak will go on rain or shine and is not a race. No times will be kept or posted. What is posted are the names of registered riders winning the door prize raffles. Please check the prize board after the ride. Riders must be present to win—no prizes will be mailed.

The ride has been going on for so long seniors have come to see it as an opportunity to help introduce their grandkids to an organized ride. All youth riders (ages 12-18) must be accompanied by an adult rider.

Multiple rest stops with rest rooms are open until 1 p.m. on the half hilly 100K, 40- and 25-mile routes. Download the maps from the OBS site, RideWithGPS maps are available at the 2021 OBS Streak Web Page. Fluids and snack foods will be available in the rest stops. SAG



Riders line up for the start of a recent OBS Streak training ride starting from the Bass Pro parking lot in OKC.

(Support and Gear) support will be provided.

Online Registration is \$35 (Discounted to \$30 for current OBS members - online only). Online registration closes at midnight on Thursday, August 12.

Day of event registration begins at 6 a.m. at Mitch Park. The Edmond Downtown Community Center at 28 E Main St. offers early registration and packet pickup on Saturday,

See OBS Page 7

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The Cowboy Seeks the Best Volunteers in the West

The Cowboy invites individuals with a passion for the history and stories of the American West to join the team of volunteers and docents that help keep the Museum running.

"We have an amazing team of volunteers at the Museum who are committed to life-long learning and sharing the American West with our visitors," said Natalie Shirley, National Cowboy & Western Heritage Museum President and CEO. "One of the most amazing things about the Cowboy is how committed our volunteers are to creating an environment where anyone can come and learn."

Volunteer docents serve as guides in the galleries, frequently leading tour groups and working closely with children through educational programs. "Volunteering is an excellent way to make a difference in other people's lives, as well as your own life," said Todd Bridgewater, Manager of Volunteer Engagement at the Museum. "People come from all walks of life and find a home here, whether they are a cowboy or not."

Those interested in becoming a docent can complete a Volunteer Application online by visiting nationalcowboymuseum.org. New docent orientation is Tuesday, August 17, 2021, from 9:00 a.m. – 12:00 p.m. Training begins Thursday, August 19 and occurs every Tuesday and Thursday through September 23, 2021. Training times vary but are generally between 8:30 a.m. – 4:30 p.m. For a detailed description of the docent role and its commitments, CALL (405) 478-2250.

Nationally accredited by the American Alliance of Museums (AAM), the National Cowboy & Western Heritage Museum is located only six miles northeast of downtown Oklahoma City in the Adventure District at the junction of Interstates 44 and 35, the state's exciting Adventure Road corridor. The Museum offers annual memberships beginning at just \$40. For more information, visit nationalcowboymuseum.org. For high-resolution images related to the National Cowboy Museum, visit nationalcowboymuseum.org/media-pics.

OBS

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August 14, from 10 a.m. until 2 p.m. The first 300 riders are guaranteed event T-shirts.

Proceeds from the OBS Streak are used to supply helmets for kids who receive bikes from the Salvation Army Buck\$ 4 Bikes program for Christmas.

Day of event registration fees are Adult Rider: \$40, - Tandem/Tri, Captain: \$40, - Tandem/Tri Stoker: \$20, - Accompanied Youth (12-18 Yr. Old): \$20

The OBS is a not-for-profit group dedicated to the promotion of bicycle

safety. It supports bicycling in all its forms and the furtherance of the sport by defending the rights of bicyclists.

OBS organizes weekly rides all year for riders of all levels. See their web site for more information: www.OklahomaBicycleSociety.com which has a link to the Streak registration online.

For the latest news on the club activities, upcoming rides throughout the state and to further the enjoyment of bicycling, the club has a monthly newsletter, The Pathfinder, online. The club asks seniors to consider joining the OBS to help keep bicycling safe.



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A servant's heart: Kindful Hospice shines with compassion

By James Coburn,
Staff Writer

If you told Ryan Bell when he attended nursing school that he would be a hospice nurse, he would have thought you were "off your rocker".

Today, Bell is more than content and gratefully enriched by serving as the Regional Director of Operations at Kindful Hospice in Oklahoma City.

"Once I got into it, I fell in love with it," he said. "I wouldn't want to do anything different. I don't foresee myself ever going into any other line of nursing."

Bell earned a Bachelor of Arts degree in Journalism before switching careers. He has primarily worked in hospice for nine years since graduating from nursing school from Metro Technology Center in Oklahoma City.

"We started Kindful about three years ago," Bell said of what was once a small mom-and-pop, pre-existing hospice in Norman and Ada with 11 patients.

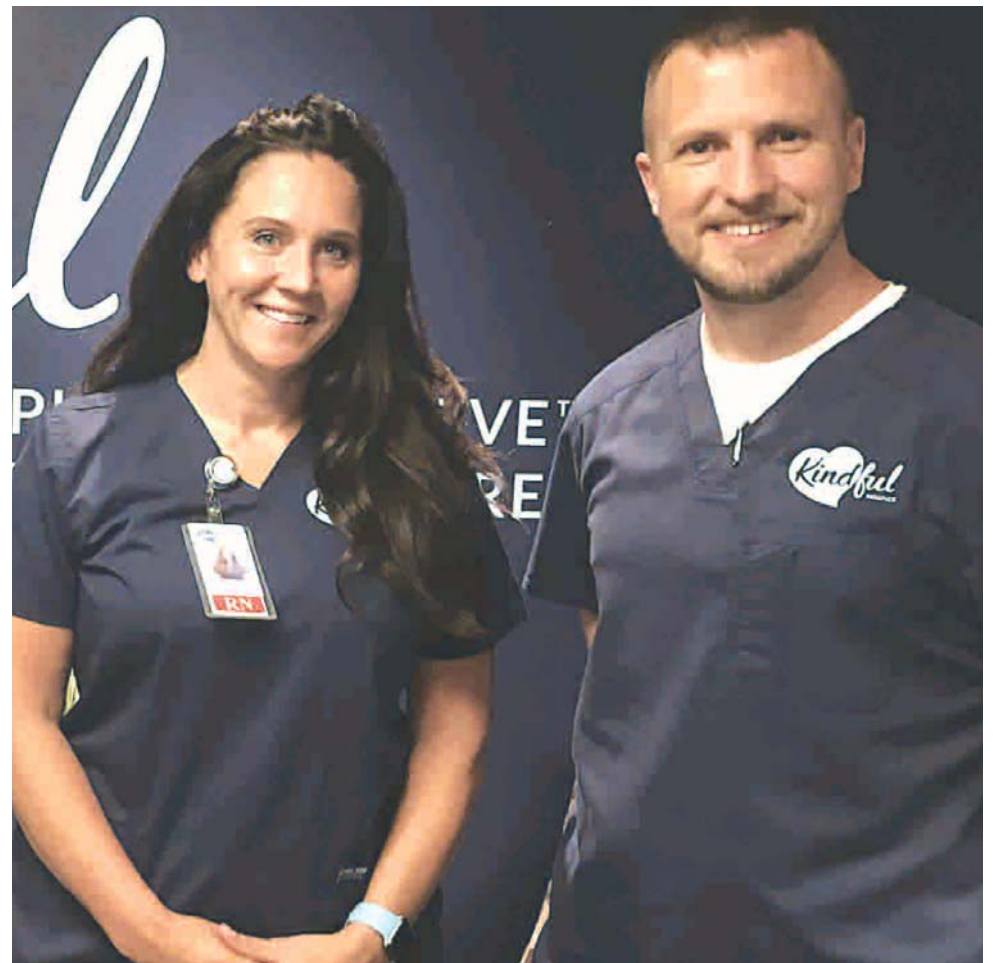
Now Kindful Hospice has grown to serve nearly 300 hospice patients with comfort and compassion. Nobody is treated as a number at Kindful Hospice. Patients are treated like family.

"We are one of the ones that actually do," he emphasized.

His staff are among the most compassionate people he has ever worked with. They give of themselves until one would think they have surpassed their energy level. But they give some more.

"They just pour into our patients an incredible amount of love and compassion towards them," Bell explained.

Hospice nurses work with what



Vanessa Rodriguez, RN, and Ryan Bell, Regional Director of Operations, are part of a hospice team providing palliative care at Kindful Hospice.

is perhaps the most vulnerable of patient populations. Case manager Vanessa Rodriguez, RN, keeps her spirit strong by having a good foundation with God. To give of oneself as a hospice nurse is totally fulfilling, she said.

Continued next page



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"From my experience, we can help them get their wings. They get to meet Jesus — it's helping them up through the journey," Rodriguez said. "Taking care of them is really kind of self-care in itself because you get to spend that time with them, connecting with them, and making sure they're comfortable in the process."

She also makes sure to invest in activities that fulfill her soul such as hiking with her children. Recently, she has re-established exercise goals as key to stamina. And she is mindful of the need to be empathetic with family members and their loved ones in hospice. COVID-19 was a challenge for family members visiting loved ones outside a window of a long-term care facility. The nursing staff gave kindness so not to be a stranger sitting beside somebody taking their last breath, she said.

"For me it's having a strong faith and that's what helps me," Rodriguez said. "It's different for everyone, but I thank God every day for the opportunities to help his children."

Her grandma is what brought her to hospice. She had been working in intensive care units and cardiac. Rodriguez lost both her parents at a young age, so her grandmother was part of her core strength of inspiration. She was 99.

"When she got sick it was hard for me, and she had a hospice nurse — she had a light over her — and I thought that would be the most amazing thing to ever do," Rodriguez said. "And so, I jumped in — for me it was my grandma. She just touched my life."

What she reveres the most about Kindful Hospice is knowing patients and family members who open the door of acceptance for her to be part of their lives. Just walking along beside them in

their journey is an opportunity to fortify faith.

"Some of them aren't believers, and that's fine. So just to help them with were they're comfortable is to learn something different about each one of them," she said. "It's something that helped me grow in just meeting them where they're at."

There are different variations among families. Not everyone is able to be with their dying family members when the final second comes. Every experience is different, and Kindful Hospice embraces the opportunity for the staff to give what is needed.

She is available to help educate the probable timeline when asked the toughest question: How long does mom have?

Rodriguez always tries to prepare family members to expect the unexpected, she said.

"We have a trajectory of knowing the signs and symptoms of what we are watching for. I always try to over prepare versus under prepare. Sometimes you miss it, but you do your best."

