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# SENIOR NEWS & LIVING

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## Age of elegance



## Ms. Oklahoma Senior America 2022 crowned

In her evening gown, Roxanne Parks, Ms. Oklahoma Senior America 2022, was full of smiles at her coronation held recently in Guthrie.

story and photo by James Coburn, Staff Writer

A glowing celebration was held in Guthrie at the recent coronation of Roxanne Parks, Ms. Oklahoma Senior America (MOSA) Queen 2022.

Parks was crowned by MOSA Queen 2021

Kathryn Gordon.

Several former MOSA queens were among the scores of guests who honored Parks at the Old Santa Fe Depot in Guthrie on Saturday,

See CROWNED Page 2

## Dale K Graham Veterans Foundation Moves to Larger Office



U.S. Marine Corp Veteran Dale Graham welcomes the crowd during the ribbon-cutting ceremony on January 25 at his namesake nonprofit Dale K Graham Veterans Foundation's new location in Norman.

Story by Darl Devault, Contributing Editor

In Dale Graham's short remarks during the ribbon-cutting ceremony on January 25 for the new larger location in Norman for the nonprofit Dale K Graham Veterans Foundation, he made everyone welcome. Speaking at the front doors at 1233 W Lindsey St., the Vietnam Veteran and retired U.S. Marine Corps Lance Corporal, 74, shared his pride in how far the group's mission has grown.

"When I first started out helping veterans sign up for their benefits in my garage 30 years ago, I knew a lot of satisfaction in helping other veterans," Graham

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## CROWNED

Continued from Page 1

Jan. 22.

"To reign in life means we are filled with confidence in God and in our assignment," Parks said. "It is that we are able to have peace in chaos. We're able to have power and peace, regardless of the circumstances. We are able to be free of the grips of sin "

MOSA is considered the senior version of the Miss America Pageant, said Dove Morgan-Schmidt, MOSA Queen 2016.

At the coronation, Parks presented three requirements of the national pageant. This includes her talent, philosophy of life, and her evening gown presentations.

She shared her original spoken and inspirational work highlighting her YouVersion Bible Plan that has close to 400,000 subscribers, as well as her latest book, "Breathe: 101 Life-Giving Devotionals."

Parks said every person is created with a purpose in life.

"Each of us are uniquely gifted to serve and to bless others," she said in her philosophy of life presentation. "I don't want to miss out on one thing that God has in store for me to accomplish this year on earth. I want to live bold; I want to give bold



Among those who celebrated the coronation of Roxanne Parks, Ms. Oklahoma Senior America (MOSA) Queen 2022, from left to right were Carol Kallenberger, Oklahoma MOSA state administrator; Dove Morgan-Schmidt, MOSA Queen 2016 and current director; Kay Manning, MOSA Queen 2018; Deborah Wedel, MOSA Queen 2019 and current director; Susan Frazier, MOSA Queen 2020; Jill Bean, Ms. Texas State Queen 2015, national officer; Roxanne Parks, MOSA Queen 2022; Kimberly Gheti, Ms. Texas Senior America Queen 2022; and Kathryn Gordon, MOSA Queen 2021.

and, in a world where depression and anxiety abound, I want to be that life-giving breath of fresh air."

The Ms. Senior America Pageant is the world's first and foremost pageant to emphasize and give honor to women who have reached the "Age

of Elegance." It is a search for the gracious lady who best exemplifies the dignity, maturity and inner beauty of all senior Americans, according to the mission statement. The Ms. Senior America philosophy is based on the belief that seniors are the foundation of America, and our most valuable treasure. It is upon their knowledge, experience and resources that the younger generation has the opportunity to build a better society.

An Edmond resident, Parks will represent the state of Oklahoma and its senior community along with state queens from 31 other states this September at the national pageant to be held at the Hershey Lodge and Resort in Hershey, Pa., said Carol Kallenberger, Oklahoma MOSA state administrator.

Parks is a certified life coach at [RoxanneParks.com](http://RoxanneParks.com). She has served as president of a large marketing company, and is the founder, president, and CEO at Winter Summit Ministries, Inc. She studied at the University of Oklahoma's Mewbourne School of Petroleum and Geological Engineering.

She and her husband Brian Parks have been married for 36 years. She is the mother of three adult children and a proud grandmother. Parks believes that families are the foundation of our society. Parks is also corporate chaplain. She appears at conferences and conventions throughout the US. Parks appeared inspired and enthusiastic in her talent presentation as she accompanied herself on the piano. Parks said she gathers her peace of mind with faith

in God, and not to news or events.

"There has never been one like you before. There will never be one like you again. And since today is the first day of the rest of our lives, and life is not a dress rehearsal, let's make today the best day of the rest of our lives," Parks said. "Even though there are very many noises and choices in our head in the battlefield of our mind, we hear the voice of ourselves as loud as it speaks to you. And then, there is the voice of the enemy who likes to raise doubt and discouragement in our heart. And then, there is the voice of the other — your mother or your neighbor — your boss. And then, there is the voice of truth. Oh, we have ears, but do we hear. Oh, we have eyes, but do we see? The same God that fashioned you and me, assigned us with a thumbprint. He invited us to live a full life. Since today is the first day of the rest of your life, let's choose today and the rest of your life to be the very best of your life."

For more information about Ms. Senior America, please visit <http://senioramerica.org>.

"This is a sisterhood," said MOSA Queen 2021 Kathryn Gordon. "And, if you're sitting there thinking, 'Maybe I might try it,' just step out of your comfort, take a chance, believe in yourself. It's a wonderful experience — it will help you grow into being the person that maybe you were supposed to be. And I challenge you to challenge yourself to take a chance and become a part of our 2023 pageant for Ms. Oklahoma Senior America."

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## OPINION

**S** THE SAVVY  
**SENIOR**

# Approaching 65?

## Here's What to Know About Enrolling in Medicare

*Dear Savvy Senior,*

Can you give me a brief rundown of Medicare's enrollment choices along with when and how to sign-up? **Approaching 65**

*Dear Approaching,*

The rules and timetables for Medicare enrollment can be confusing to many new retirees, so it's smart to plan ahead. Here's a simplified rundown of what to know.

First a quick review. Remember that original Medicare has two parts: Part A, which provides hospital coverage and is free for most people, and Part B which covers doctor's visits and other medical services, and costs \$170.10 per month for most enrollees in 2021.

### When to Enroll

Everyone is eligible for Medicare at age 65, even if your full Social Security retirement age is 66 or later.

You can enroll any time during the "initial enrollment period," which is a seven-month period that includes the three months before, the month of, and the three months after your 65th birthday. It's best to enroll three months before your birth month to ensure your coverage starts when you turn 65.

If you happen to miss the seven-month sign-up window for Medicare Part B, you'll have to wait until the next "general enrollment period" which runs from Jan. 1 to March 31 with benefits beginning the following July 1. You'll also incur a 10 percent penalty for each year you wait beyond your initial enrollment period, which will be tacked on to your monthly Part B premium. You can sign up for premium-free Part A, at any time with no penalty.

### Working Exceptions

Special rules apply if you're eligible for Medicare and still on the job. If you have health insurance coverage through your employer or your spouse's employer, and the company has 20 or more employees, you have a "special enrollment period" in which you can sign up. This means that you can delay enrolling in Medicare Part B and are not subject to the 10 percent late-enrollment penalty as long as you sign up within eight months of losing that coverage.

### Drug Coverage

Be aware that original Medicare does not cover prescription medications, so if you don't have credible drug coverage from an employer or union, you'll need to buy a Part D drug plan from a private insurance company (see [Medicare.gov/plan-compare](http://Medicare.gov/plan-compare)) during your initial enrollment if you want coverage. If you don't, you'll incur a premium penalty - 1 percent of the average national premium (\$33 in 2022) for every month you don't have coverage - if you enroll later.

### Supplemental Coverage

If you choose original Medicare, it's also a good idea to get a Medigap (Medicare supplemental) policy within six months after enrolling in Part B to help pay for things that aren't covered by Medicare like copayments, coinsurance and deductibles. See [Medicare.gov/medigap-supplemental-insurance-plans](http://Medicare.gov/medigap-supplemental-insurance-plans) to shop and compare policies.

### All-In-One Plans

Instead of getting original Medicare, plus a Part D drug plan and a Medigap policy, you could sign up for a Medicare Advantage plan instead (see [Medicare.gov/plan-compare](http://Medicare.gov/plan-compare)) that covers everything in one plan. Nearly half of all new Medicare enrollees are signing up for Advantage plans.

These plans, which are also sold by insurance companies, are generally available through HMOs and PPOs and often have cheaper premiums, but their deductibles and co-pays are usually higher. Many of these plans also provide coverage for extra services not offered by original Medicare like dental, hearing and vision coverage along with gym/fitness memberships, and most plans include prescription drug coverage too.

### How to Enroll

If you're already receiving your Social Security benefits before 65, you will automatically be enrolled in Part A and Part B, and you'll receive your Medicare card about three months before your 65th birthday. It will include instructions to return it if you have work coverage that qualifies you for late enrollment.

If you're not receiving Social Security, you'll need to enroll either online at [SSA.gov/medicare](http://SSA.gov/medicare) or over the phone at 800-772-1213.

If you need help, get a copy of "Get It Together: Organize Your Records So Your Family Won't Have To" at [Nolo.com](http://Nolo.com) for \$17.50 for the downloadable versions, or \$20 for a printed copy.

Send your senior questions to: *Savvy Senior*, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the *NBC Today* show and author of "The Savvy Senior" book.

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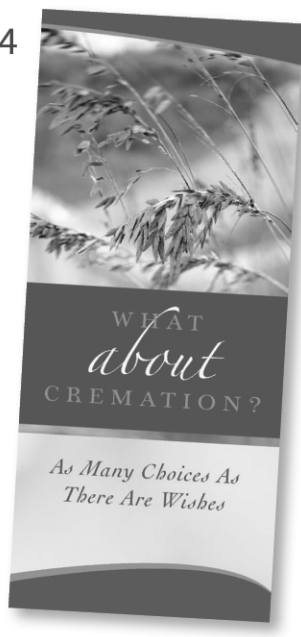
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MOVE

Continued from Page 1

said. “Now I know a lot of these great people gathered here today who have helped thousands in that same mission. We are all proud to welcome you to this new location.”

