



SENIOR NEWS & LIVING

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Navigating Medicare Helping Residents Understand Options



Left to Right (top row) Jennifer Melton, Ryan Busler and Ginny Curtis-Gillespie. (bottom row) Tonderai Bassoppo-Moyo, Solomon Bruce and Chris Gillespie are Licensed Insurance Agents at Navigating Medicare in Oklahoma City.

Story and photo by Van Mitchell, Staff Writer

The Medicare enrollment period runs from Oct. 15 through Dec. 7, and with that comes to changes to some enrollment plans and options. Ginny Curtis-Gillespie, Licensed Insurance Agent, and owner of Navigating

Medicare, located at 2232 West Hefner Road, Suite A in Oklahoma City, said this year Medicare recipients will have broader plan options available to them.

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WWII Hero Ernest Evans Memorial Unveiled



Stephen Reagan, retired U.S. Air Force Lt. Col, speaks to the 50 people attending the unveiling of the Ernest Evans Memorial in a Muskogee, Okla. park.

Story by Darl Devault, Contributing Editor

In the early hours, just after dawn on October 25, 1944, the Japanese sent the largest naval battle group ever assembled to destroy the landing of a quarter million men on Leyte. Their goal was to push the American forces off the beaches and out of the Philippines. Never had one man's actions diverted the burden of attack from so many

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MEDICARE

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"In the past, we have had two or three companies that have had really good plans, and this year all of the plans have beefed up and have really exciting benefits," Curtis-Gillespie said. "It is almost difficult to pick a plan that is better than another one from this year."

There are three options for coverage: Original Medicare (which is Part A and Part B) plus a prescription drug plan, Original Medicare plus a Supplement (Medigap plan) plus a prescription drug plan, or a Medicare Advantage plan which combines all three.

Medicare Part A and Part B is offered by the federal government. It provides basic inpatient and outpatient health coverage. Part A is for inpatient or hospitalization coverage and Part B is for outpatient or doctor visit coverage.

U.S. citizens or permanent residents living in the U.S. for at least 5 years who are age 65 or older qualify for Medicare Part A and Part B if they have paid taxes for 10 working years. Those under

65 might be eligible to enroll in Medicare Part A and Part B if they have a qualifying disability.

Curtis-Gillespie said Navigating Medicare has offices in Guthrie, Oklahoma City, Tulsa, Ardmore and Shawnee.

She said so much of insurance these days is made to seem complex, difficult, and tricky. She said her agency is built on our family values which are a commitment to Honesty, Integrity, Togetherness, and Support.

She said they work to help clients understand all of their plan options.

"Our experienced team of agents are licensed and appointed with several insurance providers offering a variety of policies," Curtis-Gillespie said. "This means our agents are here to work for you. We work to ensure that the plan you end up with is the one that fits your needs and not try to make you fit into a plan. What we do is we look at the client's drugs and doctors, and then we select the top three plans we think will work the best. The biggest takeaway we are trying to get people to understand is, no matter what their plan is, they should be comparing their current plan with

plans that are available from those (insurance) carriers for next year."

Curtis-Gillespie said Medicare enrollment is also a time of scam phone calls and Medicare enrollment commercials.

"Most of those plans they are marketing, very few people qualify for them," she said. "When you see the advertisement on TV, it is for the low-income, low subsidized."

Curtis-Gillespie said her team of insurance agents don't call to solicit business.

"With what we do, no one should be calling them (resident) directly," she said. "Their phones are blowing up, and people are calling them 24/7. If they didn't ask them to call, then they shouldn't answer the call."

Curtis-Gillespie said residents should also not give out their personal information when contacted about Medicare enrollment.

"When someone calls a client, they should not ask for their Social Security number, Medicare number," she said.

Curtis-Gillespie said another Medicare enrollment change this year is that insurance agents are required to tell customers their conversation is being recorded.

"These plans change every year," she said. "Everyone should be reviewing their plans every year regardless whether it is great for them or not. "It is our belief that if they understand Medicare, they will make a better decision when they pick their plan. We sit down with them and explain all the parts of Medicare, and we explain their options."

Curtis-Gillespie said integrity is a core foundation of her business.

"We are not afraid to say that we love referrals," she said. "Having integrity means sometimes telling you that your current insurance is better than anything we can offer or that we are not able to help you. We believe this builds the kind of relationships that will lead to people telling others about us. We are there to give you the support you need through the various seasons of life. Whether you need to change your plan, reacquaint yourself with your current benefits, or do a plan comparison, we are there to give you the support that you need."