Rodriguez tries not to compare patient to one another but individualizes their care plans to meet their needs.

It's helping each individual patient reach their end-of-life goal. Bereavement coordinators follow the patients' families for at least 13 months after their loved one passes away. No one is left alone.

An entire interdisciplinary team offers a circle of care, including doctors, nurses, CNAs, chaplains, social workers, and volunteers have one goal in mind.

"That is to provide the best care we possibly can to the people who are put in our path to care for," Bell said.

For more information about Kindful Hospice and Palliative and Virtual Care visit:

<https://kindfulhospice.com>.

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BBT Humans blink over 10,000,000 times a year!

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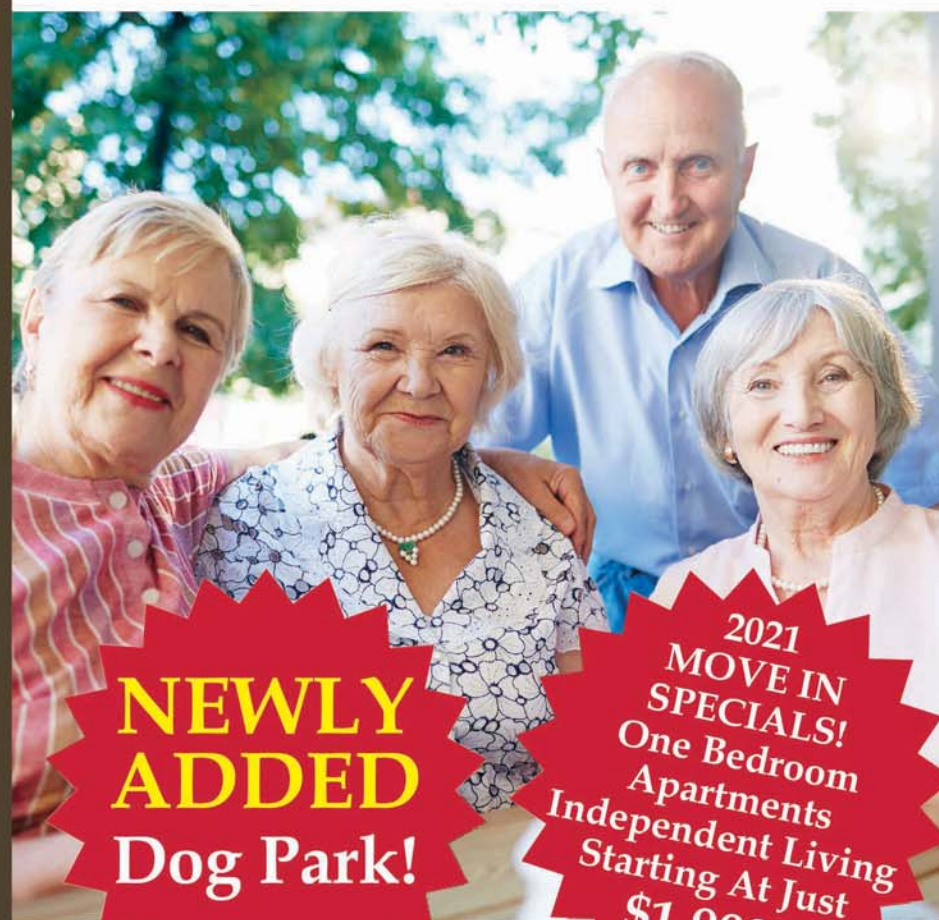
BBT Every second, Americans collectively eat one hundred pounds of chocolate

BBT A fetus develops fingerprints at eighteen weeks!

BBT Rice paper does not have any rice in it!

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Tricare, VA Care and Medicare:

The training that you didn't get

By Steven Sibley, MBA/Healthcare Administration

On August 1st, 2021 I turned 65. Like every American, I needed to make a decision about Medicare. Timeline for that decision is 3 months before the month of your 65th birthday, through the 3 months after your birth month. Fortunately, my wife and I are Medicare agents, so I was well prepared for this decision. Unfortunately, most veterans, whether on Tricare, VA care or both are not. It's training we never really received. I know, I was in the military for 36 years, 15 Active and 21 Reserve and served in both the Air Force and Army. I retired from the Active Reserve at age 61. During my last two years of service, I attended multiple Transition Assistance courses on retiring from

Active Duty and the Reserve. You can leave the service and still not know how the healthcare really works, whether you only did 4 years or 20, and you certainly won't remember by the time you turn 65.

You see, they really don't teach you enough about this process while you are in the service. For me, the education came after I retired and decided on a career as a Medicare agent. Now, I want to share that information with every veteran I know who has Tricare, VA care or both, who is qualified for Medicare. In my case, I have the ultimate in health care coverage. I retired in September of 2017 with Tricare Prime and eventually a 100% VA disability rating. In addition, I am married to a healthcare provider. That being said, at age 65, Tricare changes.

If you are a retired veteran, under the age of 65, you typically have Tricare, the health care program for uniformed

service members, retirees, and their families around the world. It

Continued next page



Steve Sibley is a native Oklahoman and Native American. He is also a retired, disabled veteran of both the Air Force and Army, and holds an MBA in Healthcare Administration.



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American Nurses Association Supports Mandated COVID-19 Vaccinations for Nurses and All Health Care Professionals



The American Nurses Association (ANA), representing the interests of the nation’s 4.2 million registered nurses, supports health care employers mandating nurses and all health care personnel to get vaccinated against COVID-19 in alignment with current recommendations for immunization by public health officials.

Increasing circulation of new variants, lagging COVID-19 vaccination rates, and continued public skepticism calls for nurses to uphold their professional and ethical obligations to model the same prevention measures as their patients. For our nation to maintain the momentum of recovery efforts from this persistent pandemic, enough individuals and communities must get vaccinated to reduce the risk of further infections, hospitalizations, and deaths.

“The scientific rigor to swiftly develop effective COVID-19 vaccines and the monumental efforts to ensure all Americans get vaccinated is nothing short of amazing. Vaccination is both a significant public health victory and a scientifically proven strategy to slow the spread of COVID-19 and prevent the loss of more American lives,” said ANA President Ernest J. Grant, PhD, RN, FAAN. “As the largest group of health care professionals, nurses are critical to all facets of COVID-19 response efforts and must strive to remain physically and psychologically safe to function optimally to care for themselves, their patients and their communities. Nurses must get vaccinated.”

ANA’s decision to support COVID-19 vaccine mandates for nurses aligns with its longstanding position on immunizations, which emphasizes that effective protection of the public health mandates that all individuals receive

immunizations against vaccine-preventable diseases. ANA also believes that the safety profile of authorized COVID-19 vaccines is stable and has included the three COVID-19 vaccines being administered under the Food and Drug Administration’s Emergency Use Authorization. ANA maintains its stance to not support philosophical or religious exemptions as reasons not to get vaccinated.

“A significant number of nurses working in a variety of health care settings across the nation have diligently fulfilled their ethical duty to protect themselves, their colleagues, patients and loved ones by getting a COVID-19 vaccine,” said Dr. Grant. “We would absolutely be remiss to not acknowledge these nurses and applaud them for leading the charge and setting an example for their patients.”

In a survey of over 22,000 nurses conducted by the American Nurses Foundation between January 19 and February 16, 70% of nurses said they had received at least one COVID-19 vaccine. Most recently, in a survey of over 4,500 nurses conducted by the COVID-19 Facts For Nurses Campaign between April 12 and May 4, 83% of nurses reported that they had received the recommended dose regimen of two COVID-19 vaccine shots.

Nurses might desire more understanding about the safety profile of COVID-19 vaccines as they decide whether to get vaccinated and there are legitimate reasons that a nurse might decide not to take the COVID-19 vaccine, such as severe allergies, compromised immune systems, and other serious health conditions. ANA will continue to provide all nurses education and resources to guide their understanding and consideration of COVID-19 vaccines.

MEDICARE

Continued from Page 10

provides comprehensive coverage to all beneficiaries, including: Health plans, Prescriptions and Dental plans and it’s managed by the Defense Health Agency. When you turn 65, this changes to Tricare for Life (TFL). TFL combines Original Medicare Part A, Hospitalization (inpatient) coverage, Medicare Part B, Primary Care (outpatient) coverage which essentially only covers about 80% of the cost of your care, with TFL provided as a zero premium “wrap around” coverage for the 20% of non-covered Medicare benefits plus Prescription Drug coverage. Also, TFL is administered by Wisconsin Physicians Service (WPS) not the government.

Here is the point of my message, Veterans can miss out on additional benefits because they are unaware of their eligibility for Medicare Advantage (MA) plans or Medicare Part C. These plans work with TFL to provide even more benefits than Original Medicare, which may include vision and dental, that TFL clients must pay for in addition to their TFL plan. These MA plans may also

The logo for Sibley Insures is circular. The words "PERSONALIZED SERVICE" are at the top, "EXPERIENCED" is on the left, and "COMPASSIONATE" is on the right. In the center, the word "SIBLEY" is in large, bold, blue letters, with "INSURES" in smaller blue letters below it.

include Medicare Part B premium reductions, and additional wellness benefits like gym memberships and over-the-counter (OTC) benefits. If you are on or going to become eligible for TFL, you need to learn about these plans, so please call me.

If you have VA care, regardless of your rating, you too can benefit from a Part C plan because of the additional benefits they may offer which are not covered by Original Medicare or the VA.

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A person sitting in a blue wheelchair in a showroom setting.

The logo for Mobility City, featuring a stylized red and blue figure of a person in a wheelchair.

A red and black motorized scooter in a showroom setting.

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TRAVEL / ENTERTAINMENT

From Montreal to New York City Via Blount Small Ship Adventure Cruise – *Part One: Montreal*

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

Travel is still a challenge, and no more so than international cruising. I personally have a tentative booking for July of 2022, which may or may not come to fruition. It might be more practical to take a cruise closer to home, or one designated as domestic. It's never too early to plan and dream.

As you can tell from the title I had a near 3 week tour of the North East which was an all-consuming adventure of over 1100 miles, 32 locks and many city visits via Blount's Grande Caribe small ship cruise. Blount specializes in traveling where large ships cannot go and giving their guests exceptional access to destinations approachable by rivers in North America. Blount cruises are ideal for Senior citizens. (More details about my cruise, next month, in Part Two.) It's always a good idea to arrive early for any cruise ship departure, as you'd hate to miss the boat because of airline or weather delays. I did that with my 3 night stay in one of my most enjoyable city explorations in Old Montreal.