The foundation is named after Graham, who has dedicated his life to encouraging and helping veterans file their benefits claims. They serve more than 300 veterans each week with a 96 percent success rate for claims filed in 2019.

The main speaker, Sen. Adam Pugh, R-Edmond, told the crowd of 120 he is prefilling a bill aiding veterans for the new legislative session beginning in February. It will further emphasize that Oklahoma is a welcoming state for veterans, retired and separated from the service.

Pugh’s effort this session is Senate Bill 401, a carryover measure from last year, to exempt military retirement from state income taxes. He said this would keep Oklahoma keep in line with the surrounding states.

“According to our research at the legislature, Oklahoma has more per capita veterans than any state in the country,” said Pugh, a former U.S. Air Force Officer of almost eight years. “The legislature needs to do more in making sure our resources like this new Dale Graham Veteran Graham Foundation center are an example of how Oklahoma can be seen as the number one state for veterans.”

Pugh served as an AWACs command and control officer worldwide as an air battle manager as a captain. Before election to the Senate in 2016, he was an executive at Delaware Resource Group. There he oversaw the local aerospace company’s B-1 Bomber program, an extensive program with millions of dollars attached to it, he said.

Those gathered — veterans and their families, volunteers, veteran’s rights advocates, and Norman and Cleveland County officials, then saw Norman Chamber of Commerce dignitaries welcome the new facility and perform a ribbon-cutting ceremony. After the ceremony, 25 veterans waiting to be helped were invited into the new facility for their appointments with volunteers. On January 27, more than 50 veterans were helped. At the intake event on February 1, 150 veterans are expected to receive services.

The new location on west Lindsey is twice the size of the previous office on Interstate Drive in northwest

Norman. The new office provides volunteers a training room and the veterans a computer lab where they can get online and scan their documents to complete their claims. The new computer lab has gone from 40 computer workstations in the previous office to more than 80.

Additionally, there is office space for private meetings. The new office means there is room for the volunteers to give the veterans more privacy as they assist them. This has allowed the Graham Foundation to increase the number of veterans they can help each day.

The Graham Foundation has assisted more than 25,000 veterans across all 77 counties in Oklahoma, 50 states, and eight foreign countries in filing claims with the U.S. Department of Veterans Affairs.

Many volunteers help veterans fill out forms and submit medical or other documentation supporting their request for service connection to a disability or an increased rating on a pre-existing service-related disability.

Jonathan Foti, Graham Foundation CEO, spoke as master of ceremonies, saying their mission had outgrown their previous office because there are now about 330,000 veterans in Oklahoma.

The Graham Foundation’s seven full-time employees and nearly 100 volunteers help veterans apply for service-connected benefits. To do this, the volunteers have to go through continuing training programs. This ensures they keep current with Dept of Veterans Affairs policies as they change. In addition, the volunteers who are certified Veteran Services Officers have additional training requirements to maintain their certifications.

Most of their volunteers and staff recently attended the Joint Service Officer Training Symposium training from the Muskogee VA Regional Office and the Oklahoma Department of Veterans Affairs. The two-day event was held in Norman at the Oklahoma National Guard Training Center.

The Graham Foundation had teamed with numerous other nonprofits and service organizations to provide veterans with additional services, support, and counseling. This means veterans are better able to get the services they need. The VA application process is a dynamic environment that continually changes as rules, laws and federal policy change.

Retired U.S. Air Force Colonel Chuck DeBellevue, president of the Graham Foundation Board, said,

“Our supporters and volunteers have helped many veterans who never sought help in the past. While only a few World War II veterans still visit us, most of the veterans seen by the Graham Foundation are from the Vietnam War era, with visits from Iraq and Afghanistan War veterans on the increase.

This move will allow us to assist more veterans in more ways. You had to show up in person to receive our services in the past. Now you can get an appointment online and

be seen virtually. Jon Foti, our CEO, has continually improved the processes and our efficiency. We are all proud to be a part of this effort to help those who served this great country.”

Veterans register online to start the process and are then contacted to schedule an appointment. Details about the next intake session can be found at Dale K. Graham Veterans Foundation | Our mission is to serve military veterans and their families. (dalekgrahamveteransfoundation.org)

## SITUATION UPDATE: COVID-19

### COVID-19 Oklahoma Test Results

COVID-19 Cases	944,461
New Cases	13,428*
New Cases 7 day Average	11,151
Active Cases	121,621
CDC/NCHS Provisional Deaths	13,129
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
	Region 1 (NW)
	80 (19)
	Region 2 (NE)
	127 (27)
	Region 3 (SW)
	245 (35)
	Region 4 (EC)
	115 (23)
	Region 5 (SE)
	83 (11)
	Region 6 (Central)
	169 (30)
	Region 7 (Tulsa)
	525 (105)
	Region 8 (OKC)
	561 (105)
Total	1905* (355)
Other Types of Facilities	
Focus Facilities	107 (30)
Rehabilitation Facilities	2 (0)
Tribal Facilities	55 (5)
Other Facilities Total	165 (35)

\*As of 2022-01-27 at 7:00 a.m.



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# Medicare: Making the right choice

By Steven Sibley, Medicare Broker

Whether it's annual enrollment in the fall, open enrollment during the first three months of the year or you're turning 65, when it's time to decide about your Medicare plan, where will you go for advice? Joe Namath, Jimmy Walker, or William Shatner? Well, if you're boldly taking this journey where you've never gone before, you may think Captain Kirk would be the right choice. You can also try online at Medicare.gov. But do you really trust that a website can clearly guide you through all your options and answer all your questions? What about an 800 number, where you can speak to someone you don't know, who doesn't know you, or who you'll likely never speak to again? Do any of these seem like great options that will lead to a great decision about your healthcare plan? Also ask yourself, will they be there to support you after your decision?



Steven Sibley

The truth is your best decision is to develop an ongoing relationship with a Medicare plan agent. First, you'll want to know if the agent is captive, representing just one company or if they're a broker,

See CHOICE Page 7

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CHOICE

Continued from Page 6

representing numerous companies and options on your behalf. Medicare Plan agents are licensed life and health agents who are required to complete specialized Medicare plan training every year, including certifications from each Medicare plan provider they're appointed with. They are knowledgeable in all types of Medicare options, including Original Medicare Parts A & B, Medicare Part C Advantage Plans, Part D drug plans and supplements. They can explain how Medicare Savings Plans work for lower income clients and how Medicare Plans and Medicaid work together to provide even more benefits for those who qualify. They can also help veterans understand how Medicare Plans can enhance their VA and Tricare for Life benefits, giving them even more benefits, wellness options and even get their Part B premium reduced.

We've found that many people without an agent are unsure of how all the parts of their plan work, how to access all their benefits, or if there is a more affordable plan that will meet their health and wellness needs. If you don't have an agent, perhaps because you used a website

or an 800 number to enroll in a plan, you are not alone, and we can help. At Sibley Insures we'll guide you through your healthcare plan options and benefits. We'll show you how to access all the benefits to help meet your health and wellness needs.

We are located here in Oklahoma and our staff is uniquely qualified to serve seniors and retirees in the health insurance industry. We are fully licensed, trained, and appointed with the most recognized Medicare plans in Ok, TX, KS, NM, & AZ. Our staff's education and experience include a Bachelor of Science degree in Health Studies with an emphasis in gerontology, including 25 years as a hands-on healthcare provider and another holds an MBA with an emphasis in Healthcare Administration, along with 20 years in the Financial Services industry. We believe in one-on-one, ongoing relationships with our clients, plus we're always available to advise and advocate for them and even those who are not our clients but request our help. If you have questions about your current or new Medicare plan, or know someone turning 65 this year, reach out to us at 405-850-1569. Plus, see our ad below.

OSDH to Distribute N95 Masks to Local Pharmacies Across the State

The Oklahoma State Department of Health (OSDH) is working to make sure Oklahomans have widely available access to N95 masks in the state.

In partnership with the Oklahoma Pharmacists Association and pharmacy partners around the state, the OSDH will be distributing N95 masks around the state to local pharmacies through a distribution system that will provide Oklahomans the opportunity to go to their local pharmacies to receive N95 masks, free of charge.

Through the OSDH and Federal Government distributions, local, independent pharmacies and pharmacies that are a part of the Federal Retail Providers program will have N95 masks available to Oklahomans throughout the state.

"With the highly transmissible omicron variant we know that the quality of the mask someone chooses to wear matters," said Michael DeRemer, director of emergency preparedness and response service for the OSDH. "We want to make sure all Oklahomans have access to the best mask possible to protect themselves and others from this virus, no matter where they live and at no-cost."

The first shipment of masks was sent to select pharmacies on Thursday, Jan. 27 with the next shipment, to additional pharmacies, occurring on Monday, Jan. 31.

In total, the OSDH will be distributing a total of just over 500,000 N95 masks across the state

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# When compassion saves lives:

## *All Faith Home Care is there*

by James Coburn, Staff Writer

Lisa Wariboko-Alali, RN, aspired to make a difference in patient's lives and become a good employer. All Faith Home Care gave her the opportunity to serve the family of mankind as the owner of the company she founded.

Alali earned a Bachelor of Science degree from the University of Oklahoma and has been a nurse for 30 years. She began her career working in the post-coronary care unit at Southwest Medical Center before making the transition to home health.

She needed a more flexible schedule when she married and started raising a family. Home health met her needs.

"I fell in love with home health and found my niche," she said of the business she opened in 1996. "It's totally enriched my life. I think it's been my calling. My mother was in the health care profession. As a little girl I watched her care for my sick dad. I watched her care for other

families by sacrificing her time. And I think that really inspired me to be a nurse and caregiver."

Home health is not only a business, but a ministry for Alali as well. Advantage waiver case management was added over a year ago, a program to help seniors stay at home and funded by the Oklahoma Health Care Authority.

The staff is what makes All Faith Home Care a success, she said.

"I love my staff so much. They are totally committed," Alali said. "Some of my staff have been here for 15 years, some for 10 years. They are compassionate and caring."