For more information about Medicare enrollment plans call Navigating Medicare at (405) 842-0494 or visit:

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OPINION



Daily Money
Managers Can Help
Seniors with
Financial Chores

Dear Savvy Senior,

Can you recommend any services that can help my elderly mother with her financial chores? My dad always used to handle the bill paying and paperwork, but he passed away last year, and mom struggles to keep on top of things. And I don't live close enough to help her on a regular basis. -- Concerned Daughter

Dear Concerned,

It sounds like your mom could use a good daily money manager (or DMM). These are financial savvy professionals that can help older adults who have difficulty managing their own day to day personal financial affairs.

The types of services they provide typically includes paying bills, maintaining financial records, balancing checkbooks and negotiating with creditors. DMMs can also prepare checks for clients to sign, help older people organize bank and financial records, prepare and deliver bank deposits, gather and organize documents for tax returns, help decipher medical bills, and review bank statements in order to detect potential financial abuse or fraud.

Where to Find DMMs

Depending on where your mom lives, DMM services may be available through private non-profit elder assistance organizations or government

agencies. These agencies often use volunteers to provide basic DMM tasks, such as bill paying at no cost. To find out if this is available in your mom's area contact her Area Aging Agency. Visit ElderCare.acl.gov or call 800-677-1116 for contact information.

In addition to the non-profit DMMs, an increasing number of individuals and private for-profit companies have started offering DMM services for a fee. Cost for these services varies by region but it often ranges between \$25 and \$100 per hour. Most clients need approximately four hours of services per month, but this too varies according to the complexity of the person's financial situation.

The best place to look for a professional DMM in your mom's area is through the American Association of Daily Money Managers (AADMM.com), which offers an online directory that lets you search by ZIP code. All the pros listed there have signed the group's code of ethics. Some have passed a certification exam to earn the designation of Certified Daily Money Manager.

Before hiring a daily money manager, however, get references from two or more of their clients and check them. Also, find out what they charge and what type of insurance coverage they have. Keep in mind that neither federal nor state governments regulate the DMM industry, so there is little oversight of these services. So before turning over your mom's bills, make certain it's someone you can trust.

One other highly rated bill-paying service you should know about that's specifically designed for older adults and caregivers is SilverBills (SilverBills.com). Available nationwide, this is a secure concierge bill management service that will manage your mom's bills and pay them on her behalf, on-time and correctly, for a flat fee of \$50 per month.

If you opt for this service, your mom will be paired with an account manager who will communicate and work with her over the phone, or through email, text or mail (her preference) – no computer is required. SilverBills also reviews all bills for errors and fraud and provides monthly statements showing the date, amount and manner of each payment.

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.



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EXPO

Continued from Page 1

American service members.

The Japanese forces attempting to surprise the overmatched Taffy 3 task force in the Battle Off Samar were introduced to the unwavering courage and self-sacrifice of one of the U.S. Navy's finest. The destroyer escorts, commonly referred to as "tin cans," were in for the fight of their lives against a superior force.

U.S. Navy Commander Ernest Edwin Evans, Commander of the USS Johnston, assured himself a place in U.S. Naval history with his courageous initiative in the face of the enemy. Before the order to attack could be issued, against a far superior force, Commander Evans fulfilled his duty to his country and his fellow man by navigating his vessel into harm's way, deploying his torpedoes and laying a smoke screen to protect his fellow ships.

Evans' bravery, leadership and historic sacrifice delivered the immediate first blow that let the enemy know the Americans had begun the battle. Instilling chaos within the Japanese naval ranks, his torpedoes tore the bow off the Japanese cruiser Kumano. Commander Evans relentlessly displayed the power of his crew as he continued his forward attack on the enemy.

This "preemptive retaliatory strike with extreme prejudice" was a product of Evans's fierce fighting spirit.

The Japanese thought they would have a far easier beginning to any battle off Samar. They were bringing a far superior number of ships and were surprising their enemy. What they did not account for was the fighting spirit of the tin can Sailors sworn to protect the rest of Taffy 3. Echoing the war cries of their earliest Naval ancestors, the Sailors of Taffy 3 had not yet begun to fight.

Evans and his only 2,000-ton warship, the newly built Fletcher Class USS Johnston, promised to be the readiest-for-battle warship in the Navy.

As he took command at the USS Johnston's commissioning in October 1943, Evans let his assembled crew know his intentions. "This is going to be a fighting ship," he said. "I intend to go in harm's way, and anyone who doesn't want to go along had better get off right now. I will never retreat from an enemy force."

Evans's tactical blitzkrieg was everything a ship that size could accomplish in that short a time. The Johnston rejoined the additional frigate line of destroyer escorts as they made their torpedo runs at the far superior forces. This action meant the small Taffy 3 task force presented a "larger than real" profile

in the water. Although his ship had already fired her torpedoes, Commander Evans wanted to protect his fellow sailors as much as possible with his five-inch guns, firing 800 rounds in the battle.