Taking the suggestion of Montreal Tourism, I stayed at the upscale boutique Le Saint-Sulpice Hotel, in the middle of historic yet modern old town. The hotel offered all the amenities expected with a flare and style for which you always wished. The dining, bar, concierge, bell men, Internet access, housekeeping and staff all were the best of the best with efficient and congenial service. Le Saint-Sulpice is indeed a pleasant and quiet oasis from your Montreal touring.

Being my first time in Montreal, I enjoyed my morning car tour by expert guide, Ruby Roy, who showed me many Montreal iconic sights. They included the past Olympic and Expo venues, several overlook vistas of the Montreal skyline, an exposure to the variety of unique architectural styles of its neighborhoods (where the design of street lights change with each neighborhood), the Atwater Farmers market and of course topping off with a visit to the 1823 Notre-Dame Basilica (entry fee), which is only half a block from my Le Saint-Sulpice Hotel.

It's said that Montreal has over 6,000 restaurants, but as only having 3 days, I was pleased to accept the challenge and sample a few, most in Old Montreal and within walking distance. Many were near the main street of Old Montreal, Saint Paul Street, East and West. The street is filled with enticing upscale art galleries, shops and other businesses housed in vintage Montreal facades. At times I felt I was strolling through a European city, exhibiting its sophisticated culture. A short distance from Le Saint-Sulpice is the Montreal Museum of Archeological and History, a must to see for its original foundations of Old Montreal, and to explore its history through a labyrinth of exhibition narratives. The experience of taking in their multiple image movie was a welcome diversion and informational. A real treat is the very popular museum café, Restaurant l'Arrivée. The concierge at the hotel retrieved the last table available for my noontime respite, where the food was economical and delicious along with a variety of local people watching. So as not to be disappointed reservations, even for a noon time meal, is a must at most all Montreal restaurants.

My other dining pleasures included: Helena, is a very popular and crowded venue offering a Portuguese style menu. Chez L'Épicier has an elegant atmosphere and food presentations which started off with a Kir Maison of sparkling apple cider, cranberry and maple, to accompany their amuse bush of a sweet macaroon and chocolate mint. This may be their “eat dessert first” philosophy. Ask for their Club Sandwich, which is a dessert of sweet delights presented as if it were a sandwich. Perhaps the best taste in all Montreal was their Roasted Butternut Squash (tasting like peaches!) with sour cream and walnut crumble.

Osteria Venti, was again a very popular restaurant. It seems everyone in Montreal eats out all the time. The service here was congenial and I must say that they followed my Martini instructions to the letter without



hesitation. It seems in Canada in particular, that martinis are stirred not usually shaken, so my detailed instruction (ice on the pond) was welcomed, as they wanted to please this customer, as they also did with my meal of oven roasted half chicken, rustic peperonata, parsley, lemon juice and olive oil.

I needed to take a taxi to Chez Ma Grosse Truie Cherie – but it was worth it to dine on their onion soup, pork tenderloin encrusted (pork is their specialty), a hazel nut crème Brule, and accompany all with either an apple Martini or their special drink created by the bar tender, David, a martini of Montreal gin, herbs and a hint of maple syrup. To know that most of their interior is from recycle materials including bowling alley wood made into table tops, is an added treat.

Back at Le Saint-Sulpice Hotel your choice of breakfast dishes at the St Clair restaurant is extensive, and who doesn't need an early morning wake up for a full day of touring? If weather permits you might eat out on the patio, or if not, inside the enclosed terrace offering floor to ceiling windows. Having this hotel as your elegant, secure and convenient home in Old Montreal is a comfortable way to enjoy the city. There is even a Christmas shop halfway between the hotel and the Notre-Dame Basilica, and a liquor store across the street. Old Montreal my new favorite haunt.

Next is Part Two – Blount Cruising on the New York Canal System.

Until then check out: www.mtl.org/en, www.lesaintsulpice.com, www.blountsmallshipadventures.com, www.restauranthelena.com, www.chezlepicier.com, www.pacmusee.qc.ca/en/plan-your-visit/larrivee-restaurant, www.osteriaventi.com

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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Assisted Living Association to hold annual convention

Story by Bobby Anderson, RN

Oklahoma's assisted living providers are set to gather later this month for the first time since Covid-19 in what Melissa Holland hopes to be a celebration and a learning event that will benefit Oklahomans.

The Oklahoma Assisted Living Association's 2021 convention and trade show will be held Aug. 24-26 at RiverSpirit Casino Resort in Tulsa.

This year's theme will be OKALA's Roaring to Kick Off a New Decade with a 1920s flapper theme.

Melissa Holland, OKALA's executive director, said this industry-only event will afford the opportunity for members to interact for the first time since Covid-19 in a comfortable, fun environment to share and learn best practices to serve the state's assisted living population.

"We're really excited because it will be an in-person event, back

to our annual educational and trade show event," Holland said. "We'll have educational sessions for our administrators, nurses, activity directors, dietary, marketing and maintenance so they can come and get a lot of good education courses based on some of the needs they have expressed."

Former University of Tulsa Head Football Coach and Oklahoma Senator Dave Rader will help kick off the event with a session on team building.

Holland said she frequently receives member requests on how to build strong, more cohesive staff units to better serve residents and Rader is one of the best in the field.

Having coached college football for four decades, Rader is best known for his 12 seasons as head coach of the University of Tulsa. At age 29 he was the youngest offensive coordinator in the Southeastern Conference. Then his alma mater made him the youngest head coach at the time in Division I NCAA football at the age of 31.

Awarded the NCAA District Coach of the Year honor in 1991 after his Freedom Bowl Champion University of Tulsa team finished 22nd in the national polls, he was appointed to the American Football Coaches Association Ethics Committee, and served as the representative of Independent Universities to the now defunct College Football Association.

Many of his student athletes went on to play in the NFL



Former University of Tulsa Head Football Coach and Oklahoma Senator Dave Rader will be speaking at OKALA annual convention.

including seven quarterbacks, and many more to productive careers

Continued next page

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OKALA

Continued from Page 14

outside of athletics. His Tulsa teams consistently graduated at a higher rate than the university body in general.

He is honored to be a member of four Halls of Fame.

Walt Disney World/Epcot Center and Marriott Hotels alum Toni Fisk will present on her newly-released book *#dinewithdignity* Unlocking the Mystery of Dementia and Dining. Fisk brings her 35 years in the food and hospitality to bear in tackling an often overlooked senior issue.

The book focuses on the role of care partners and provides insight and tips on ways to maximize enjoyment in the dining environment while answering "the questions that you didn't know to ask."

Holland said information will be presented on the Covid-19 vaccine and separating fact from fiction in today's fragmented media environment.

The pandemic stretched providers in a number of directions in their efforts to keep residents and staff safe.

Holland said her members

continued to rise to the occasion.

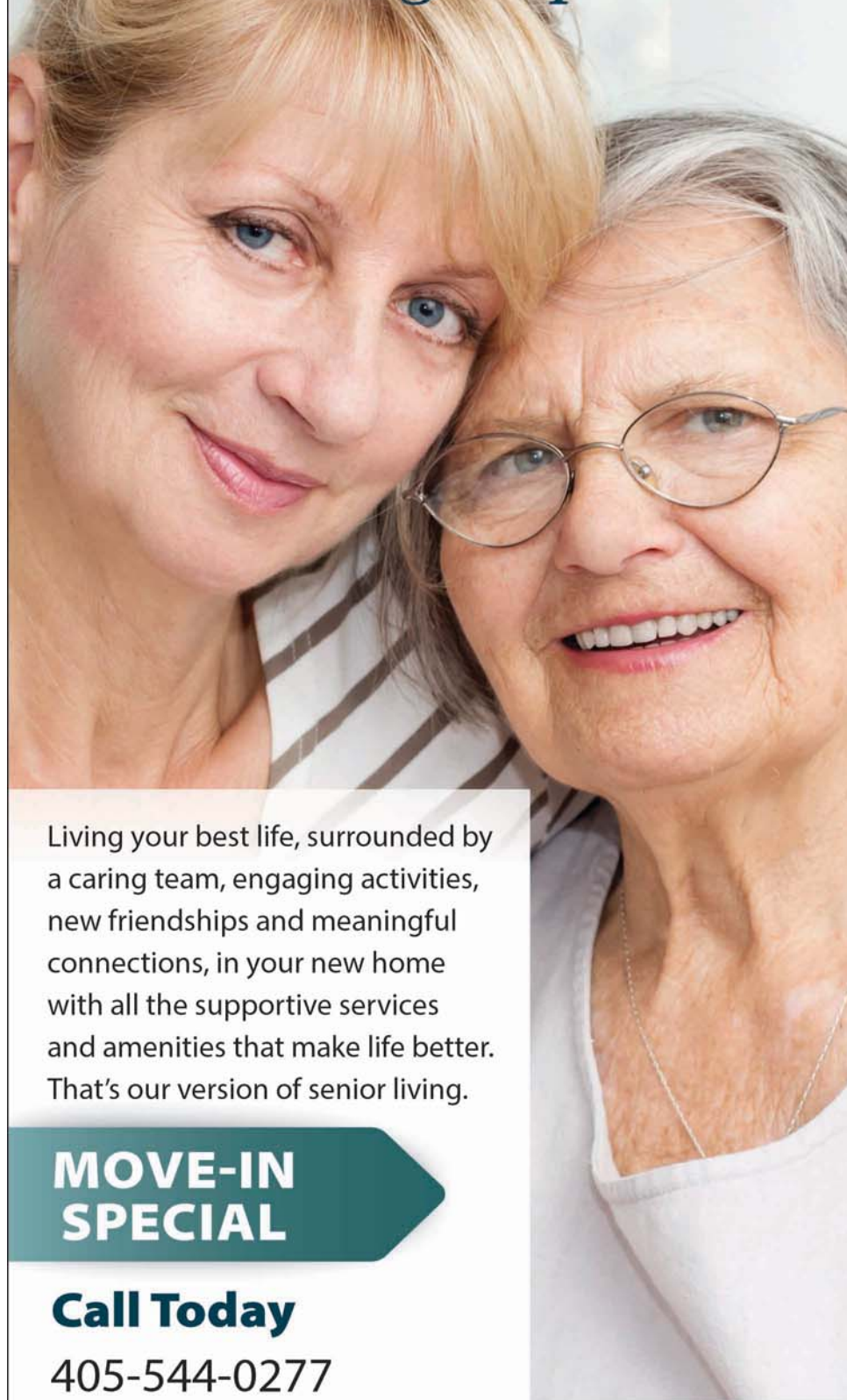
"They have been phenomenal. They really have," Holland said. "They have been amazing. When they were locked down I was able to send them ideas and (information) to help them. I've never had so many thank-you's in this last year-and-a-half."