All Faith Home Care is also a blessing for families in need of knowing their families are secure.

"That's so rewarding. It helps us to keep going, especially during this time of the COVID pandemic and nursing shortage. It's a very challenging time to be in health care right now."



From left, Lisa Wariboko-Alali, RN, owner of All Faith Home Care has nothing but compassion for her clients and praise for her staff which includes, Brenda Guthrie, RN, DON; and Michael G., spokesman.

All Faith Home Care wears personal protective equipment to enhance patient care during the pandemic, said Brenda Guthrie, RN, director of Clinical Services, who has been with the company for 10 years.

"With several COVID patients we make sure we go above and beyond what they need. So, it is a calling," Guthrie said.

She aspired to become a physician when thinking of a career. Guthrie passed all her tests but could not afford medical school. She chose nursing school and has kept going since 1979.

"I get attached to all of my patients and I can't imagine not seeing

See FAITH Page 9

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## FAITH

Continued from Page 8

them. I took care of Lisa's mom, and I took care of my husband while he was dying. I will hold someone's hand if that's what they want at the end," Guthrie said.

Guthrie began her nursing career in an intensive care unit for trauma. She went on to be an ER nurse and did flight nursing. Guthrie also has the distinction of having served as the health services administrator for the state of Delaware Prison System. She managed the hospital there for eight years.

"Then I came back to Oklahoma to take care of my parents and here I am," Guthrie explained.

Alali understands that her staff has family issues, too, and is given the flexibility to take care of that, Guthrie said.

All Faith Home Care will travel beyond its 50-mile service range whenever a doctor notifies them that nobody else will accept a patient, Guthrie said.

Most Medicaid insurers only provide 36 home health visits a year, Michael said. Currently more than 20 clients have exceeded the 36 visits. But All Faith Home Care did not discharge them. Alali ensures that her clients, some in a rural area, will continue being cared for beyond 36 visits.

"When the poor people don't have

anymore visits, we don't cast them out," he said.

Guthrie said their clients are their families and will not be deserted when All Faith Home Care will not be paid to see them.

"Time after time we've had patients that would not have lived if All Faith Home Care had not stepped in and provided the services," Alali said. "There's been several occasions when Brenda has gotten a call from a patient and has ended up saving that patient's life."

On many occasions Brenda will be in a home and do CPR on a patient.

"I just don't know how to describe it, but I know it's a divine assignment for her. She has left the office on the way to see a patient and she'll come up on an accident and she's there just at the right time to save someone's life," she said. "And other times, it's been a family member and not a patient, and she's gotten there just in time to save their life. That's the ultimate calling."

Guthrie said they have walked into homes with an empty refrigerator.

"All I have to do is call Lisa, and she's calling Michael or one of the nurses and we're out buying groceries, and we're getting them set up with food banks," she said.

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# Library Booksale is Back for 2022

Story and OU story scans by Darl DeVault, Contributing Editor

Seniors who prefer books in the world of digital access will descend on the Oklahoma State Fairgrounds for its huge annual free two-day Friends of the Metro Library Booksale 2022 on February 26 and 27. As thousands of book lovers gather in the Oklahoma Expo Hall, 3213 Wichita Walk, the sale provides hundreds of big print books printed with larger point size fonts to make it easier to read if you have weak eyesight and audiobooks.

"We are grateful for the way our Friends Booksale continues to be a fixture in the community for acquiring great, accessible books, supporting libraries and sharing a love of literacy," said Tatianna Canon, vice president of communications and membership for the Friends. "The Friends Booksale is truly a local institution, and we are thankful for the support we receive to make it successful each year. The Booksale is one of the many ways the

Friends organization works diligently to support local libraries and help them thrive."

The most significant difference this year is customers must be a member of the nonprofit Friends of the Metro Library before the sale to come to the Friday 'member's only' Pre-sale. Memberships and tickets will not be sold at the door this year to cut down on volunteer exposure to the crowd.

Due to the changing public health concerns surrounding COVID-19, the Friends will require all volunteers and guests over age 2 to wear a mask while assisting with and attending the book sale. Capacity requirements will be implemented as well, to keep patrons safe.

Safety updates will be communicated clearly in advance of the sale on Facebook, Twitter, and membership emails leading up to the event. Additionally, with the unexpected nature of the



Volunteers set out the colored balloons denoting the different types of books available on the tables at the 2020 Booksale at the Oklahoma Expo Hall at the State Fairgrounds.

pandemic, the latest announcements opens to the public Saturday, Feb 26, from 9 a.m. to 5:30 p.m., and event information can be found at [www.supporttmls.org/fol/booksale](http://www.supporttmls.org/fol/booksale).

The free admission annual sale

See SALE Page 11

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## SALE

Continued from Page 10

providing a diverse selection of paperback and hardcover books, CDs, DVDs, magazines and more for every demographic of customers.

This year, the sale's theme is "Dive into a Good Book with Us." The books feature a wide range of subjects—including fiction, nonfiction, cookbooks, biographies, medical, westerns, romance, children's, encyclopedias, reference and foreign language books.

In the General Area, hardback books are one dollar each and paperbacks and magazines are 50 cents each. Collectors go for the items in the Better Books Room, which vary in price, mostly under \$5.

The sale raises money to support the Metropolitan Library System (<https://supportmls.org/fol/>). In its 41-year run, the Friends have given more than \$4.9 million in grants to the system.

All of this is due to the tireless efforts of hundreds of volunteers each year. With 800,000 books available, the sale becomes the largest bookstore in Oklahoma for three days ending Sunday, February 27 - 9 a.m. to 5:30 p.m.

Customers shop for many reasons. Some are trying to select bestsellers, classics, collectibles and research books needed for school. Others seek to complete personal libraries in certain subjects, while parents strive to enhance their children's reading exposure.

Selective shoppers are advised to volunteer or join the nonprofit to ensure the best possible purchasing opportunity. Volunteers helping this year will be treated to the best possible selection opportunity available by having access to the sale on Thursday for a special volunteers-only session.

Those who become members for \$15 ahead of time can shop a Presale from 9 a.m. to 9 p.m. on Friday, Feb. 25. Held the day before the sale goes public, members are invited to first access. Children 11 and under accompanied by an adult are free.

After 41 years, the sale is well established on the literary sale calendar for customers from all over Oklahoma, surrounding states and region. Book lovers line up all three days awaiting the 9 a.m. opening.

The multi-day event attracts more than 10,000 book lovers. Each year, a quick parking lot survey shows many of those customers are from out of state, coming to Oklahoma for the vast selection.

In some ways, the diverse selection offered represents a snapshot



of high-quality current American publishing with the bonus that everything is available for purchase.

The Friends offer a year-round Amazon store to access their selection at Amazon.com. They also provide 'Buy the Box' sales where volunteers package and seal books by genre – buy a box of romance, mystery or children's books – and enjoy the surprises inside.

The shopping is so robust at the sale volunteers offer a dozen checkout points in each of the two sections. And yet, so many customers arrive early a line forms for the first few hours each day.

The shopping is intense, almost competitive, as this is a once-a-year opportunity. Customers quickly buy the best music or audio CDs, gaming systems and video games, eReaders, DVDs and vinyl records.

Shoppers will see every form of wheeled cart pressed into service by other shoppers as they move among the sections of tables laden with thousands of books. Those sections are a broad cross-section of interest, from tables of books by Oklahoma authors to books about Oklahoma.

Some year's special sections offer brand new books donated when book stores and Oklahoma publishing houses use their donations as a way to balance their inventory.

Many business and industry concerns are well represented when entities going out of business donate their libraries. Retiring attorneys and doctors donate to provide shoppers the chance to buy current-within-four-years law textbooks or books of law statutes and medical textbooks or medical journals at a steep discount.

Volunteer shifts are still open, as the group is still looking for volunteers! To volunteer for Booksale, visit [supportmls.org/Volunteer](https://supportmls.org/Volunteer). Please select an opportunity and complete the online volunteer profile before volunteering, even if volunteering with a group. For additional questions, contact the Friends at 405-606-3763 or [friends@metrolibrary.org](mailto:friends@metrolibrary.org).

## Protecting the Vulnerable from Financial Exploitation

Every year many elderly and vulnerable adults become victims of financial exploitation. Financial exploitation is defined as illegal or improper use, control, or withholding of property, income, or resources.

Many people fall victim to financial exploitation at the hands of both strangers and family. This crime is a felony under Oklahoma law. Penalties include jail time, thousands of dollars in fines, and restitution.

Signs of financial exploitation can include, but are not limited to the following:

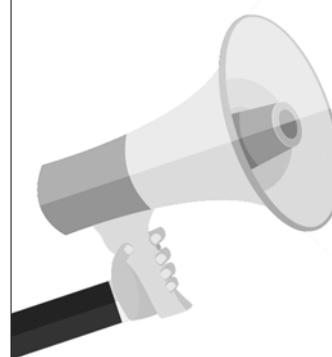
- Unusual bank activity
- Change of statement delivery address
- Unpaid bills
- Unexplained withdrawals or transfers
- Large purchases that don't fit the persons income level

How to protect against financial exploitation: • Estate planning • Choose a Power of Attorney ahead of time • Consult an Elder Law Attorney If you or someone you know are experiencing financial exploitation contact Adult Protective Services (APS). 800-522-3511 or [okhotline.org](http://okhotline.org)

The Long-Term Care Ombudsman Program is in place to advocate for elderly Oklahomans who reside in Long Term Care facilities. As our aging population grows, so does the need to make sure our loved ones are being cared for. If you have question or concerns regarding Resident's Rights in a long term care facility there are several ways to contact an Areawide Aging Agency Ombudsman. Call 405-942-8500 to speak to an Ombudsman Supervisor, visit the agency website at [www.areawideaging.org](http://www.areawideaging.org), or find us on Facebook.



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## TRAVEL / ENTERTAINMENT

# Local Theater productions offer an entertainment escape

Photography and Text by Terry "Travels with Terry" Zinn [t4z@aol.com](mailto:t4z@aol.com)

While physical travel is still hindered with virus road blocks, traveling to local theater productions can offer a safe way to escape self imposed restrictions. While Masks and proof of vaccination is needed at the venues, with your K95 or KM95 masks, makes the outing relatively safe. And yes it is a hassle to wear a mask while watching plays and musicals, but it is a sign of our times and should provide a measure of security.