This second suicide run met with far less success against the enemy. After almost three hours of battle, the Johnston eased over on her side for 20 minutes until finally sinking. Her destruction was for a good cause. The enemy, confusing the aggression as a genuine effort made by a more significant force, broke off the attack and headed for home.

Evans earned a Medal of Honor for his courageous actions but lost his life that day along with 185 members of his crew.

As Veterans Day approaches November 11, Oklahomans proved their servicemen and women are never forgotten in a recent solemn ceremony. The emphasis was family, in both those gathered and those mentioned during the ceremony dedicating a monument to Oklahoma's most famous Navy hero of WWII in Muskogee, Okla., on October 25, 78 years to the day after he died in the Battle Off Samar.

Several families connected with the effort to commemorate Evans' courageous Medal of Honor defining effort made the trip to Oklahoma to attend the event.

A retired U.S. Air Force lieutenant colonel and dentist, and Norman, Okla. resident Stephen Reagan spearheaded the effort to honor Evans. His family, including his son, an active-duty U.S. Air Force Colonel, surrounded him at the bust unveiling.

In giving credit for the final push to make the event happen after a three-year and nine-month campaign to raise funds and resources to create the monument, the mayor of Muskogee mentioned by that time he felt as if he had become a brother to Steven Reagan in the effort.

"It was a humbling experience to unveil Commander Evans' memorial bust in the City of Muskogee," said Muskogee Mayor Marlon J. Coleman. "Retired Lieutenant Colonel Stephen Reagan led a herculean effort recognizing Commander Evans's role in World War II. As a graduate of Muskogee High School, Evans' place in history is one that Muskogee should be proud of. Evans' leadership, tenacity, and love for his country showed the Japanese naval fleet what it means to challenge American democracy—that our principles of life, liberty, and the pursuit of happiness are worth dying for. Stephen Reagan is a modern-day hero, a champion of causes for Sailors such as Ernest Evans, whose legacy would otherwise go unknown or told incorrectly. I am proud to call Stephen a brother."

University of Oklahoma Naval

ROTC Commanding Officer and 30-year veteran Capt. Paul Young spoke about a typical day as a captain of a surface ship on patrol and his respect for Evans.

During historian Larry Floyd's detailing of Evans' life and courageous actions, he spoke of the families. He said Evans had two children with his wife during his 17-year career in the Navy leading up to that critical moment in the history of the United States Navy.

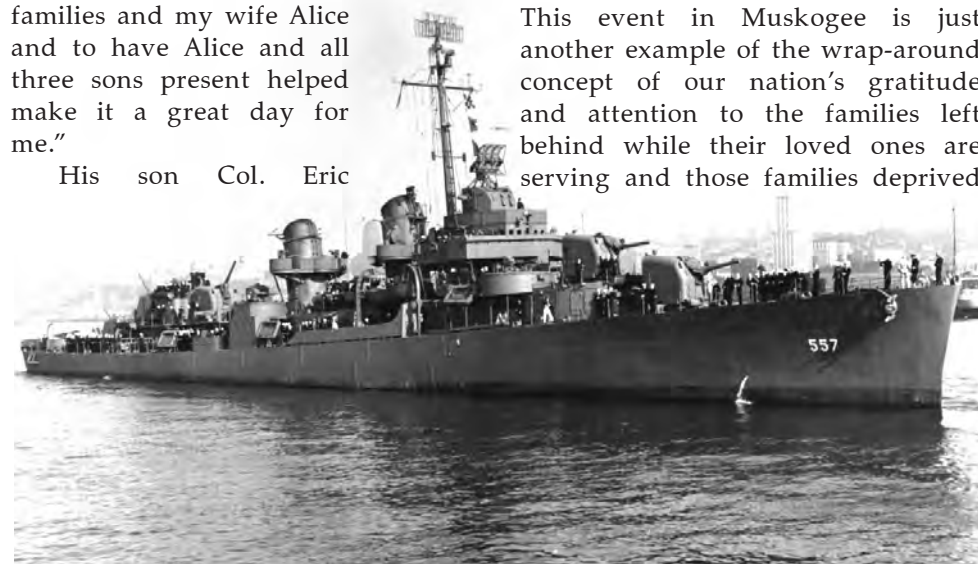
On Sept. 28, 1945, not long after World War II ended, Commander Evans was posthumously awarded the Medal of Honor. Presented to his wife, Margaret, in San Pedro, California, the ceremony included his mother, sister and sons Jerry and Ernest Jr.

The first Navy Native American to earn the Medal of Honor, Evans is one of only two World War II destroyer captains to attain it.

Evans' exploits have now been interwoven into the Navy legacy as his name has gone on to grace a warship and a U.S. Navy Academy building.