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The association offers a number of resources to help you make an informed decision when evaluating the state's 170 assisted living communities. You can visit their website at okala.org or call them at 405-235-5000.

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TINSELTOWN TALKS:

A tale of two Maldens - Carla and Karl

By Nick Thomas

Carla Malden credits her father, actor Karl Malden, for sowing the seeds of her writing career – first as a screenwriter then an author.

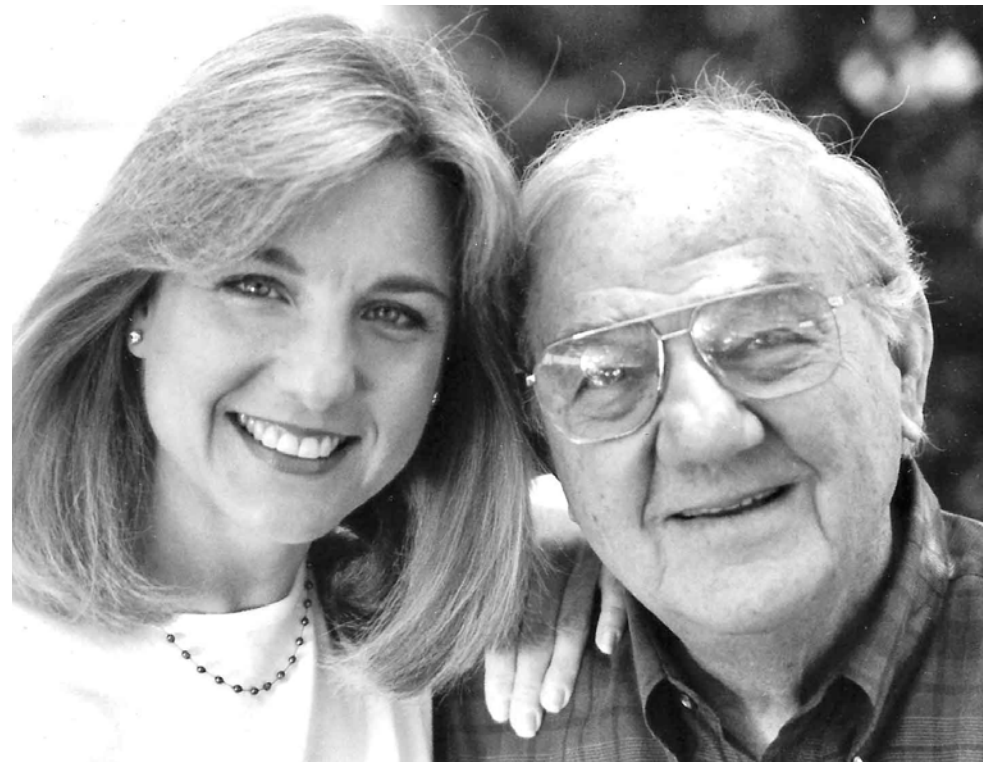
“He used me and my sister to cue him quite often when he was learning a part,” she recalled from her home in Los Angeles. “I think I learned a lot about writing as a result. If it was a heavily dialogued scene, he’d sometimes tell me to cross a line out of the script because he said ‘I can act that.’ It taught me the importance of seeing the actor’s character on screen as well as through the dialogue. It was fascinating to watch him break down a part and develop a character.”

Earlier this year, Carla published her forth book, “Shine Until Tomorrow,” branching out into the Young Adult (YA) book market. The story features a teenage girl who travels back to 1967 and the summer

of love in San Francisco.

“It’s not a traditional sci-fi adventure or even a fantasy really, but a girl’s coming-of-age story that happens to involve time travel and features a driven teenager who learns about having to live in the present by traveling back to the past. It was designed as a YA book, but I’ve been gratified to see it’s crossed over to adults.”

A longtime screenwriter alongside her late husband (see www.carlamalden.com), Carla published her first book co-written with her dad in 1997, the well-received Karl Malden autobiography “When Do I Start?” Malden (1912-2009) is viewed by many as one of the great character actors from the 50s, 60s, and beyond, with critically acclaimed dramatic roles in films such as “A Streetcar Named Desire” for which he won a Best Supporting



Carla & Karl Malden - provided by Carla’s publicist.



Michael Douglas and Karl Malden, publicity photo for The Streets of San Francisco - ABC Television.

Actor Oscar. In the 70s, he co-starred with Michael Douglas in the popular “The Streets of San Francisco” ABC crime drama series.

“He had been approached to write his autobiography by a few people and tried to do it on his own over a few years then asked me to help,” Carla recalled. “Writing it with him was one of the great joys of my life.”

Raised in Gary, Indiana, Karl Malden came from immigrant parents, his Serb father barely speaking English. “His father was very involved in the church which was the social hub of the Gary Serbian community and he organized all the plays that were integral to the community. So my grandfather was always enlisting my dad as a kid to be in the plays and that’s how he got the acting bug.”

Away from the screen, Malden says her dad was a fabulous father and husband, married to his wife, Mona, for 70 years. “He was also an amazing grandfather and even had a few years of being a great grandfather.” She says her father was very down to earth, would often work in his garden for hours, and never craved the adulation that often follows entertainers.

“After he died, I got reams of letters from people for whom he had done major acts of kindness in all kinds of ways that I never knew about,” says Carla. “I miss him every single day of my life, ferociously.”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 magazines and newspapers.

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Mercy Breaks Ground on New Love Family Women's Center

"We have seen a 34% increase in childbirths at Mercy in the last 10 years," said Jim Gebhart, community president of Mercy Hospital Oklahoma City. "We want to be able to serve every pregnant mom and newborn that needs us, but the reality is that our existing facility is not designed to support our current volume of patients. We simply need more space."

Mercy Hospital Oklahoma City was built in the 1970s and the existing Mercy BirthPlace was designed to handle around 3,000 births a year. Nearly 4,000 babies were delivered annually at the hospital over the last two years.

"Our physicians and nursing staff are incredible, and they're always looking for creative ways to serve more patients with the kind of compassionate care they've come to expect from Mercy," said Dr. Chad Smith, obstetrician-gynecologist and chief medical officer at Mercy Hospital Oklahoma City. "They know the need for this new facility better than anyone, and they are just so excited to see this dream finally become a reality."

The Love Family Women's Center will be a 175,000-square-foot, four-story building on the campus of Mercy Hospital Oklahoma City. It will feature an obstetrics emergency department

located in the women's center will connect to the hospital on the first floor via the existing hospital surgery suite. This strategic design allows for quick, safe access to additional services if there are any medical emergencies during delivery.

"We looked at a number of different options and locations for a new facility over the years and ultimately decided this really is the best of both worlds for patients," said Dr. Donald Rahhal, longtime Oklahoma City obstetrician-gynecologist

and former medical director of Mercy BirthPlace. "Patients will have the easy, convenient access a free-standing structure provides while also having immediate access to all the services a hospital provides in case of any kind of emergency."

Postpartum rooms will be on the third floor of the women's center that connects to the hospital via a skybridge. This allows moms of babies needing a higher level of care to have direct elevator access to the neonatal intensive care unit on the fifth floor.

The new state-of-the-art facility will also feature Oklahoma's first hospital-based low intervention birthing unit. The unit will be run by accredited midwives who are also registered nurses in collaboration with obstetricians. The program will offer the option of a low intervention birth with access to a higher level of care under the same roof if issues arrive during labor and delivery.

Mercy will serve women of all ages at the Love Family Women's Center, including a dedicated area for women recovering from surgeries. Outpatient therapy services, specifically pelvic floor therapy, will also be offered. A large conference center will host support groups and classes on everything from childbirth, infant care, CPR and more.

A large portion of this project was generously funded through Mercy Health Foundation Oklahoma City. It is the largest fundraising campaign in the history of Mercy. The Tom and Judy Love family gave a \$10 million lead donation to this project. Campaign co-chairs Judy Love and Cathy Keating led the way in raising more than \$30 million toward the \$40 million fundraising goal.

"Judy Love and Cathy Keating dedicated themselves to helping us serve more patients and raised an incredible amount of money during

a pandemic and worldwide economic uncertainty," Gebhart said. "We simply could not have done this without them, and our Oklahoma City community is better because they are a part of it."

Just the facts: * Construction expected to be complete in fall 2023

- 175,000-square-foot, four story building on the campus of Mercy Hospital Oklahoma City

- 73 patient rooms

- Obstetrics emergency

department

- Oklahoma's first hospital-based low intervention birthing center led by midwives

- Direct access to NICU in the hospital via a skybridge on the third floor

- Community services including educational classes, support groups and community events

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HEALTH

OMRF receives grant for Alzheimer’s research

The National Institutes of Health has awarded the Oklahoma Medical Research Foundation \$480,000 for Alzheimer’s research.

OMRF scientist Michael Beckstead, Ph.D., received a two-year grant to continue his study of the role the naturally occurring brain chemical dopamine may play in the earliest stages of Alzheimer’s disease.

Most current Alzheimer’s research focuses on the outer and upper sections of the brain, which control symptoms of the disease like memory loss. This study will instead focus on a small bundle of neurons near the base of the brain, which regulates dopamine function.

Dopamine is a chemical responsible for voluntary movement and the perception of reward in the brain. Beckstead studies what can happen when things go wrong with dopamine cells, ranging from Parkinson’s disease when too little is present to drug

addiction when there is too much.

Scientists have not yet directly implicated dopamine in Alzheimer’s, but Beckstead said there is evidence to suggest it is involved in the initial stages of the disease.

“When you look at people who develop dementia, many of them were first diagnosed with depression or have a history of apathy,” said Beckstead, who holds OMRF’s Hille Family Foundation Chair in Neurodegenerative Disease Research. “These symptoms are closely linked to dopamine. There’s a good indication that the area handling the chemical could be involved years before tell-tale symptoms of Alzheimer’s appear.”