Long time and award winning Lyric Theater of Oklahoma has always offered high quality productions of musicals and in recent years, plays. This season resumes with shows that were postponed because of the virus. Back and rescheduled is: Distant Thunder at the First Americans Museum, starting March 23, 2022; Head over Heels at the Plaza Theater starting April 20; Matilda at the Civic Center starting June 21; then Rogers and Hammerstein's Carousel at the Music Hall, starting July 5; and ending the summer season with Kinky Boots at the Civic Center Music Hall, starting July 19.

Two extra shows, Rocky Horror Show, and A Christmas Carol, are fall season favorites.

Oklahomans are familiar with Lyric Theater, and long time friends will remember their starting days on the Oklahoma City University Campus, where local talent was nurtured and given a profession venue for the their craft. In recent years Lyric has cast its main leads from tryouts in New York City, bringing Broadway talent to Oklahoma. As popular as ever, single tickets are not impossible to obtain but season subscriptions are needed for securing the best seats and not missing a show in the season.

Lyric Theater describes "Distant Thunder" the musical as: Darrell Waters, a brash young attorney, returns to his childhood home in Montana to broker a deal between a large energy company and the Blackfeet Nation. In the process, he is forced to confront his reclusive father about their painful past. Through a childhood sweetheart, Dorothy Dark Eyes, he rediscovers his identity and feels his perspective shift: his clever business deal will destroy her language school, further erode Blackfeet culture and taint their land. Darrell must grapple with the paradigm of being Native American in America.

The production will be staged at the brand new Native American Center, across the Oklahoma River from the boat house district. First Americans Museum celebrates the shared American history through the collective stories of 39 distinct tribal nations in Oklahoma today. The 175,000 sq ft museum is located at 659 First Americans Boulevard in Oklahoma City. Driving and Parking information along with Ticket Information can be found at: <https://lyrictheatreokc.com/venues/first-americans-museum/>. It is a world premiere.

Head Over Heels; a New Musical is A fearlessly fresh, new musical mash-up of posh and punk!

Matilda is a Family Friendly Musical. The inspiring story of an



extraordinary little girl who, gifted with a vivid imagination and a sharp wit, dares to prove that you can change your destiny despite all odds.

Kinky Boots is an exhilarating Tony Award-winner tells the true story about a struggling shoe factory that will lift your spirits to high-heeled heights!

Carousel is a familiar staple of Musical Theater and this production teams up with Ballet Oklahoma which promises a most artistic rendition of the famous Ballet of the second act.

While Lyric is the premiere Oklahoma theater company you might be surprised to explore the theatrical productions at colleges UCO, OCU, OU, and Guthrie's Pollard Theater and reinvented City Rep, and Carpenter Square in their brand new venue. Theater abounds in Oklahoma and is there for your enjoyment, when we all can use a little escape these days.

## Mr. Terry Zinn - Travel Editor

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# New OU Digital Archives Empower Revisionism



**Tommy McDonald shows off his three Big 7 Championship rings in his den in his King of Prussia, Penn. home in 2004.**

Story and photos by Darl DeVault, Contributing Editor

Senior readers may soon see historical revisionism upstage many authors' books about the University of Oklahoma's Football Program if today's writers use the treasure trove of facts about the famous Sooners that came online last year.

Now historical writers can easily go directly to the best source — stories written by student journalists who went to the games and interviewed the athletes to file their stories in the student newspaper. "The Oklahoma Daily," stretching back 120 years in now online in digital form. The Oklahoma Historical Society recently partnered with the Carl Albert Congressional Research and Studies Center at OU in the digital conversion effort to make 200,000 pages searchable by name. This free service available on The Gateway to Oklahoma History includes 9,557 issues from 1897 to 2017.

The searchable archive is important to the university and anyone seeking to search, browse or document notable accomplishments at OU for Wikipedia pages. This resource supports a diverse range of research needs across various academic disciplines for students and faculty.

"In observing how much is

left out of sports stories in my 34 years of working for the "The Oklahoman," I realize the reader is often uninformed in so many ways because of the space constraints," Todd Schoenthaler said in an interview. "Now because the Inasmuch Foundation has funded digitizing the "OU Daily" into an online archive searchable by name, even the amateur historian may be better informed than previous historian authors."

Oklahoma's most successful football program now offers all future writers the definitive touchstone of authenticity, access to the story as it happened.

Extraordinary claims require extraordinary evidence. Now readers have free access to the first accounting of the historical facts rather than stories crafted after the fact.

OU's 1950s superstar and Pro Football Hall of Famer in 1998, Tommy McDonald, is an excellent example of a candidate for revisionism now that all the facts are available. Nowhere can you find some of this running back's most important OU football achievements depicted except in recent revisionism. Much has been neglected about his exploits in books about the Sooners.

McDonald won the Maxwell

Award as the college football player of the year while only getting to play half the game. OU coaching legend Bud Wilkinson played the starters for the first quarter and the just-as-talented alternates for the second quarter. The starters played the third quarter while the alternates finished the fourth quarter. And yet, while playing only half the game, two-time All-American McDonald became arguably the most complete OU football player ever.

In 1955 and 1956, McDonald's track-star speed propelled him to be the top rusher on America's best rushing team. In 1955, he led OU in passing with his accurate halfback pass and scoring to become the first Sooner to score a TD in every game of a season. OU led the nation in scoring with 36.5 points per game. He was the only OU player ever to score a TD in 19 straight games.

He led OU in receiving in 1956. This makes him the only OU player ever to lead the Sooners in all four offensive categories.

Aside from that untouchable record, he played outstanding defense with many interceptions and long runbacks. McDonald also averaged kick-off returns of 25 yards and punt returns of 15.8 yards, all without wearing a facemask.

Again, extraordinary revisionist claims require extraordinary evidence. This can be found by going online to the Gateway to Oklahoma History and searching for Tommy McDonald. Finding this page:

The Oklahoma Daily (Norman, Okla.), Vol. 42, No. 63, Ed. 1 Wednesday, December 7, 1955 - Page: 6 of 16. Magnified. The Gateway to Oklahoma History (okhistory.org), the reader finds McDonald's name appears 16 times on the page in two stories about the first of back-to-back national championships he helped the team earn in 1955. One article written by student writer Louis Ferguson says it all, "McDonald turned the pitchout run-pass option play into one of the most deadly offensive weapons in football during the season. McDonald hit either senior halfback Bob Burris with a short pass or an end further downfield on 17 of 24 aerials for 265 passing yards in 1955."

McDonald's energetic urgency to score on every play because he was elated to be in the game for even a half also created the first form of the hurry-up, fast-break offense in college football.

Many authors credit Wilkinson with the fast-break offense, but careful examination of Wilkinson's interviews tells us McDonald should be credited. Wilkinson, who died in

1994 at 77, shared his reasoning for the fastest offensive pace possible on the gridiron in a 1983 interview for a book about the Orange Bowl "There's no reason in my view to let defenses go into a defensive huddle and call a play against you. The so-called 'hurry-up' offense everybody does in the last two minutes — there's no reason not to do that for 60 minutes. You've got to be in better shape — that's why we won anyway; we were in better shape than our opponents."

Wilkinson explained McDonald's leadership got the 1955 team sprinting back to the huddle when the whistle blew to end a play.

"Tommy McDonald figures that any play that doesn't go for a touchdown is a failure," Wilkinson said in his hyperactive halfback's heyday. "When he carries the ball and doesn't score, he's mad and wants to hurry up and take another crack at it. His desire is tremendous. He jumps up and tears back to the huddle when he is tackled. It's nothing we taught him. It's something God gave him, or his parents, or somebody. The other boys picked it up from him, and that's how our fast break started."

They huddled to call the play quickly and ran to the line, where they snapped the ball on a quick count. The difference in the timing came with the speed at which they sprinted to and from the huddle and started the next play.

Wilkinson said, "Going into the season, we're not any better than they are physically, and we're not smarter than they are, and we're not any tougher than they are, but maybe we are even with them in these things. Assuming that, how are we going to win? If it's that even, they've got the ball 30 minutes, and we've got it 30 minutes. If we run 15 more plays in our 30 minutes then they can snap the ball in their 30 minutes the yards made on those 15 extra plays will win for us."

McDonald never played in a losing game at OU in three varsity seasons as part of Wilkinson's still NCAA record 47-game winning streak.

McDonald died at 84 in 2018 in Audubon near his home in King of Prussia, Penn. It overlooks Philadelphia. There he became a legend with the Eagles by powering their 1960 NFL Championship Team. Sports Illustrated titled a 1962 cover painting of McDonald catching a ball "Pro Football's Best Hands." The irony was he had small hands befitting his small stature and had lost the tip of his left thumb in a motorcycle accident.

# OU Health to Participate in National Study of 'Long COVID'

OU Health is projected to receive more than \$1 million to participate in a National Institutes of Health (NIH) initiative to better understand the long-term effects of COVID-19 infection. Enrollment in the study begins soon, and researchers will follow participants for up to four years.

The NIH launched the RECOVER (Researching COVID to Enhance Recovery) Initiative to learn why some people have prolonged symptoms (often referred to as "long COVID") or develop new or returning symptoms after the acute phase of infection from SARS-CoV-2, the virus that causes COVID-19. The most common symptoms include pain, headaches, fatigue, "brain fog," shortness of breath, anxiety, depression, fever, chronic cough and sleep problems.

"This is a unique opportunity to be part of a nationwide study that investigates the impact of post-acute

sequelae from SARS-CoV-2 infection (PASC), which includes long COVID. In other viral infections, you rarely see long-term symptoms at the rate we have seen with COVID-19. If we can understand the biological underpinning of these symptoms, that may help us to better treat people who continue to have problems for weeks or months after the infection is over," said Timothy VanWagoner, Ph.D., co-principal investigator of the study for OU Health.