"I consider my work to help Muskogee honor Commander Ernest Evans one of the most significant things I have ever done," Reagan said. "It's a good feeling to help others. I am very proud of my three sons, their families and my wife Alice and to have Alice and all three sons present helped make it a great day for me."

His son Col. Eric



The USS Johnston underway headed to WWII in the Pacific on October 27, 1943, just after commissioning.

Reagan, active-duty US Air Force, summed up what he saw as his father's motives. "Over the last three years, I've asked myself, 'what interest does a retired Air Force dentist have in relentlessly pursuing recognition of a Navy ship captain?' The answer is service," Eric said. "My dad still serves veterans, his community, Oklahoma, and our great nation. This project was a reflection of his service. My brothers and I are proud of him, and we were so honored to be in Muskogee today to honor Ernest Evans and our father."



The bronze bust of Medal of Honor winner Ernest Evans features a miniature model of his ship, the USS Johnston, firing her five-inch guns and creating a smoke screen.

Reagan volunteers to help all service veterans to ensure they receive their full benefits from their military service with the Dale K. Graham Veterans Foundation in Norman. This event in Muskogee is just another example of the wrap-around concept of our nation's gratitude and attention to the families left behind while their loved ones are serving and those families deprived

of their service members through death. Gold Star families of the U.S. Armed Forces have lost loved ones since 1776. Nationally noted Paul Moore of Norman sculpted the bronze bust of Evans wearing his Medal of Honor. It sits atop a square black granite pedestal. Below his image at the front of the bust is a miniature model of the USS Johnston firing her five-inch guns and creating a smoke screen. The front of the pedestal features Evans' significant dates and his Medal of Honor Citation on the back.

COMMUNITY

The Santa Market Craft Show moves to December

Story and photos by Darl DeVault, Contributing Editor

The Santa Market Craft Show December 2-3 in the Pavilion Building at State Fair Park is Oklahoma City's premiere free two-day showcase for one-of-a-kind Christmas-themed creations, benefiting the Alzheimer's Association of Oklahoma.

As one of Oklahoma's most extensive free-admission nonprofit arts and craft shows, more than 180 carefully chosen creative vendors will sell their products during the 13th annual festive shopping experience. The show offers free parking, a silent auction, and more. The hours are 9 a.m. to 4 p.m., Friday and Saturday.

Handcrafted items are available for all of your seasonal gift needs.

Visitors are always encouraged to bring their children to get their free photos taken all day with Santa at Oklahoma City's most prestigious Christmas market each year.

Shoppers are treated to home decor, homemade arts and crafts, boutique and holiday items, jewelry, children's clothes, and food goodies. The first 1,000 visitors receive free shopping bags sponsored by local businesses.

Joan Clarke, Molly Nye and Megan Nye began the event in 2010 after Joan's husband died of



Santa is available, so bring children to get their free photos taken during the two days of the show.

Alzheimer's Disease (AD) in 2007. It has been their labor of love to enlist many volunteers to help showcase the wares of the many high-quality vendors. They see it as an opportunity to support a local charity addressing one of America's most challenging diseases.

"Molly and I had been selling items at craft shows for years, and we decided to start our event. We booked a small room in a hotel and started with 17 vendors," Clarke said. "By the time our third year began, we realized how much work putting on a quality show involves, so we decided to make it a fundraiser. Molly immediately suggested Alzheimer's since I lost my husband and Megan lost her father to the terrible disease."

All funds raised through The Santa Market further the care, support and research efforts of the Alzheimer's Association, a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law.

"Our excellent vendors make this show what it is each year. We are one big family; everyone helps promote the show, advertise, and find new vendors. They donate to our cause, monetarily and with their products, even though it's voluntary," Clarke said. "They help with set up, clean up and everything in between. We have three vendors that have been with us all 13 years. Countless more have been with us for 5, 8, or

See MARKET Page 7

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MARKET

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even 10 years. One vendor named it 'The Greatest Show on Earth,' and it truly is."

The organizers limit the number of crafters assigned spaces. Clarke says It is not about turning away new vendors; it is about only allowing a limited number of each type of vendor. They wish they could take everyone, but having a variety makes for a better shopping experience, and the vendors have a much better chance of success.

Clarke says some of the vendors see the event as an opportunity to make sure their favorite charity receives as much as possible from their craft world and them personally. By writing personal checks to the Alzheimer's Association when The Santa Market rolls around, these vendors do their part to help. They also donate products and gift certificates to the Alzheimer's auction and the Alzheimer's booth.

The Santa Market promoted its event at the annual Walk to End Alzheimer's that occurred on October 22 in downtown OKC. This year the event saw 1,612 people walk in 338 teams at Scissortail Park

to help raise awareness and funds for care, support and research. Clarke and her family have walked every year since 2003.