Scientists in Beckstead’s OMRF lab will observe dopamine-controlled behaviors in research models of Alzheimer’s throughout development and the impact of environmental changes like diet on disease progression.



Oklahoma Medical Research Foundation scientist Bill Freeman, Ph.D.

The study will also include a partnership with OMRF scientist Bill Freeman, Ph.D., a researcher in the foundation’s Gene and Human Diseases Research Program. First, Beckstead’s lab will identify abnormal brain cells using electrical signals. Then, Freeman’s team will analyze the cells using a technique never before applied to Alzheimer’s disease models to look for clues to explain why they are behaving differently.

“We used to compare a region of an Alzheimer’s brain to a region of a

normal brain,” said Freeman. “But we know within the brain there are many types of cells, and each could play a different role in Alzheimer’s. Now we can look at what’s different between individual dopamine neurons, which provides us with answers to better questions.”

Freeman said the partnership between labs is a natural result of the diverse talents at OMRF. “To do impactful science, you have to cross over multiple disciplines,” he said. “It’s always going to be a team effort.”

CROSSWORD CORNER

- Across**
1 Hang out in alleys
5 Sporty sunroofs
10 Job jar item
14 Cuatro y cuatro
15 Sprightly movement
16 Lamb pen name
17 Source of damaging rumors
20 Vietnam holiday
21 “What the Constitution Means to Me” award
22 Like Boo Boo and Baloo
23 Lead source
24 Novelist Deighton
25 Wile E. Coyote’s supplier
26 Buzz among local gossips
32 Takes short cuts?
34 Part of S&L
35 FDR 34-Across org.
36 One of 1,225 in the first published edition of “War and Peace”
37 They have their pride
39 Put a halt to
40 Is for a few
41 Carson forerunner
42 Hostess snack cakes
43 Nickname of two Six Flags roller coasters
47 Tavern orders
48 Apollo vehicle, briefly
49 Many miles
- 52 Entertained
55 Vegas rival
56 Hot Dijon season
57 Question asked with a raised voice, as demonstrated in three long puzzle answers
60 Verdi opera
61 Pants style
62 Retin-A target
63 Altar words
64 Stall for Time?
65 Clarinet need
- Down**
1 Greet formally, as at the start of a sumo match
2 Earth tone
3 Mutant big cat
4 ___ Gatos, California
5 Late game show host with seven Emmys
6 “Gran ___”: 2008 Eastwood film
7 ___ in a blue moon
8 Kissing on the kiss cam, for short
9 Even
10 Her Majesty’s service?
11 Others, in old Rome
12 Put one’s name on the line?
13 Immortal “Citizen”
18 Opinion surveys
19 Image creators, for short
- short
25 Loads
27 Monkey relative
28 Biota growth
29 Undecided
30 Owl’s call
31 Catches some z’s
32 Places for hot waxes
33 One pulling in pushers
37 Outgoing officeholder
38 Perfect Portions pet food brand
39 Abel, to Adam
41 Throwback diet
42 Handmade stadium sign
44 Gut courses
45 Becomes less overcast
46 Playwright Ibsen
50 Even things
51 Said 63-Across a second time
52 Antioxidant-rich berry
53 Downton Abbey’s Daisy, for one
54 Go back, on a PC
55 Default result
58 “Bali ___”
59 AirPods spot

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Human Services announces retroactive rate increases and other interventions for waived services providers



Oklahoma Human Services (OKDHS) announced a 20% retroactive rate increase for Community Living, Aging and Protective Services (CAP) and Developmental Disabilities Services (DDS) waived services providers. These interventions, funded by the American Rescue Plan Act (ARPA), are retroactive back to Oct. 1 through Dec. 31, 2020. Pending approval by the Oklahoma Health Care Authority board, OKDHS is seeking additional interventions for the periods Jan. 1 through Mar. 31, 2021 and April 1 through June 30, 2021. The first payment will be sent in Aug. 2021, with subsequent payments made in 90 day increments.

Home and Community Based Waiver Services (HCBS) include a comprehensive array of services including case management, residential, employment and habilitation services and supports for individuals three years of age or older. HCBS uses a person-centered planning approach where an individual's team assesses the needs of the individual and develops an annual plan of care to address those needs. Waivers allow the state to offer community-based services as an alternative to institutional or nursing facility services, increasing independence and quality of life for the service recipients.

Waivered services providers are also currently experiencing significant workforce shortages to serve HCBS customers. Higher wages offered by businesses competing for the same labor pool is a primary contributor to the HCBS labor shortage, and the lack of qualified and skilled labor has significantly increased over time, increasing provider costs.

"We are grateful for the retroactive increase as it will help fill the gap in our budget," said Robin Arter, Executive Director at Think Ability, Inc. "It is a much needed relief in our efforts in supporting Oklahomans with developmental disabilities."

These temporary add-on payments will help bolster services and address this short-term shortage of qualified staff, allowing providers to meet their immediate needs while OKDHS conducts a rate study to develop a strategy for a permanent solution.

"Our waived services providers have done a phenomenal job in serving aging Oklahomans and individuals with developmental disabilities in their own homes and communities during a really challenging time," said Samantha Galloway, OKDHS Chief of Staff and Operations. "These additional funds are a vital, yet short term, intervention to help providers mitigate workforce issues while a longer term solution is developed. We are equally excited about the opportunity to invest additional dollars in things that have a real and immediate impact on people's quality of life, such as eyeglasses, dental and hearing aid services in a big way that is beyond what has been available in our single year budget historically."

In addition to the retroactive rate increases, both CAP and DDS will also offer a one-time initiative to purchase eyeglasses and hearing aids, propose development of model smart homes, expand assistive technologies, offer staff education and direct support staff professional development programs, among many initiatives intended to strengthen supports for older Oklahomans and individuals with developmental and intellectual disabilities.

To learn more about OKDHS' Developmental Disabilities Services, including Home and Community Based Waiver Services, visit <https://oklahoma.gov/okdhs/services/dd/developmental-disabilities-services.html>. To apply for services, visit <https://oklahoma.gov/okdhs/services/dd/arecontactinfo.html>.

To learn more about OKDHS' CAP, including the Advantage Waiver program, or to apply for services, visit <https://oklahoma.gov/okdhs/services/cap/advantage-services.html>.

Wreath-Laying Ceremony and Flyover

On Friday, August 13, at noon the Will Rogers Memorial Museum in Claremore will host a wreath-laying ceremony and flyover to mark the anniversary of the August 15, 1935, death of Will Rogers and Wiley Post in an Alaskan plane crash. The grandchildren and great-grandchildren of Herb McSpadden—relatives of Will Rogers—are invited guests. Pilot and museum Roper docent Tom Egbert will fly the plane for the flyover. The public is welcome to join in viewing the flyover and the wreath laying at the site of Will Rogers's tomb, overlooking the town of Claremore.

For more information about this event, please call 918-341-0719 or visit willrogers.com. The Will Rogers Memorial Museum is located at 1720 W. Will Rogers Blvd. in Claremore.

The Will Rogers Memorial 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.

Last Chance to View the Art of the 49th Annual Prix de West

The 49th Annual Prix de West Invitational Art Exhibition and Sale will display the 264-piece collection of original paintings and sculpture at the National Cowboy & Western Heritage Museum through August 8, 2021. The works displayed in Prix de West are available for purchase and will not be on display to the public again once the exhibition closes.

For more information on Prix de West and the artists, visit nationalcowboymuseum.org/prix-de-west.

HLAA COC - In person meetings to begin

In person meetings scheduled to begin in August. Hearing Loss Association of America Central Oklahoma Chapter (HLAA COC) is happy to announce that beginning with the Ice Cream Social in August face to face meetings will once again be held monthly and are open to the public. No admission charge. Meetings are on the third Thursday, 11:30 - 1PM, each month beginning in September. Meetings are held at the Will Rogers Garden Center Exhibition Hall, 3400 NW 36. The Ice Cream Social, August 15, 2-4PM, will host the introduction of HLAA COC scholarship recipients, the inauguration of new chapter officers, and official announcement of programs for the remainder of the year. In the past, the Ice Cream Social was a 'pot luck' event but with current conditions, the chapter will offer individually portioned treats, all at no charge.



Speakers and programs announced: September, Dr Patricia Burke, head of newborn screening in Oklahoma. October, Lezley Bell discussing the free telephone and service offered by Caption Call. In November, chapter members Tony & Sharon Howard's fantastical players with skits, hints, & tricks for managing family gatherings and parties for the holidays will be seen. The December meeting will host the annual Christmas party. Everyone is invited if you have hearing loss, know someone who does, or are interested in the overall health of Oklahoma City residents. HLAA COC is a 501 (c) 3 nonprofit organization with no paid employees. HLAA COC has been active for 29 years assisting Oklahomans with hearing loss to live better in a hearing world. Please look at Facebook, www.facebook.com/OklaHearingLoss, visit our website at www.OklahomaHearingLoss.org, or check out our new YouTube page: Oklahoma Hearing Helpers Room.

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By Russell Myers

Animal Crackers

By Fred Wagner

Willy Muffitt

By Bill Brewer

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July Answers

Jumbles: PAUSE SKUNK TATTOO WALLOP

Answer: They were able to get away from the porcupine because the porcupine was a — SLOWPOKE

Schwadron

Gasoline Alley

By Jim Scancarelli

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COMMUNITY

Rent a Daughter/Son *Just for Seniors*

Story by Vickie Jenkins, Staff Writer

Just for Seniors is a licensed companion-sitter agency providing services to help families care for aging loved-ones. We provide a variety of "rent-a-daughter" services that help fill-in for families when busy schedules will not allow. Our goal is to keep the seniors you love living safely and comfortably at home without the need for a care facility.

Our passion is getting seniors out of the house and engaged in the community while they still can. We love working with seniors to find fun and stimulating activities that get them excited and improve their quality of life.

Just for Seniors has been in business since August 20, 2012. Deborah Wallace started the business because her mom needed someone to help her. "It was after my dad passed

away, my mom had several small strokes and could no longer drive. I was working at Chesapeake at the time so taking time off during the day was very challenging. Trying to handle things in the evenings and weekends was exhausting. I was also very concerned that she was spending most of her time in the house watching TV. I wanted her to at least get a change of scenery on a routine basis. I needed someone to take her to the beauty shop every week and to lunch a couple days a week. I needed someone to take her grocery shopping and run errands so I didn't have to do it on my time off. All the commercial options we found had a three to four hours service minimum. That was more action than she could handle. Ultimately, we were able to find someone privately



Deborah Wallace is the owner of Just for Seniors; a licensed companion-sitter agency providing services to help fill-in for families when busy schedules will not allow.

to help her, but I knew there was a need," Deborah explained.