VanWagoner is deputy director of the Oklahoma Clinical and Translational Science Institute (OCTSI) at the OU Health Sciences Center. The OCTSI unites universities, nonprofit organizations, American Indian communities, public agencies and primary care providers in research addressing the health outcomes of Oklahomans. OCTSI's existing infrastructure will be used to enroll patients from across the state,

including those in rural and medically underserved areas. OU Health is among more than 30 academic healthcare institutions across the nation enrolling patients in the study.

OU Health will enroll approximately 80 adults in three different study categories. One group will include individuals with a past COVID-19 infection who continue to have symptoms. Another group will be comprised of people with a recent COVID-19 infection who may or may not continue to have symptoms. To serve as study controls, the final group will feature people who have never had COVID-19. Participants will be asked to undergo laboratory tests and other analyses, depending on the category.

Current data show that 10% to 30% of people who have had a serious COVID-19 infection will continue to experience symptoms for at least one month. Researchers don't

know why symptoms persist long after the infection or why some people have little to no symptoms.

"The RECOVER study is important because researchers around the country will be sharing their findings in real time in an effort to find answers as quickly as possible," said Judith James, M.D., Ph.D., co-principal investigator of the study for OU Health and director of the OCTSI. "We hope to discover factors that put people at higher risk for 'long COVID', as well as protective factors. That information will be critical for preventing and treating the long-term effects of the virus."

The current study will focus solely on adults; however, a study in children and adolescents will be forthcoming.

For more information about enrolling in the OU Health study, call (405) 271-3490 or email [osctr@ouhsc.edu](mailto:osctr@ouhsc.edu).



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## TINSELTOWN TALKS:

# Lana Wood still questions sister Natalie's death

By Nick Thomas

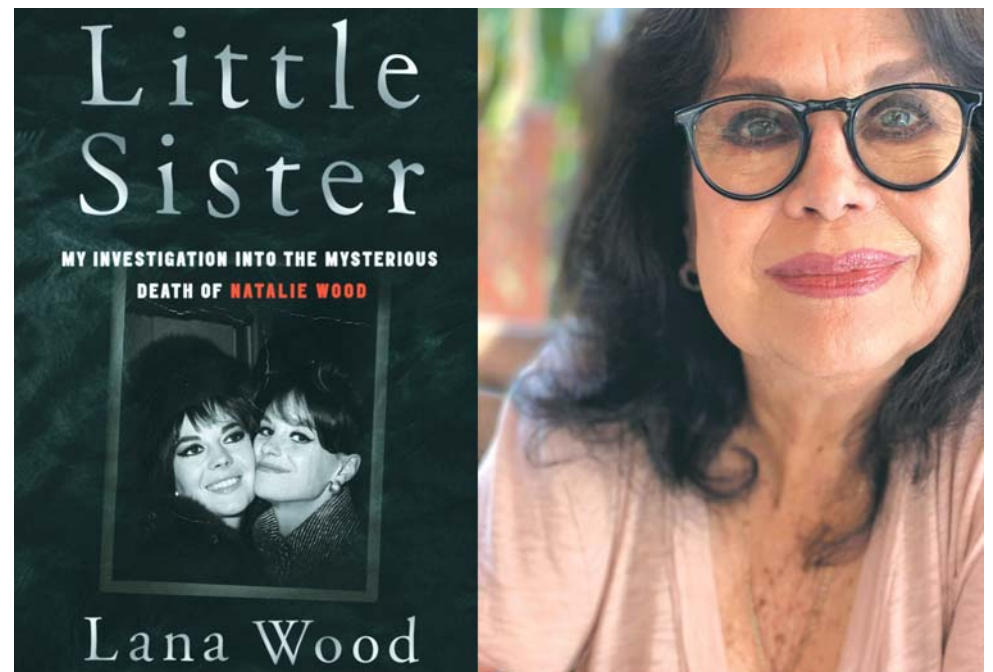
The movie world was shocked when the body of 43-year-old Natalie Wood was found floating lifeless in the ocean off Catalina Island on the morning of November 29, 1981. Forty years later, sister Lana still can't accept that the incident was nothing more than a tragic accident.

Natalie's watery demise remains one of Hollywood's enduring mysteries recently resurrected in Lana's "Little Sister: My Investigation into the Mysterious Death of Natalie Wood" published last November, 40 years after the beloved actress's death (see [www.amazon.com/Lana-Wood/e/B001KDRGZ8?](http://www.amazon.com/Lana-Wood/e/B001KDRGZ8?)).

Despite a morbid fear of drowning, Natalie would often go boating with husband Robert Wagner but, according to Lana, remained especially terrified of "dark ocean water."

"How did she end up in the sea at nighttime?" asked Lana from her home in Los Angeles. "The circumstances remain a question for many people. I wanted to present the facts about her death in this new book, including the police and coroner's reports, as well as a new witness who heard screams that night."

Natalie and Wagner, along with fellow actor Christopher Walken, had embarked on a weekend cruise aboard Wagner's motor yacht skippered for the trip by Dennis Davern. Although the group had been drinking and the couple apparently argued, Lana doesn't believe her sister merely fell overboard or that she tumbled into the water while attempting a nighttime launch of a dingy attached to the boat to leave after the argument.



Cover of Lana Wood's book alongside photo of Lana - provided by publicist.



Sean Connery and Lana Wood as Plenty O'Tool in *Diamonds Are Forever*. Publicity photo for United Artists.

While no one on board at the time has ever been charged with involvement in Natalie's death, speculation on how Natalie got into the water the night before her body was discovered continues to haunt her sister.

"I wrote another book (in 2011) that looked at Natalie's life and happier times," recalled Lana. "But the new book wasn't as easy to write because I'd get emotional and have to walk away from it periodically."

Both sisters were close, having been thrust into acting by their mother. But each took a different career path with Natalie working mostly in film to reach true superstar fame while Lana embraced the television route and enjoyed modest success in films such as the perky Bond girl Plenty O'Toole in "Diamonds Are Forever." And while Lana may have lived in her famous sister's shadow, she appears to have been comfortable in that shade.

"Natalie loved being a movie star," said Lana. "Any time she left home, she would put on her make-up, do her hair, and dress impeccably because she never wanted to disappoint when out in public. While I enjoyed working, I didn't want to be scrutinized everywhere I went or be constantly photographed. I didn't seek that fame."

She is, however, still convinced there's more to the story of her sister's death.

"I don't know if the truth will ever come out," she says. "I hope my book will keep people probing for answers and keep Natalie's memory alive."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.tinseltowntalks.com](http://www.tinseltowntalks.com).

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STRANGE BUT TRUE SO THEY SAY...

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

**BBT** Of all the words in the English language, the word set has the most definitions!

**BBT** A toothpick is the object most often choked on by Americans!

**BBT** Every 45 seconds, a house catches on fire in the United States!

**BBT** The sun is 330,330 times larger than the earth!

**BBT** Baked beans are actually not baked, but stewed.

# Seamless care

## SSM Midwest implements Epic

by James Coburn - Staff Writer

A patient-friendly hallmark in the health care industry has arrived at SSM Health St. Anthony Hospital - Midwest, said Debbie Pender, RN, chief nursing officer/VP patient care services. SSM Midwest went live with Epic on December 11.

SSM Midwest has brought on board Epic, a leading-edge electronic health records system to streamline all areas of operation.

SSM has utilized the Epic technology platform since 2011 to seamlessly coordinate care without a paper trail.

Epic technology allows patients to have convenient digital access to their health information. Documentation of the patient medical record is stored in the easy to access hospital computer system.

Epic is one of the most preferred platforms to document health records in the nation. The patient's entire encounter with SSM Midwest is secured, confidential, and easily accessible.

"Different departments can see that medical record," Pender said. "So, it really helps facilitate quality of care

through ensuring continuity of the communication from department to department, even from the in-patient to the out-patient phase when physicians have Epic in their medical offices as well. So, that medical record goes wherever the patient goes in any hospital that has Epic."

Any patient discharged from SSM Midwest who somehow ends up in another hospital system using Epic will have their SSM record available to that hospital whether in Oklahoma or out of state. That whole record of care will go with that patient as a requirement of the Affordable Care Act. Hospitals for reimbursement purposes must come on board with an electronic medical record allowing portability of health care records from organization to organization.

"A patient's medical history and all the medications that they take travels with that patient which is very important for safe care," Pender continued. "There are some safeguards built within Epic that improve our patients' safety here."

The electronic medical record has been shown to prevent mistakes being made across the United States. Many elderly adults are known to take multiple medications. A lot of times they forget their medicine list, or they could have several doctors who have prescribed medicines as specialists. To avoid confusion, nurses can see all of a primary care physician's record from the computer. Physicians using Epic can update a patient's current medication list. Emergency rooms can easily access Epic records from a physician's office. The continuation of care is simplified.

"We are very excited to upgrade the technology at SSM Health St. Anthony Hospital - Midwest with Epic," said Dr. Kevin L. Lewis, President, SSM Health St. Anthony Hospital - Midwest & Regional President of SSM Health Medical Group Oklahoma. "We are committed to Midwest City and providing our patients with exceptional health care services."

Epic allows for safe IV infusions with medication administration with warnings implemented if guidelines are not followed properly.

"There's a lot of surveillance ability within Epic that tells us if a patient is having a stroke, if a patient perhaps has sepsis, and a lot of reports that we can get out of Epic that tell us about a patient's care experience from a quality/safety perspective," Pender

said.

Several of the SSM Midwest nurses have stated that the Epic implementation was the best go-live event they've ever experienced. Nurses commented that SSM was well prepared in bringing Epic to SSM Midwest.

"We are enjoying Epic here at Midwest, since it is so user friendly," said Joy Mathews, RN manager - CCU/PCU. "Documenting on one computer eliminates the need for paper, which is convenient in caring for our critically ill patients in the CCU. Additionally, it will be a huge tool for recruiting high quality nurses to our staff."

Pender serves as a team builder as the chief nursing officer at SSM Midwest. She has been CNO of SSM Midwest since June, after SSM purchased the hospital from Community Health Systems in April. Her goal has been to enhance the leadership structure from a for-profit hospital to a not-for-profit.

A lot of SSM Midwest nurses have used Epic in previous health care organizations they have worked in. This was helpful in the transition.