National presenting sponsors Edward Jones and CVS Health help to make the walks the world's largest event to fight Alzheimer's. The Santa Market was one of three Impact Sponsors this year and fielded a team for the walk.

Last year, the US Food and Drug Administration approved Aducanumab, a monoclonal antibody, to treat particular cases of mild AD. This is the only approved drug in the US for treating amyloid plaques in the brain. Once the plaques are removed, the brain cells stop dying, and the patient's memory, thinking, function, and behavior stop worsening.

However, there is still debate about whether the drug works. While several small trials have shown that the drug prevents amyloid aggregation and decreases the symptoms, other clinical trials have shown no benefit. There is no long-term data on this agent and whether it can prevent dementia. However, there is hope for an Alzheimer's cure breakthrough soon.

Aducanumab is only approved

for use in select patients with mild cognitive impairment or early Alzheimer's disease. Before the treatment can be administered, all individuals with AD must undergo a PET scan to determine if they have amyloid plaques.

The organizers say the successful 12 years of The Santa Market Craft Show could only be done with the help of quality vendors, loyal

customers, volunteers, sponsors, and donors. They call it The Santa Market Family and hope everyone will attend to make it a success again this year. This year, Steve Eldridge, Senior News & Living and Oklahoma Nursing Times, is a Diamond Sponsor.

For more info, see: www.thesantamarket.org.



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COMMUNITY

Senior helps Salvation Army create animal shelter

Story and photos by Bobby Anderson, Staff Writer

This winter is about to be a little warmer for a few homeless four-legged friends thanks to Chuck Musgrave and the Salvation Army of Central Oklahoma.

Musgrave helped cut the ribbon on the Army's new dog shelter recently just as the temperatures began to fall.

Musgrave first learned of the project at his Edmond Rotary Club meeting a while back.

The Salvation Army was making a presentation on the variety of services the group offered to Oklahomans.

It wasn't until after the meeting when he approached a Salvation Army member and asked a question that he got involved.

"I asked them 'what do you really need? What is it that's not in your budget that you really need,'" Musgrave recalled. "They explained to me that this was really a pretty vital project of the services that needed to be provided and the people that needed to be served.

"It interested me."

Salvation Army Advisory Board Chairman Ryan Frace grew up with a father who was a veterinarian. He understands the bond that exists between people and animals and this project was a reminder of that.

"This is an extension of the Salvation Army's reach here in Central Oklahoma to help

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Chuck Musgrave helped fund the Salvation Army's new dog shelter to help further the Army's outreach.

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SHELTER

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individuals and to help their families as well," Frace said. "I'm honored today to welcome you to the opening of this new kennel for guests that are staying at the shelter that also need support for their family member which happens to be a four-legged family member."

Every Thursday night a group of Salvation Army volunteers drives into sections of OKC reaching out to the homeless population through Night Watch to serve with compassion, and provide food, blankets, clothing, or toiletries.

Frace has been on those missions and noticed something each time out.

"I know how important pets are in everybody's lives," Frace said. "We would go out and it was so prevalent how often people would have an animal with them as a companion as protection and they would make the choice to stay on the streets - sometimes in extremely harsh, inclement weather and dangerous environments to stay with their pets rather than have nowhere for the pet to go and them to come into a shelter."

Frace said the Salvation Army is breaking new ground in terms of solving the issue that so many face when it comes to deciding between their safety and the safety of their pets.

The shelter itself is fully plumbed with heating and cooling allowing dogs to safely avoid inclement weather less than 100 yards from where their humans will be staying for the night.

Musgrave already was familiar with the Salvation Army and the good it does. He's routinely worked with the Buck\$ 4 Bikes program where the Women's Auxiliary and its community partners work to raise funds to provide a bike to every child who asks for one during The Salvation Army's Angel Tree Program.

Oklahoma Bicycle Society generously donates a new bike helmet for each bike. Last Christmas, Buck\$ 4 Bikes was able to provide 594 Christmas wishes to Angel Tree children who requested bikes.

Musgrave is now retired but formerly served as president of Sunbelt Industries, a recycler of aluminum oxide abrasives.

"The thing that called to me was the real need was there but nobody had the capacity to

meet the need and the Salvation Army was trying to step up," said Musgrave, a lifelong dog owner. "The thing about doing business with the Salvation Army is you know the money is not going to be wasted and is going to be meeting the critical needs of people. That makes it a real safe place to participate."