Currently, we are the only Just for Seniors; we are not a franchise. There are six part-time employees,

five in the OKC metro area and one in Stillwater. Officially, they

are called, Just for Seniors Associates. "Unofficially, they are called, Rent-a-

continued next page




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HOPE

Continued from Page 22

Daughter/Son," Deborah said with a smile. "We have approximately ninety clients signed up to use our service. Roughly, thirty to forty people use us each month."

Deborah grew up in Oklahoma. "My dad was a Methodist minister so we moved around Oklahoma every three to four years. I was born in Lawton and lived in Chickasha, Choctaw, Hugo, OKC, Weatherford, Pryor and Guymon before graduating OU in 1988. I moved to Houston, staying there until 2007 when I returned to OKC to help my parents. That was quite a few moves! I currently live in Bethany and plan on staying here for a while," she said.

Starting high school in Weatherford, OK, Deborah graduated high school in Pryor, OK. She earned her undergrad BBA in Management Information Systems from OU. She earned her graduate MBA in Finance and International Business via night school from the University of Houston.

Deborah wears many hats as a business owner and says that each day is dramatically different. "After spending twenty-five years in an office, I try to spend as little time as possible in the office now," she said. "My office time is usually focused

on accounting and administrative activities," Deborah said. "I am the primary marketer so I am responsible for networking and marketing activities. I work with families to find resources that address their loved ones needs. I still do some caregiving so I might be helping a client with something," she added.

Asking Deborah what her biggest reward is from Just for Seniors, she replied, "Helping a senior solve a problem that be a challenge for them could be something easy for me or an associate. Sometimes, resolving little issues can make a huge difference in the quality of someone's life. That brings me satisfaction that I never felt during my twenty-five years in corporate America. I love working with the seniors and knowing that they are being taken care of."

"Finding good Senior Associates is something we are looking for each day. We are growing quickly and we are always looking for new associates in certain parts of town. It is a challenge to find people of the right fit."

On a personal note, Deborah likes spending time with her wonderful husband, Steve. "We don't have any human children but we try to save as many dogs as possible. We currently have a crazy rescued Pomeranian."

For more information visit: www.justforseniorsok.com.



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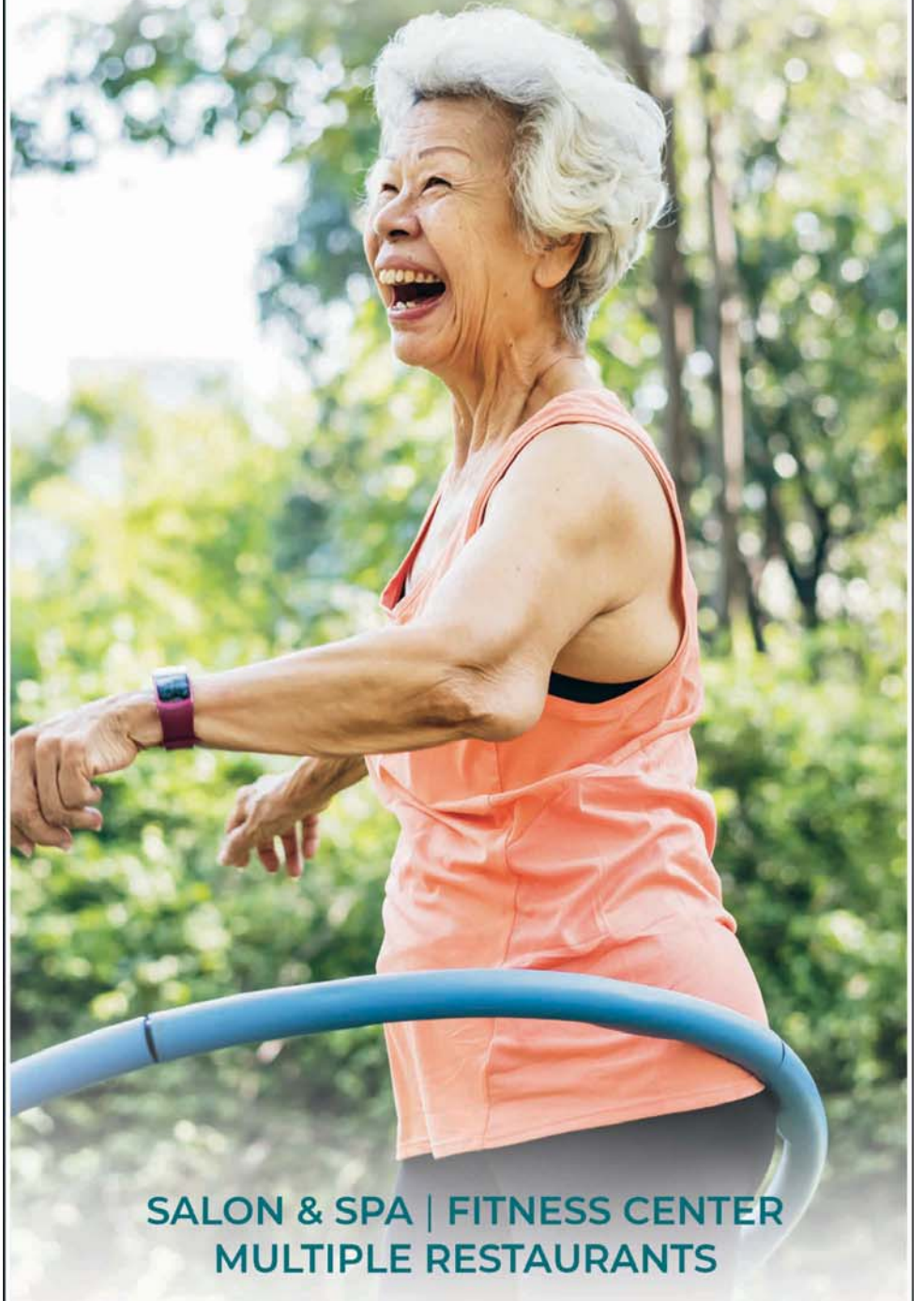
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Groundbreaking Begins Newest Phase of Development at The Cowboy

In a sunny Tuesday morning ceremony, National Cowboy Museum president, board members and supporters broke ground on the newest phase of Museum expansions, the Meinders Event Lawn & Garden and additional parking structures.

“Phase II of our Capital Campaign has required a lot of hard work and coordination by many, many partners,” said National Cowboy & Western Heritage Museum President and CEO Natalie Shirley at the ceremony. “First and foremost, we have to thank Herman and LaDonna Meinders for their support. Without it we would not be able to create this wonderful garden that will soon grace the front of the Museum. What you see now is asphalt, but in just a few short months, you are going to see something lush, green and beautiful.”

In addition to the new garden and event lawn, Phase II of the expansion plan includes a parking garage and terraced, uncovered parking spaces on Museum grounds, as well as a refresh of the Sam Noble Special Events Center.

“We have had a dream of solving several issues to bring this museum to a higher level,” said Larry Nichols, Museum Board Member and Chairman of the Capital Campaign, in a speech at the ceremony. “We need more parking, we need covered parking, we need a better entrance, and we need additional spaces for people to gather.”

The Meinders Event Lawn & Garden, made possible by a generous donation from Herman and LaDonna Meinders, will include walking paths, an event lawn and a butterfly garden.

Construction on the garden and additional parking is the second phase in a three-phase plan to beautify and improve the National Cowboy & Western Heritage Museum. The first phase of expansions produced Liichokoshkomo’, the Museum’s 100,000 square foot outdoor play-based learning addition including native dwellings and STEAM learning opportunities.

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Photography Exhibition Exploring Nuclear History in New Mexico Opens at OU Art Museum

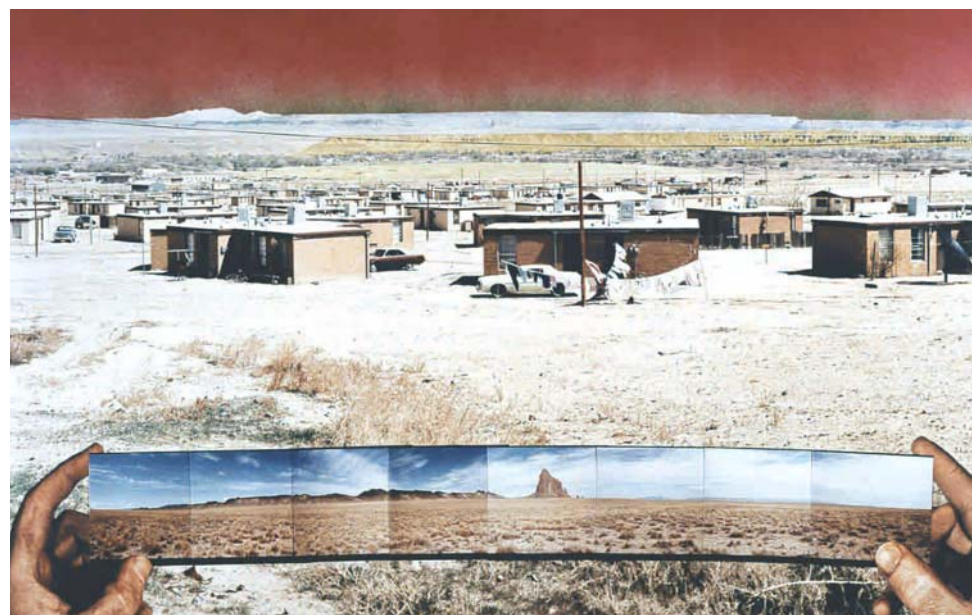
A new exhibition featuring acclaimed American photographer Patrick Nagatani's (1945-2017) portfolio that addresses nuclear testing, waste and history in the state of New Mexico opens Thursday, Aug. 5, at the Fred Jones Jr. Museum of Art, located on the University of Oklahoma Norman campus. Nuclear Enchantment, a series of 40 images created by the artist between 1988 and 1993, plays upon New Mexico's motto as the "Land of Enchantment" to raise awareness of the effects of the nuclear industry on the state's land and people. This is the first time the entire series has been exhibited in Oklahoma.