"I have not met one person who thinks Epic was a bad thing," Pender said. "Now it's change, so they have to learn new work flows and the functionality within Epic, but everybody loves Epic."

Continued next page

### CROSSWORD CORNER

Across

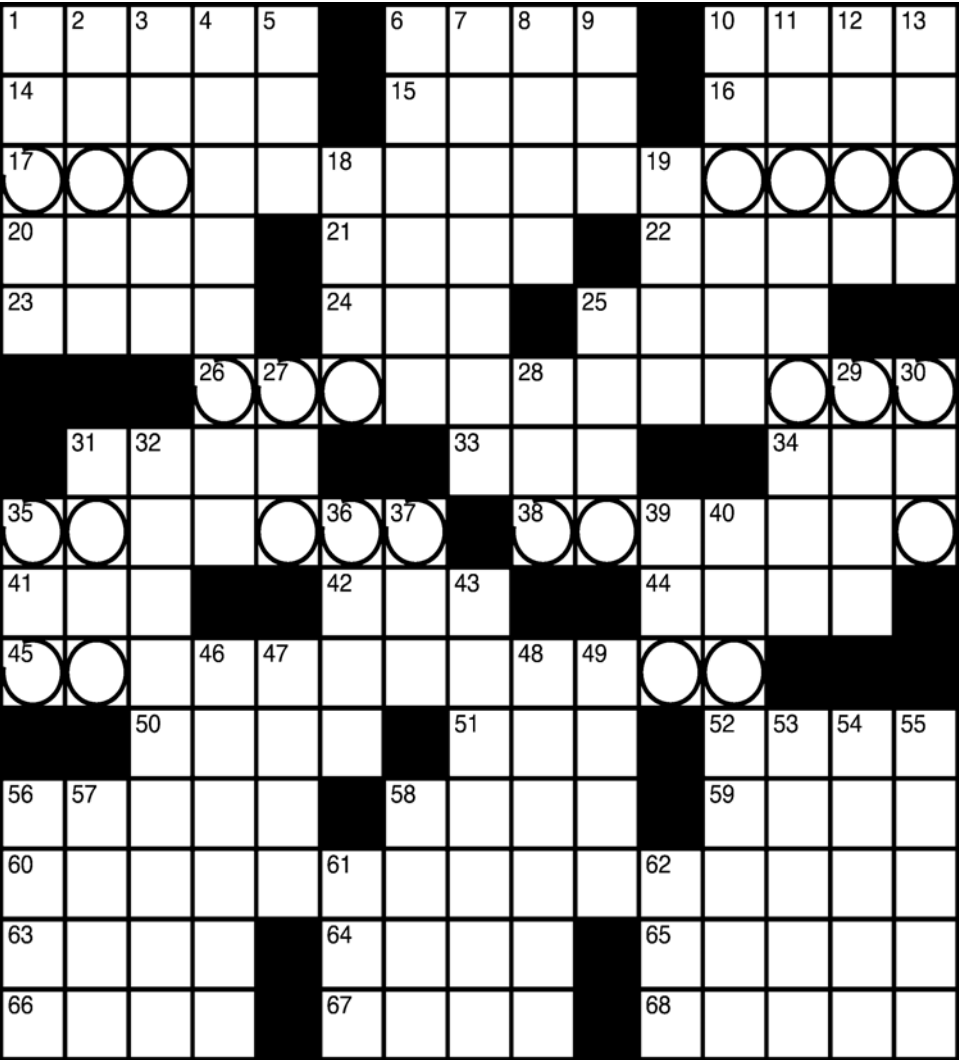
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- 10 Fine cotton
- 14 Turing and Cumming
- 15 Resentful
- 16 Screen image
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- 21 Contented sighs
- 22 Helpful
- 23 Like the lawn at dawn
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- 31 Clutch
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- 34 Afore
- 35 Successfully lured
- 38 High-intensity light source
- 41 "Much \_\_\_ About Nothing": "The Simpsons" episode
- 42 Have a good cry
- 44 Pocket bread
- 45 Navy Cross recipient, for one
- 50 "Buy It Now" site

- 51 Best-liked, online
- 52 Nearly here
- 56 "That's enough!"
- 58 Peruse, with "over"
- 59 \_\_\_-deep: very involved
- 60 Self-taught creators, in modern lingo, and a hint to each set of circles
- 63 Mystery writer Gardner
- 64 "The Hobbit" soldiers
- 65 Starts a pot
- 66 \_\_\_ Inn
- 67 Pool strikers
- 68 So-so effort, in sports

Down

- 1 Used Juul pods
- 2 "\_\_\_ Supreme": classic Coltrane album
- 3 Old NBC legal drama
- 4 Street performer's vehicle
- 5 PC key
- 6 Holy Land nation
- 7 ["You need new glasses, ump!"]
- 8 Low nos. for aces
- 9 Crossed (out)
- 10 Filch
- 11 Lukewarm "You hungry?" reply
- 12 Comfy shoes
- 13 German tennis player
- 18 British peer

- 19 NYC division
- 25 Piglet's dad
- 27 "Just \_\_\_ water"
- 28 Sun \_\_\_
- 29 Humorist Bombeck
- 30 One ab crunch, say
- 31 Native Arizonans
- 32 In a luxurious manner
- 35 Sheep's dad
- 36 Words of surprise
- 37 Easter lead-in?
- 39 EMT skill
- 40 Pride Rock monarch
- 43 Using coercion
- 46 Hieroglyphics birds
- 47 Filmmaker Jacques
- 48 Beset
- 49 At any time
- 53 App with pics
- 54 Order to a Western posse
- 55 "Siddhartha" author
- 56 Like dorms for men and women
- 57 Radiance
- 58 Lake Titicaca is partly in it
- 61 MRI interpreter
- 62 Browser window feature



Answers on page 26



Joy Mathews, RN manager - CCU/PCU and Debbie Pender, RN, chief nursing officer/VP patient care services at SSM Midwest review the recent implementation of Epic at the Midwest City hospital.

## EPIC

Continued from Page 18

She said it's nice to see seamless documentation utilized from department to department, all for the betterment of patient care.

"The care isn't just in a silo wherever you are in the hospital. A phy-

sician can see every piece of the record," Pender said. "It's been very positive."

The data analytics made available by Epic is phenomenal when evaluating best practices.

Safe and effective care is what patients deserve from any bedside nurse, Pender said.

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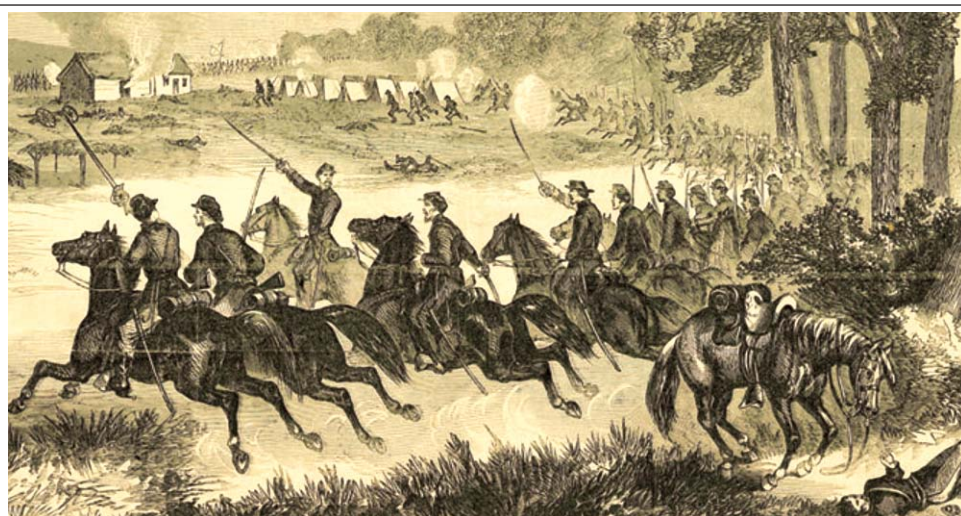
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# Honey Springs Battlefield to Host "The First Indian Home Guard" Presentation

Honey Springs Battlefield is excited to announce a special presentation, "The First Indian Home Guard," to be held at the battlefield's Visitor Center on Saturday, February 26, at 1 p.m. Dr. Jane Johansson, professor in the Department of History and Political Science at Rogers State University and editor of the book "Albert C. Ellithorpe, the First Indian Home Guards, and the Civil War on the Trans-Mississippi Frontier," will speak about the regiment's unique history in relation to the Civil War in Indian Territory and the Battle of Honey Springs.

"Recruited in Kansas refugee camps in the spring of 1862, the First Indian Home Guard was a unique Civil War regiment," said Johansson. "Comprised of whites, refugee Muscogee Creeks and Seminoles, and African Creeks, the regiment served in a variety of military operations from 1862-1865. Notable actions that the unit engaged in included Locust Grove, Fort Wayne, Cane Hill, Prairie Grove, Honey Springs and many smaller encounters. This presentation will explore the regiment's background, its composition, notable personalities, military actions, relations with the federal government and the postwar era," Johansson continued.

Johansson is a native Oklahoman and graduate of Oklahoma Baptist University (OBU). After completing her bachelor's degree at OBU, Johansson attended the University of North Texas where she earned a master's degree in library science and a doctorate in United States history. She has written three books about the Civil War west of the Mississippi River, and co-edited two volumes of the papers of Will



Rogers. Her most recent book, "Albert C. Ellithorpe, the First Indian Home Guards, and the Civil War on the Trans-Mississippi Frontier," was honored with the Founders Award given by the American Civil War Museum in recognition of "excellence in the editing of primary source documents." Johansson especially enjoys traveling to historic sites and visiting used bookstores with her husband, Richmond, an English professor at Northwestern Oklahoma State University.

After the presentation, visitors will have the opportunity to tour the Visitor Center's exhibits, view the new "Battle of Honey Springs" film, buy newly stocked items from the gift shop, and tour the largest Civil War battlefield in Oklahoma.

For more information regarding the presentation and Honey Springs Battlefield, please email [honeysprings@okhistory.org](mailto:honeysprings@okhistory.org) or [alynn@okhistory.org](mailto:alynn@okhistory.org), or call 918-617-7125.