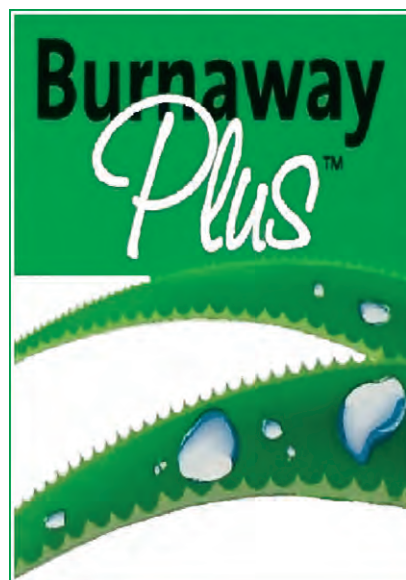
Musgrave also works with the local Pet Food Pantry so the pet connection was natural for him.

"What I learned at the Pantry was there are people that will feed their pets rather than feed themselves," he said. "When you

think about when you're alone and don't have a community support system then your pet is your support system. They think of them like their brother, their sister, or their baby and they're not going to leave them out."

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Unlock more benefits from Tricare for Life

By Steven Sibley, E7 RET/DAV, MBA Healthcare Admin
Licensed and Appointed Health Insurance Agent

As a Military Retiree we enjoy many great benefits, affordable healthcare is one of them. As a civilian now working in the senior health insurance industry, I appreciate that value even more. I've discovered that Tricare for Life (TFL), is not just a healthcare benefit, it's also a financial benefit. Unfortunately, many veterans don't fully understand what Tricare for Life is or how it works. What they do know is when they need healthcare their copays are low or non-existent. As a professional in the industry, and someone on TFL, I'd like to shed some light on TFL.

TFL is a benefit that works with Original Medicare Parts A & B. Part A is for Hospital/Inpatient Care and Part B is for Primary/Outpatient Care. For retirees, TFL starts when they become eligible for Original Medicare at age 65. The big surprise comes when they discover that they are going on Medicare and that it has a much higher cost than the low premiums they had for Tricare Prime or Select. The new premium for 2023, which is for Medicare Part B, will be about \$165.00 per month for most people with an average income.

Original Medicare generally only pays for 80% of the cost of care, so the remaining 20% is the responsibility of the patient. Plus, it does not cover prescription drugs, dental, or vision. The solution for many civilian retirees is to add a supplement and a drug plan. Together those premiums can cost about \$200 per month and adding Vision and Dental plans will increase their monthly cost. Then they find out their plan's premiums can increase every year.

During your 20 plus years of retirement, they'll pay as much as \$80,000 or more for each person on Medicare. Here's why TFL is a financial benefit, there is no premium. Technically, TFL is called a "Medicare Wrap Around benefit", practically it acts like a premium free supplement and drug plan. So, a retired military member and their spouse are not going to be spending hundreds of thousands of dollars of their retirement income on insurance premiums. It gets

even better.

What most veterans on TFL don't know is, they can access even more benefits from the Medicare part of their TFL by choosing to have it administered by a commercial healthcare company. These are called Part C plans, aka Medicare Advantage, and they must cover everything that Original Medicare does. These plans can bundle additional healthcare and wellness benefits, which may even include a Prescription Drug Plan. However, Military retirees can use special Part C plans that do not offer a drug plan, since their prescriptions are covered by TFL through Express Scripts. I am on such a plan, I pay **ZERO** dollars for it, and significantly reduces my Part B premium payment. It also covers Vision and Dental, so there's no need to pay FEDVIP extra for those benefits. It also offers a host of other benefits worth hundreds of dollars a month. Using a Medicare Part C plan with TFL is like turbocharging your benefits. These plans will also work for most Medicare eligible Veterans who use the VA for their prescription drugs. Less cost,



Steven Sibley, E7 RET/DAV, MBA.

more benefits, and money back is what we've earned and deserve as Veterans. Find out more and get your questions answered by giving me a call. Steven Sibley, E7 RET/DAV, 405-850-1569.

Required disclaimer: We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



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BBT The world's largest waterfall is underwater

Yes, there are waterfalls under the ocean. At the Denmark Strait, the cold water from the Nordic Sea is denser than the Irminger Sea's warm water, making it drop almost two miles down at 123 million cubic

feet per second.

BBT Michelangelo wrote a poem about how much he hated painting the Sistine Chapel

One translation of the poem he sent to his friend begins: I've already grown a goiter from this torture, hunched up here like a cat in Lombardy (or anywhere else where the stagnant water's poison).

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TRAVEL / ENTERTAINMENT

Time Traveling Through the Movies

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

As the years pass on and our stamina decreases, it's comforting to relive our past travels through memories sparked by a movie. This happens to me more and more these days, as our mobility and stamina restraints keep us from physical traveling. Since physical travel is out of the question, why not time travel: back to our personal travel memories?