After moving to New Mexico in 1987, Nagatani visited sites of nuclear testing and radiation in the state. He saw parallels between narratives constructed around the nuclear industry and those found in the Hollywood film industry, where he had previously worked as a set designer. "The story Nagatani reveals through vivid colors and outlandish compositions may surprise, even disturb, viewers about the region many of us escape to during hot Oklahoma summers," said curator

Hadley Jerman. "The fabricated scenes and distorted landscapes are fascinating accounts of the stranger-than-fiction tale of nuclear testing in New Mexico but also serve as pointed commentary on photography's role in 'recording' the past."

This exhibition is made possible by the generous recent gift of the series to the museum from the FJJMA Association and the Andrew Smith Gallery. In a time when museum galleries across the nation, and the world, were shuttered for the better part of the past 18 months, the acquisition of this portfolio helps meet the museum's mission of bringing diverse art for public display at the Fred Jones Jr. Museum of Art. "We are excited and grateful for this opportunity to expand the museum's collection with this striking, imaginative series," said Alison Fields, a faculty member at OU's School of Visual Art and co-interim director of the museum. "The issues raised in Nuclear Enchantment remain relevant today, and we look forward to sharing Nagatani's important work with the public."

A picture containing text, ground,



B-36/Mark 17 H-Bomb Accident (May 22, 1957) Albuquerque, NM from Nuclear Enchantment portfolio; 1991, Chromogenic print, Patrick Nagatani



'Bida Hi'/Opposite Views, Northeast-Navajo Tract Homes and Uranium Tailings, Southwest-Shiprock, NM from Nuclear Enchantment portfolio; 1990, Patrick Nagatani

outdoor, beach Description automatically generated

In Nuclear Enchantment, Nagatani makes visible a New Mexico whose "enchanted" vistas are poisoned by toxic waste and whose arsenal—whether celebrated in monuments or missile displays outside schools—continues to threaten New Mexico's inhabitants, specifically Native Americans. Before his untimely death in 2017, Nagatani wrote, "My intentions are to raise public consciousness about the effects of New Mexico's nuclear industry that continues to grow despite the damage it has already caused and will continue to bring to the state. The series, Nuclear Enchantment, attempts to awaken the many New Mexicans who still believe nuclear power poses no

threat and that defense spending promotes the economy. Culturally and geographically connected to New Mexico, it is perceived by the elite powers as a place that can be abused and even reduced to rubble."

Patrick Nagatani: Nuclear Enchantment, will be on display through January 30, 2022. Public programming for this exhibition will be announced at a later date.

The Fred Jones Jr. Museum of Art is located in the OU Arts District on the corner of Elm Avenue and Boyd Street, at 555 Elm Ave., on the OU Norman campus. Admission to the museum is complimentary to all visitors. Information and accessibility accommodations are available by calling (405) 325-4938 or visiting www.ou.edu/fjjma.




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I want my own Amazon spacecraft

by Greg Schwem

It never fails. All the good Father's Day gift ideas appear after the holiday.

I don't mean to sound ungrateful. I loved the barbecue tools and swimmer's headphones that my wife and daughters gifted me last month. But had I paid more attention to Amazon founder Jeff Bezos' space quest, my wish list might have looked very different.

Bezos, we all know by now, recently completed a short journey to space aboard something called the New Shepard rocket. Named for first man in space Alan Shepard and launched on the 52nd anniversary of the Apollo 11 moon landing, the craft returned safely and intact, allowing Bezos to resume duties as the world's richest individual.

The capsule was completely automated, allowing Bezos and his three passengers to do absolutely nothing during the ride other than admire the views, the strongest evidence yet that space tourism could soon be a real thing.

As long as tourists are willing to climb into something that, no matter how you try and sugarcoat it, resembles the male phallus.

The design was confirmed by millions on social media who used it as additional fodder to unload on Bezos and his desire to spend billions on space travel while so many Americans live below the poverty line.

Seethe in anger all you want, Bezos haters. I will reserve judgement and applaud Bezos' efforts, provided he agrees to run Blue Origin, his space exploration company, the same way he runs Amazon: Enable consumers to purchase whatever product their heart desires affordably and conveniently.

Admit it, isn't that why we all use Amazon? We know that no matter what material good we see in a store, it can most likely be found cheaper on Amazon. We execute a few mouse clicks and then wait excitedly for whatever we ordered to arrive on our front porch. Well, we're not always excited; the toilet brushes I recently ordered filled me with no adrenal rush whatsoever.

Bottom line? I want my own spacecraft, and I'm counting on Bezos to deliver it to me. I have ample room in my backyard to set up the launchpad. The area is also free of trees and power lines, ensuring a safe and unencumbered launch of my new spaceship.

Bezos' three-person crew included a family member, his brother Mark. My only sibling lives eight hours away, but my wife enjoys quick getaways. Then again, she would probably prefer a little peace and quiet in the house, even if only for a quarter hour. So, I'll leave her behind and ask a few of my male friends from the neighborhood. At least one needs to bring beer. Again, since computers will guide us through of our journey, there is no need to select a designated driver.

Once we return, we will have the ultimate excuse for laying on the couch and doing positively nothing. For as long as we desire. Demands that we get up and mow the lawn, take out the garbage or fold the laundry will be met with, "Hey, I was just in space!"

So, Jeff, please make good on my requests before late September, as my birthday falls at that time. Christmas at the latest. I have big plans for my spaceship in 2022.

Oh, and I'd also like free shipping.

(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



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



Blue Origin launches into space Tuesday, July 20, 2021, near Van Horn, Texas. Jeff Bezos and three other passengers launched into space aboard Blue Origin's New Shepard rocket.

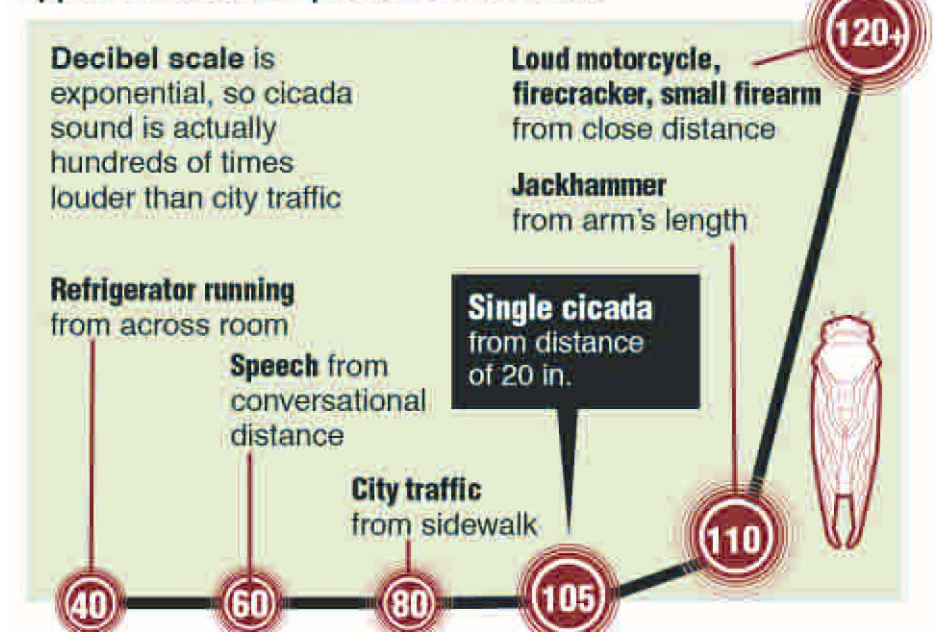
Bar: "A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at www.gregschwem.com.

You've enjoyed reading, and laughing at, Greg Schwem's monthly 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

Cicadas' notorious noise

Mating call of the male cicada compared to some other nuisances:

Approximate sound pressure in decibels



Source: University of Florida Department of Entomology and Nematology, U.S. Occupational Safety and Health Administration

STRANGE BUT TRUE

SO THEY SAY...

SBT In Phoenix, Arizona, you can't walk through a hotel lobby with spurs on.

SBT In California, a law created in 1925 makes it illegal to wiggle while dancing.

SBT In Utah, daylight must be visible between dancing couples.

AUGUST CALENDAR OF EVENTS

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

AUGUST

SENIOR CHAIR DRUMMING (AGES 50+)

Class combines rhythm, stretching and exercise. No experience necessary. Wednesdays and Fridays from 1pm-1:45pm - FREE
Woodson Senior Center, 3401 S. May Avenue.
okc.gov/parksignup.
Keyword 37358

Paseo Arts District's First Friday Gallery Walk

3022 Paseo St.,
405-525-2688 | thepaseo.org
When: First Friday of every month, 6-10 p.m. peruse art from over 80 artists with 25 participating business for a night of special themed exhibits, refreshments and a variety of entertainment opportunities.

SUMMER PET SAFETY

Make sure your pets stay safe and cool this summer by remembering that if it is too hot for you, it is too hot for them. Bring pets inside when it is hot, and provide them with plenty of shade and water when they are outside. Walk your pets at cooler times of the day and never leave an animal in a car. Contact Animal Welfare at (405) 297-3100 if you see an animal in distress. Visit okc.gov/animalwelfare for pet safety tips.

Online: Barbed Tales Podcast Theatre

Price: Free.
When: Mondays, 6am
Email: barbedtales@gmail.com
anchor.fm/barbedtales
Barbed Tales Productions brings theatre to the airwaves. Theatre for your ears. Due to the quarantine, live theater has to make adjustments so that we may still bring culture and entertainment to audiences. Barbed Tales Productions are taking steps to provide high quality entertainment. Creating podcast theatrical releases and online shows are a safe way to provide culture to our area. Season One explores video game reviews, D&D, Outlander fan fiction, and more. Under fifteen minutes episode.

AUGUST 7 and 8

Wonders and Wisdom Expo

State Fair Park Hobbies, Arts and Crafts Building. 3100 General Pershing Blvd. Oklahoma City
Sat., Aug. 7, 11 a.m.-7 p.m. and Sun., Aug. 8, 11 a.m.-5 p.m.
Phone: 405-261-9225
wondersandwisdomexpo@gmail.com
Price: \$7. Seniors, Military, Veterans, and Teachers' tickets are only \$5. Bring a sack or box of canned and dried food for the SISU Youth Services food drive and get a \$1 off your ticket. Children 10 and under are free.
www.facebook.com/wondersandwisdomexpo
The Wonders and Wisdom Expo brings various Metaphysical vendors, Oracle and Tarot Readers, Holistic Healers, Performers, a Meditative Labyrinth, Classes, Artists, and Crafters together to share our wisdom and passions.