Honey Springs Battlefield is located east of U.S. Highway 69 between Oktaha and Rentiesville. The Visitor Center is located on a hill within close proximity to the Oklahoma Blues Hall of Fame in Rentiesville. Take the second left after reaching the Oklahoma Blues Hall of Fame Museum (driving from the west).

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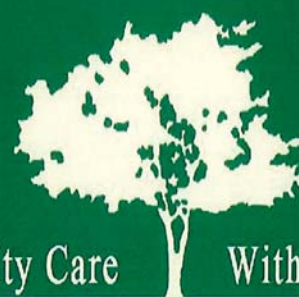
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# Special to SN&L: Marty Coffin Evans

## FINDING HOME

By Marty Coffin Evans, Columnist

Recently a friend who had relocated from her two-story house of many years to a one-bedroom apartment commented, "I realize I just called this home." In her case, she had closed her mother's home of many years with all those old treasures from times past. Two homes to close in less than eight months was significant. Additionally, her husband in a memory care facility, could now be moved closer to her new home.

Perhaps all these factors played into the sense of home. She's managed to grapple with the idea of home. Where is it? What makes a space or place home? Poetry has become her means of exploring and making sense of finding home. We've heard "Home is where you heart

is." Or, it might also be said: "Home is where your stuff is." Years ago chairing an accreditation in Japan, I asked my team mates where home was for them

A very blond Cathy, who looked like someone from the California beaches said, "I guess this is home since I've lived in Taiwan longer than any other place." Does length of time mean a place is now home? We comment about a church home or feeling at home in certain places. Perhaps having family nearby, or readily accessible, provides a sense of home. Quite possibly returning to where we grew up, or lived in different parts of our lives, gives us a sense of homecoming.

We celebrate homecoming during the fall, often around football games. We reconnect



Marty Coffin Evans

with friends from years ago. In so doing, we return to roots established at some point in time. Reunions provide us with a sense of connecting with home whether where we grew up or just plain being with others significant to us – family, friends or both. Where is home after all? Maybe it's what we make it no matter the location.

*Martha (Marty) Coffin Evans, Ed.D. is a freelance writer with MACE Associates, LLC. She can be reached at [itsmemartee@aol.com](mailto:itsmemartee@aol.com).*

## STRANGE BUT TRUE SO THEY SAY...

- BBT** An earthquake on Dec. 16, 1811 caused parts of the Mississippi River to flow backwards!
- BBT** A person uses approximately fifty-seven sheets of toilet paper each day!
- BBT** Honolulu is the only place in the United States that has a royal palace!
- BBT** One gallon of used motor oil can ruin approximately one million gallons of fresh water!
- BBT** More money is spent on gardening than on any other hobby!
- BBT** In 32 years. there are about 1 billion seconds!
- BBT** Rice paper does not have any rice in it!
- BBT** In England, in the 1880's, "Pants" was considered a dirty word!

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# Reps. Bice, Lucas visit OMRF



U.S. Rep. Frank Lucas (OK-03) visited the Oklahoma Medical Research Foundation for an update on work at the Oklahoma City-based nonprofit biomedical research institute. From left, OMRF President Andrew S. Weyrich, Ph.D., Rep. Lucas.

The Oklahoma Medical Research Foundation this week welcomed U.S. Reps. Stephanie Bice (OK-05) and Frank Lucas (OK-03) for updates on work at the Oklahoma City-based nonprofit biomedical research institute.

Bice and Lucas met with OMRF President Andrew S. Weyrich, Ph.D., and scientists from three of the foundation's research programs.

Bice received a briefing on Covid-19 research from OMRF Vice President of Clinical Affairs Judith James, M.D., Ph.D., who leads a team of scientists studying the body's immune response to Covid-19 and whether the virus may trigger autoimmune conditions such as lupus and rheumatoid arthritis. James is also the lead investigator on a nationwide National Institutes of Health-funded trial to assess how to elicit a stronger immune response to the Covid-19 vaccine in people with certain autoimmune diseases who did not respond well to an original vaccine regimen.

"Federal funding for biomedical research is vital," said Bice, a member of the House Science, Space and Technology Committee. "I'm proud that OMRF is part of my district. The

cutting-edge work scientists are doing here is inspiring and impacts not just Oklahomans, but all Americans."

Lucas met with OMRF researchers Michael Beckstead, Ph.D., who is studying the role of the naturally occurring brain chemical dopamine in opioid addiction, and Courtney Griffin, Ph.D., whose work on blood vessels shows promise for restoring vision in those who have lost eyesight due to diabetes or premature birth.

A champion of ensuring rural students get access to quality science, technology, engineering and math education to bolster their career opportunities, Lucas applauded OMRF's efforts to train the next generation of scientists through in-state recruitment as well as in the foundation's Fleming Scholar Program and Langston University Biomedical Research Scholars Program.

"Basic research like what scientists are doing at OMRF is fundamental to advances in human health, but it requires a strong STEM workforce," said Lucas, the ranking member of the House Science, Space, and Technology

See OMRF Page 23



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U.S. Rep. Stephanie Bice (OK-05) visited the Oklahoma Medical Research Foundation for an update on work at the Oklahoma City-based nonprofit biomedical research institute. From left, OMRF President Andrew S. Weyrich, Ph.D., Rep.

OMRF  
Continued from Page 22

Committee. “OMRF plays an important role in making careers in STEM a reality for Oklahomans.”

OMRF, which is celebrating its 75th anniversary, has nearly 500 staff members and scientists in more than 50 labs studying cancer, heart disease, autoimmune disorders, and diseases of aging. The foundation’s discoveries have yielded hundreds of patents and

three life-saving drugs available in hospitals and clinics worldwide. Most recently, Adakveo became the first targeted therapy approved in the U.S. for sickle cell disease, which affects an estimated 100,000 Americans.

“The Oklahoma congressional delegation’s commitment to biomedical research is steadfast and admirable,” said Weyrich. “Their decades of support for OMRF’s scientists and our mission of making discoveries that make a difference has changed and saved lives.”



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Oklahoma Contemporary Arts Center  
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Email: [info@okcontemp.org](mailto:info@okcontemp.org)  
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When: Through Aug. 31, 2022

Commissioned specifically for Campbell Art Park, Shaved Portions is among the most recent additions to Booker's body of work marked by her distinct ability to radically transform her signature material - salvaged rubber tires - into an incredible array of biomorphic sculptures.

### Paseo Arts District's First Friday Gallery Walk

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### Coffee & Cars Chisholm Creek

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Continues through Jan. 24, 2022  
Oklahoma Contemporary is bringing murals indoors with Abstract Remix, an exhibition of the work of homegrown Abstract Expressionists who use the large-scale format of muralism as a medium for their giant concepts.

### Senior Chair Drumming: Beginner class combining rhythm, stretching and exercise in a group setting.

Every Wednesday and Friday from 1:15pm -2pm.  
FREE. Woodson Senior Center, 3401 South May Avenue. [www.okc.gov/parksignup](http://www.okc.gov/parksignup). Keyword 40768  
Senior Events (age 50+)  
EMBARK offers no cost, round trip rides to these senior centers for 60+. Schedule at 405-297-2583

### Free Stroke Awareness Community Education.

A STROKE Happens every 40 seconds in the United States. Stroke can happen to anyone and the number of strokes are increasing in ages 20-55. "BE a STROKE HERO," Free Training available. Simple, practical, teachable techniques for your community groups. Learn the New Treatments for Stroke. Learn how to recognize the early warning signs of stroke in less than one minute/ Learn what to do and what not to do in a stroke emergency. Learn simple, effective ways to lower your stroke risk. Please contact Charlotte Colbert, RN, MS, CPHQ, 405.650.0656, Integris Health Stroke Community Educator and schedule a brief 20 minutes stroke awareness education session with your community group.

## FEBRUARY

### Maren Hassinger: Nature, Sweet Nature

OK. Contemporary Arts Center  
11 NW 11th St. 405-951-0000  
[oklahomacontemporary.org](http://oklahomacontemporary.org)  
When: Through Aug. 31, 2022  
Email: [info@okcontemp.org](mailto:info@okcontemp.org)  
Price: Free

[oklahomacontemporary.org/exhibitions/upcoming/maren-hassinger-nature-sweet-nature](http://oklahomacontemporary.org/exhibitions/upcoming/maren-hassinger-nature-sweet-nature)

Traveling from Aspen Art Museum, the exhibition Nature, Sweet Nature, by renowned artist Maren Hassinger, has been reconfigured to respond to the grounds of Oklahoma Contemporary. Nature, Sweet Nature is comprised of two installations constructed with galvanized wire rope. Garden and Paradise Regained will each stand in rows at relative human scale; one near the entrance to the art center and the other within the Sculpture Garden.

### Online: Barbed Tales Podcast Theatre

Price: Free.  
When: Mondays, 6am  
Email: [barbedtales@gmail.com](mailto:barbedtales@gmail.com)  
[anchor.fm/barbedtales](http://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.

### 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](http://okc.gov/parksignup).  
Keyword 37358

### Second Friday Art Walk

122 E. Main St. Norman, OK  
Second Friday Norman Art Walk is a free celebration of arts and creativity held monthly starting at 6 p.m. in the Walker Arts District of Downtown Norman.

## FEBRUARY 19

### Czech & Czech Mate

First Baptist Church of OKC  
1201 N. Robinson Ave.  
Sat., Feb. 19, 7:30-8:30 p.m.  
[okchambersymphony@gmail.com](mailto:okchambersymphony@gmail.com)  
Price: Free

[www.okchambersymphony.com/concerts-1/czech-czech-mate](http://www.okchambersymphony.com/concerts-1/czech-czech-mate)

Smetana: The Bartered Bride: Three Dances, Dvorák: Czech Suite, op. 39, Mozart: Symphony No. 38 in D major, K. 504 "Prague" Admission is free. Approximately 1 hour with no intermission.