This confirms Reality Bites, especially as we get older and our reach exceeds our grasps. We want to do things that just aren't reality. This past year I scheduled travel with tours and air with hotel reservations and cruises, I had to cancel when I faced up to reality of my senior status. The mind and wishes were willing but the reality of the plans coming to pass was just not feasible. I canceled my trips on a cruise to Norway to see the Fords and explore Edinburgh Scotland, a NYC Broadway show tour and even a family gathering in North Carolina. As those proposed dates have past, I was not too disappointed in them not happening as I weighed it against my comfort level and realization of my bodily restraints. Not saying I am an invalid but I do have mobility and stamina issues. Thus movies on TV is not just a substitute but a pat on the back of all the places I once visited.

When I see a movie with a familiar destination there is a personal connection with memories. Seeing the replaying of the TV series North and South filmed a great deal in South Carolina brings back the enchanting morning spent at the Oak Tree lined avenue of the Boone Hall Plantation. I did have to sneak past the closed gate and drive half way up the road so I could try and make a photo or two of this iconic Southern Plantation locale. I did and seeing my photo brings all the sensory feelings back to life.

Other Southern Plantations have been checked off my bucket list a couple of times. New Orleans is rife with the opportunity to visit Plantations such as Houmas House (Hush Hush Sweet Charlotte) and Oak Alley (Interview with a Vampire) and the French Quarter as well. Visiting these filmed locations might be considered top locations of my life as well. After many day visits to Oak Alley I booked a cabin on the grounds which afforded me the opportunity to linger under its avenue of oaks after the house tours were over and tourists left. Again I fulfilled a quest to make it a special photography event. At midnight I forced myself to leave my cabin and walk the couple of blocks to the alley of oaks tempting a visit of ghost or vampire. And while none came, it still was a haunting experience.

Prime on my early travel bucket list was Egypt when in 1980 I made that trip down the Nile, (Death on the Nile) along with Abu Simbel, the Pyramids and other ancient ruins. Seeing those locals in the movie brought back my visits and a reality the movie magic could not deliver. In the movie the guests were whisked to Karnak, Abu Simbel, and the Pyramids all in one day, which of course is not physically possible today no less in the 1920 period of the movie. It moved the plot along but having been there the foible of the movie time line was obvious. I wonder how many other movie viewers were as knowledgeable?

Having toured many of the French Chateaus, (Dangerous Liaisons, The Serpent Queen) the external vistas of the movies bring back my tours. So glad I usually add on a couple of free days on to exotic locales is never a regrettable. While the exterior architecture and gardens remain of various chateaus the interiors are usually nothing to see except empty rooms, remembering that the French Revolution stripped away furniture and art. Still roaming the grounds is worth the traveling effort, that is when you are young and able to wander.

The entire city of Savannah (Midnight in the Garden of Good and Evil -book and movie) is not to be missed in your travels. The elegant town squares surrounded by period houses, including the Mercer House, present an atmosphere like no other. On more one my travels there I was fortunate to meet a few of the real life characters from the book. The time I was there there were tours of the Mercer House where I visited with the Sister of the books protagonist. The unique moss draped Bonaventure Cemetery out side of town, offers a perfect atmosphere so right to accompany the story. You



Mercer House a prime destination in the movie and book, *Midnight in the Garden*....



Oak Alley near New Orleans.

can even find the story's antagonist Danny Hansford, resting in his grave in the adjacent cemetery.

Movie hotels are another memory jog when you can say I visited or stayed there once: The Plaza, (The Way we Were, Home Alone and others) the Waldorf Astoria, Broadway and Lincoln Center, or on the Mexican or French Riviera, or Rio, or Mt Kenya Safari club Africa, or Monument Valley (featured in so many John Ford westerns).

When you have physically been there, seeing them again in movies, is a real definition of Arm Chair Travel. While the wander lust can still tempt me, I feel comforted that I made the most of my youth travel experiences over the last forty years, and pleased I do not have to now face the challenges of travel. Keep making travel memories and be thankful and cherish the ones completed.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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bin Barghash refused to step down, but the British warships spent less than 40 minutes bombarding the palace before Khalid fled, marking the (very quick) end of the Anglo-Zanzibar War.

BBT Blue whale tongues can weigh as much as an elephant. Their hearts, meanwhile, can weigh almost a ton and needs to beat just once every ten seconds.

HEALTH

TSET Health Promotion Research Center Expands Their Team

Three faculty members have joined the TSET Health Promotion Research Center at the University of Oklahoma Health Sciences Center: Katelyn Romm, Ph.D.; Erin Vogel, Ph.D.; and Meng Chen, Ph.D.

Romm comes to HPRC from George Washington University Milken Institute School of Public Health. Her research aims to identify factors that predict substance use initiation, escalation and cessation to inform prevention and cessation efforts among individuals at greatest risk for such use, including youth and young adults, as well as minoritized populations.