AUGUST 19

Art 365,
Oklahoma City Exhibition
Artspace at Untitled
1 NE Third St. Oklahoma City
When: Thu., Aug. 19, 5-8 p.m.
Phone: 4058159995.
pr@1ne3.org
Price: free
www.1ne3.org/calendar/2021/8/19/art-365-collective-exhibition
Every three years, the Oklahoma Visual Arts Coalition (OVAC) hosts the highly competitive program, Art 365, in which five Oklahoma-based creative proposals are selected to complete innovative artwork in consultation with a nationally recognized curator. In an unprecedented model for the region, the artists receive an honorarium of \$12,000. Over the course of the last year, these artists have created a body of work that will culminate with exhibitions in both Tulsa and Oklahoma City. 2021 artists are Ginnie Baer, Crystal Z Campbell, Naima Lowe, Mirella Martinez (Stillwater), and collaborators Maggie Boyett and Marwin Begaye.

AUGUST 27 and 28

Bark in the Park and Feline Friends

Wacker Park
1005 N. Willow St., Pauls Valley
When: Fri., Aug. 27, 5-8 p.m. and Sat., Aug. 28, 10 a.m.-4 p.m.
Phone: (405) 238-1303
paulsvalleypaws@gmail.com
Price: Free
facebook.com/pvbarkinthepark
A fun (and free) event for dog lovers and their dogs, Bark in the Park features pet-friendly activities, raffles, dog-care merchandise, demonstrations, food vendors and more. Event includes 2 days of dog aquatic diving competitions presented by Dock Dogs. Hours: appx. 5pm-8pm Friday and appx. 10am-4pm Saturday. Visiting dogs should be on leash and be accustomed to being around many people and other pets.

SEPTEMBER 1

Rad City Music Festival

Myriad Botanical Gardens
301 W. Reno Ave. Oklahoma City
When: Wed., Sept. 1, 6-10 p.m.
tobi@revolve-productions.com
Price: FREE
www.facebook.com/events/192762072438802
A music festival about love and inclusion honoring our neighbors that live outside. The event is Free Entry and Family-friendly. We are inviting everyone to come enjoy live music and share a meal with their neighbors. We are providing restaurant meals to the homeless and we'll have some of OKC's favorite food trucks Taco Nation and Saucee Sicilian selling food to the public as well as the The Big Friendly Beer Bus!
Live music performances to be announced soon!

OCTOBER 16

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SEPTEMBER 11

JUNKLAHOMA 2021

The Old Store
100 Monroe Ave. NW Piedmont
Sat., Sept. 11, 9 a.m.-4 p.m.
Phone: 405-373-2093
Email: junklahoma@yahoo.com
Price: FREE. fb.me/e/3dPQtv969
JUNKLAHOMA is a 'junk' show featured during Piedmont's annual Founder's Day celebration. It is presented by The Old Store and showcases a wide variety of handpicked junk, vintage, antique, handmade, repurposed and boutique style vendors.

SEPTEMBER 11

Raising Butterflies

CommonWealth Urban Farms
3310 N. Olie Ave. Oklahoma City
When: Sat., Sept. 11, 11 a.m.-12 p.m.
Info@commonwealthurbanfarms.com
commonwealthurbanfarms.com/garden-school
There is magic in the Monarch chrysalis! Not only is a beautiful experience, raising butterflies is helpful! Fewer than 10 percent of monarch eggs and larvae will survive to become adult butterflies, largely due to predation of the larvae. Raising them in an indoor habitat boosts survival to rates well over 90 percent. A panel of experts will show participants how and where to look for butterfly eggs and larvae and how to support them as they go through their amazing transformation. The first 10 educators get in free! \$10 per workshop, \$15 per couple/pair

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spaces 1-3, \$2,000.00 each.
Park price \$5,495.00. Buyer
pays \$295.00 transfer. Call or
Text 1-(405)-919-0751

Cemetery Spaces In Rose Hill Burial Park. Lot Number 38 with Four Spaces in Rose Lawn Section. Value at \$4,995.00 Each. Sell Two Spaces For \$3,500.00 Each. Or All Four For \$12,000.00. Call 316-312-1482

CEMETERY PROPERTY FOR SALE

Resthaven Cemetery
4 spaces. Current selling price \$4,970.00 each. Asking price \$2,700.00 each or all four \$10,000.00 plus \$500.00 transfer fee. 405-640-4501

Resurrection Cemetery, OKC, plot for sale \$750.00. Desirable Section 8, Block 26 location. Text 405-818-2881 or call and leave message.

2 Resthaven plots for sale. Current selling price \$4,700.00 each. Asking price \$2,700.00 each. 405-615-6847

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Longtime OU College of Nursing Researcher, Educator, Leader Leaves Mark on Healthcare

During her long and distinguished career in nursing, Barbara Holtzclaw, Ph.D., R.N., has worked in three different but complementary worlds – providing care at the patient's bedside; conducting research to improve that care; and educating the next generation to further the field through their own research.

It is the synergy of those three that has allowed her to advance the discipline of nursing in significant ways. Holtzclaw is retiring this summer as a research leader and professor in the Fran and Earl Ziegler College of Nursing at the University of Oklahoma Health Sciences Center, although as academicians are prone to do, it may be on paper only. She continues to conduct research and mentor nursing science students on the path she began many years ago.

"My research is a combination of my clinical experience, my curiosity of how physiological mechanisms work, and a mentor who showed me how nursing research can make

a difference in clinical care," she said. "Working with students allows me to foster their interest in nursing research the same way my mentor did many years ago."

Holtzclaw is retiring as Associate Director of Translational Science for the Donald W. Reynolds Center of Geriatric Nursing Excellence at the OU College of Nursing. Prior to that, she served as Associate Dean for Research for the college, as well as interim director for the Ph.D. in Nursing program, which she helped to establish in 2008. Previously, she was a research director at the Vanderbilt University School of Nursing in Tennessee and Associate Dean for Research and Director of Doctoral Studies at the University of Texas Health Science Center in San Antonio. Joining the faculty at the OU College of Nursing in 2000 was like coming home – she earned her bachelor's degree in nursing and a doctorate in higher education from OU, and she directed a Family Nurse Practitioner certificate program and taught in the undergraduate and

master's degree programs at OU from 1968 to 1987.

Holtzclaw was introduced to nursing research in the 1970s while pursuing her master's degree at the University of California at San Francisco, where her mentor was studying shivering in people who were being therapeutically cooled. During surgery, patients' temperatures fall and their metabolisms decrease while they're asleep, and for some procedures, like open heart surgery, patients are intentionally made hypothermic.

"That's all fine while they're asleep, but when they start to wake up, they start shivering," she said. "When they shiver, their temperature rises and their blood pressure rises – there's a heavy metabolic cost to shivering."

Holtzclaw's interest in the body's thermoregulation only grew from there. She experimented with wrapping patients' arms and feet – where the most dominant sensors are – in three layers of terrycloth toweling to see if she could



Barbara Holtzclaw, Ph.D., R.N. is retiring this summer as a research leader and professor in the Fran and Earl Ziegler College of Nursing at the University of Oklahoma Health Sciences Center.

prevent shivering even though the patient was being cooled. During her post-doctoral fellowship at the University of Pennsylvania, her research delved further into post-operative temperature change and the negative effects of such

continued next page

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HOLTZCLAW

Continued from Page 30

energy expenditure. At an annual meeting of the American Society of Anesthesiologists, she presented the results of her study, conducted with a cardiovascular anesthesiologist, which established shivering as the cause of a significant increase in metabolic rate and cardiac effort.

"During the study, I remember pointing out to a new doctor that his patient was shivering, and he said, 'Well, how do you expect them to get warm?' I responded, 'Would you have your patient go out and shovel snow?' I went on, 'No, but your patient is using the same amount of oxygen and is under as much metabolic stress as if they were shoveling snow.'"

Holtzclaw's research expanded to investigate shivering in patients with cancer who were taking an antifungal drug called Amphotericin B. The body responds to the drug by running a fever and shivering, not because the patient is actually cold, but because the drug tricked their nervous system into raising its thermostat to a higher level, so it thinks they're cold. The wrapping intervention worked to suppress shivering. She then studied the same phenomenon in patients with HIV

who had opportunistic infections with high fevers, and again the wrapping intervention worked. All along the way, her research raised awareness among nurses and physicians about the risks of shivering.

"It has been satisfying to find a research area that affects almost every walk of life," Holtzclaw said. "Shivering doesn't happen by itself - it happens within all these other scenarios. That has allowed me to take my research in slightly different directions regarding thermoregulation."

More recently, Holtzclaw has been working with a graduate student on the concept of immunosenescence - the gradual deterioration of the immune system with age - and its effect on vaccine response in older adults. These effects lower older adults' protection against the virus, even with vaccination, which points to the extra precautions needed with this age group, she said.

During her career, Holtzclaw published two books, wrote numerous articles, and gave presentations around the world on the topics of fever, shivering and hypothermia. She was founding editor of the Southern Online Journal of Nursing Research and continues to serve on review panels and advisory boards

for numerous other journals. She is a fellow of the American Academy of Nursing and the Gerontological Society of America, among many other honors.

While her research has been highly regarded, Holtzclaw has also played a significant, but sometimes behind-the-scenes, role as educator and mentor to many students.

"Dr. Holtzclaw has been absolutely committed to mentorship, which includes students, early-career colleagues, senior colleagues, and others outside the discipline. She always finds ways to help people be successful," said Lazelle Benefield, Ph.D., R.N., Professor and Dean Emeritus of the OU College of Nursing and director of its Donald W. Reynolds Center of Geriatric Nursing Excellence.

OU College of Nursing Dean Julie Hoff, Ph.D., MPH, R.N., added, "Students, faculty and staff have all been touched by Dr. Holtzclaw's passion for teaching, research and nursing."

The OU College of Nursing is part of the OU Health Sciences Center, a leader in education, research and patient care and one of only four comprehensive academic health centers in the nation with seven professional colleges. To find out more, visit nursing.ouhsc.edu.

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