## FEBRUARY 19

### Online: Designing the Landscape for Water-Efficiency

When: Mon., Feb. 28, 6-7 p.m.  
Phone: 4057131125

[ocesoklahomacounty@okstate.edu](mailto:ocesoklahomacounty@okstate.edu)  
Price: Free

[www.metrolibrary.org/events/designing-landscape-water-efficiency](http://www.metrolibrary.org/events/designing-landscape-water-efficiency)

Are you happy with your landscaping, or are you ready for a beautiful yet cost efficient change? If you answered yes, then we have the perfect workshop for you! Julia Laughlin, Horticulture Educator with Oklahoma County OSU Extension, will guide you through this often-overwhelming process. Julia will review basic design and planning considerations, plant selections for Central Oklahoma, and plant placement considerations. So, join us for this free workshop either in-person (limited seating) or virtually, and make your dream yard your reality.

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

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

Call us today at  
(405) 631-5100  
for more information  
and to be included!

# OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

## CEMETERY PROPERTY FOR SALE

**Memorial Park Cemetery**  
**13313 North Kelly.**  
**OKC 73131**  
 Cenotaph/Mausoleum  
 Building D Tier 21 Crypt 1  
 For Sale: \$6,500 OBO,  
 Memorial Park Cemetery  
 Price: \$7,900  
 Call Or Text 405-657-0184

## CHAPEL HILL CEMETERY

2 Lots = \$3,495.00 each  
 1 Vault = \$1,895.00  
 1 Certificate = \$300.00  
 Value = \$9,185.00  
 Sell all for \$4,000.00  
 Call Linda at 405-833-9564

**PICK A CARD, ANY CARD! VISA, MASTERCARD, AMERICAN EXPRESS. PAYMENT TO SENIOR NEWS AND LIVING CAN BE MADE WITH ANY OF THE ABOVE CREDIT CARDS. CALL US TODAY AT (405) 631-5100!**

## CEMETERY PROPERTY FOR SALE

**Two cemetery spaces in Rose Hill Burial Park.**  
 Lawn Crypt# 254 in Garden of Shepherd. \$4,000.00.  
 Call 405-659-0118

## 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.

## HELP WANTED

### RETIRED ATTORNEY AND LOOKING FOR A CHANGE?

**LEGAL AID SERVICES OF OKLAHOMA, INC. is the answer!**

Legal Aid Services of Oklahoma (LASO) is a nonprofit law firm dedicated to the civil legal needs of low-income persons. If you desire to advocate for the rights of the underserved, LASO is the place for you, offering opportunities to make a difference and to be part of a dedicated team. LASO has 18 law offices across Oklahoma. The successful candidate should have experience in the practice of Law, with a true commitment to help the underserved.

**LASO believes it can be the stage for Act 2 in a Retired Attorney's career. Due to growth, LASO has openings for both full-time and part-time senior Attorneys across Oklahoma.**

**LASO offers a competitive salary and a very generous benefits package, including premier health, dental, life, pension, liberal paid time off, and loan repayment assistance. Additionally, LASO offers a great work environment and educational/career opportunities.**

The online application can be found at: **www.legalaidok.org/employment**  
 Legal Aid is an Equal Opportunity/Affirmative Action Employer

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**Doctor Formulated Thermogenic Fat-Burning Green Happy-Pills** that could help Lift Brain Fog, Increase Energy, Curb Appetite plus much more. 100% Natural, 60 day money back guarantee.  
[www.lovetheawayyoufeel.us](http://www.lovetheawayyoufeel.us)

**Haircuts \$10.00 at Mustang Senior Citizens Center.**  
 Wednesday mornings from 8:30AM-11AM. Call 405-376-1297 or 405-245-6200 for other days at homeshop.

## AMERCIA'S FIRST PORTABLE INFORMATION DEVICE



## SERVICE

**Get Your Golden Glow Back Now!!! "I Can Change Your Skin In 60 Seconds"**  
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 Host a Party Earn Free Products  
 Ken Rother (405) 473-9550



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Category (Exp: For Sale, Help Wanted):

TODAY'S DATE:

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☐ 6 Months.....\$130.00  
☐ 9 Month.....\$175.00  
☐ ADD A PHOTO, ONLY \$8.00/month MORE!

FIRST NAME

LAST NAME

STREET ADDRESS

APT. CITY

STATE ZIP CODE E-MAIL/PHONE

**PAYMENT INFO.** Check # \_\_\_\_\_ and Amount Enclosed \_\_\_\_\_

☐ VISA ☐ Master Card

☐ American Express

CARD NUMBER

EXP. DATE CVV # ZIP CODE

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**Broom Hilda**

By Russell Myers

**Animal Crackers**

By Fred Wagner

**Willy Muffitt**

By Bill Brewer

**JUMBLE**

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

ZAPAL

PYMET

LIMENG

CAZDIO

Check out the new, free JUST JUMBLE app

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

Print your answer here:

(Answers Next Month)

January Answers | Jumbles: HOUND GLADE MARKET NAPKIN Answer: After paying to have an amazing deck constructed, the family — HAD IT MADE

**SOMEWHERE, SOMEONE IS SHOWERING**

**WITH A MASK ON. I JUST KNOW IT.**

**Gasoline Alley**

By Jim Scancarelli

V	A	L	U	E	I	B	E	X	P	I	M	A		
A	L	A	N	S	S	O	R	E	I	C	O	N		
P	O	L	I	C	E	R	O	A	D	B	L	O	C	K
E	V	A	C	A	A	H	S	O	F	U	S	E		
D	E	W	Y	R	E	I	B	R	E	L				
C	A	L	L	S	T	O	O	R	D	E	R			
H	O	L	D	S	E	A	E	R	E					
R	O	P	E	D	I	N	A	R	C	L	A	M	P	
A	P	U	S	O	B	P	I	T	A					
M	I	L	I	T	A	R	Y	H	E	R	O			
E	B	A	Y	F	A	V	N	I	G	H				
C	A	N	I	T	P	O	R	E	K	N	E	E		
O	U	T	S	I	D	E	R	A	R	T	I	S	T	S
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D	A	Y	S	C	U	E	S	B	G	A	M	E		

# Greg Schwem: The one-day workweek. Because, why not?

by Greg Schwem

Aw, heck, let's just work one day a week.

I mean, we're all overstressed, burned out, mentally exhausted and up in arms that receiving paychecks requires us to do something other than attend spin classes whenever we feel like it. Never mind that our parents, their parents, and their parents' parents clocked in at 9 a.m. and left at 5 p.m. Monday through Friday. True, there was no such thing as Zoom to haunt their weekend plans; but there also wasn't a "Bring Your Dog to Work" day at my dad's office.

We demand a shorter work week. We want Dolly Parton to sing, "Workin' 9 to noon, 'cause three hours should be plenty; Boss, my brain is fried, although I'm still in my 20s "

Bosses and even politicians appear to be learning the new lyrics, or at least humming the tune. Last July, Rep. Mark Takano (D-CA) introduced a bill amending the Fair Labor Standards Act of 1938, reducing the standard work week from 40 to 32 hours. The bill is currently languishing in the House and the chances of it remaining there will only intensify if Congress decides to take Fridays off.

Meanwhile, a nonprofit pilot program, 4 Day Week Global, is encouraging companies to sign up and participate in shortened weeks. The website contains a petition, seeking 100,000 signatures from employees who favor working less, even naming specific companies and the number of employees who have already signed. When I checked, the petition had received 114 signatures from Amazon workers, a figure I found shockingly low considering the guy who kept dropping packages at my door the week prior to Christmas appeared to be working about 100 hours a week.

The site points to companies like crowdfunding platform Kickstarter and fintech startup Bolt, which have switched to four-day workweeks. It also posts studies with phrases like "productivity increase" and "laser focused employees" as proof that a three-day weekend is an idea whose time has come.

So, why stop there?

If workers are "laser focused" working four days a week, imagine how sharp they would be if they worked three days? Or two? Or even one? Let's try it. I hereby present to you a company that requires employees only produce eight hours of weekly work. I'll call it Slack.

Wait, that company already exists. My bad. Let's call it Slacker. That's a movie but not yet a Fortune 500 company.

Before my company is besieged with applications from enterprising workers who want to change the world providing it doesn't conflict with thrice weekly Pilates sessions, please be aware that working for Slacker does have some drawbacks.

During your one day of employment, you cannot break for lunch.

Red Bull and other energy drinks are forbidden. If you need a "jolt" before starting your weekly eight-hour shift, you're probably not going to fit in at Slacker.

Don't even think about asking for paid vacation.

You will be required to work in an office, which will not contain clocks of any type. I don't need Slacker employees, on their way to the parking lot to begin their six-day weekends, saying, "Man, I thought 5 o'clock would NEVER get here."

Calling in sick is allowed, but sick days must be made up in full. That's right, if you're sick one day, you must work TWO days the following week. If that makes me a tyrant of a boss, just remember there are plenty of jobs available at Kickstarter, where your workload will quadruple!



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



I will pay you an honest wage, but don't expect a 401(k) or profit-sharing plan of any type. You'll have plenty of free time to become a Bitcoin millionaire.

Finally, I will not offer a health care plan, but I will provide gym memberships. Slacker employees are expected to use their off time to stay in shape. I don't need any workforce members unexpectedly dropping dead on their off days.

From boredom.

Kids be warned; the Great Elf Retirement may soon be upon us.

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

## Over 55, Unemployed & Looking for Work?



The AARP Foundation Senior Community Service and Employment Program (SCSEP) can help you keep pace with the changing nature of work and improve your ability to find employment, even in today's tough job market. AARP Foundation SCSEP places older workers in a variety of community service activities at nonprofit and public facilities like day care and senior centers, schools and hospitals. As a participant, you can sharpen your job skills and earn income — all while giving back to your community.

**If you're 55 or over and unemployed, contact AARP Foundation SCSEP's local office at 405.879.3899 for more information.**

**AARP Foundation**  
For a future without senior poverty.



# LIFE IS A GIFT

Save one today.

Sadly, for many in our community, life can quickly feel like less of a gift and more of a burden. That's why United Way of Central Oklahoma is here, to connect community resources with responsive and accountable health and human services agencies. Through us, your gifts truly make a difference. We respectfully ask that you contribute to our 2022 Give Campaign – and help us pass it on.



[unitedwayokc.org](https://unitedwayokc.org)