Vogel comes from University of Southern California Keck School of Medicine. Her research examines psychosocial influences on youth

tobacco use and the use of digital tools and social media to address tobacco and other substance use among priority populations, including youth and the LGBTQ+ community. Her research program employs experimental, observational, and qualitative methods to address health disparities and emerging trends in technology and tobacco product use.

Chen joins the HPRC from University of California, Davis. Her research focuses on using computational algorithms for dynamic model fitting and the development and use of flexible dynamic models in behavioral sciences. She will work with HPRC faculty by providing biostatistics support and assisting with research



Katelyn Romm, Ph.D. is a new faculty members at TSET Health Promotion Research Center at the University of Oklahoma Health Sciences Center.

study design.

According to Darla Kendzor, Ph.D., co-director of the HPRC, "These talented new additions to our team will enhance our ability to address tobacco and substance use across the state. Their research offers a focus on youth and young adults, and other at-risk populations along with advanced

biostatistical expertise. Their skills offer a valuable complement to the expertise of our current faculty."

The HPRC receives funding from the OU Health Stephenson Cancer Center via an NCI Cancer Center Support Grant (P30CA225520) and an Oklahoma Tobacco Settlement Endowment Trust contract (R23-02).



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Helen Grace Olson

Helen Grace Olson of Bethany was born & grew up in Weeping Water, NB. She has traveled to 43 states as an RVer, was always very active in the Nazarene church, loves fried chicken, holidays and family reunions. Her words of wisdom: Never go to bed angry with your spouse. And follow the words of Proverbs 3:5-6: Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and HE shall direct thy paths.



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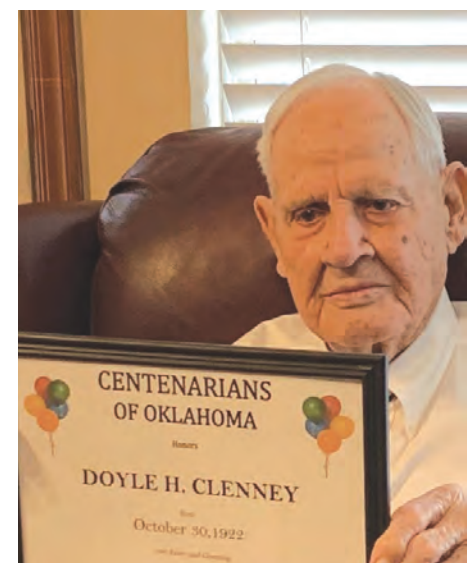
Frances Lovena Weger

Frances Weger was 100 in January and we're still celebrating in Luther. She and her husband were residents of Lawton for 73 years and traveled with Campaigns for Christ on two trips to Germany and all over the U.S. She made baby quilts and wedding quilts for each of her eleven grandchildren. In her later years, she visited nursing homes, taking banana bread to the "elderly," although she was in her 80s.



Doyle H. Clenney

World War II Army Air Corp Veteran Doyle Clenney will be 100 tomorrow, October 30! An ordained minister with the Assembly of God Church, Doyle had the special honor to preach at the historic St. Paul's Episcopal Church in Norfolk, Virginia. Doyle's words of wisdom are the bible verse "Trust in the LORD with all your heart and lean not on your own understanding." (Proverbs 3:5). Happy 100th Doyle!



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Nursing Professor Celebrates 48 Years of Teaching UCO Students



Nelda Fister, M.S., R.N. serves as Assistant Professor for the Department of Nursing at the University of Central Oklahoma. She started a "worry envelope" for students to privately share their school/personal worries.

Story and photo by Van Mitchell. Staff Writer

Nelda Fister, M.S., R.N. was born into nursing, and she continues that path today at age 80, as Assistant Professor for the Department of Nursing at the University of Central Oklahoma.

She is serving in her 48th year of teaching at UCO, where she works with 150-170 students each semester.

"I always wanted to be in nursing," she said. "I grew up on a farm and there were a lot of good doctors/farm families/role models that helped me look at that road."

Fister was the only member of her family to go to college. She graduated from Oklahoma Baptist University in 1965.

"College was never not going to be an option," she said. "Neither of my parents completed high school. My mother quit school when her mother died so she could stay home and care for her younger siblings. My father served in World War I, and was preparing to prepare for duty for World War II, when he was notified, the war had ended. Following my parents' marriage, they settled in the Oklahoma Panhandle and began

a hard life of farming during the Depression. It was important to them that their daughter receive a good education, as they believed it would bring opportunities they did not have. They (parents) were going to make it work and they did."

Fister said her parents' faith helped shape her desire to help others.

"My parents' belief in God guided their life, and I learned at an early age that the development of a strong value system, and caring for others was important," she said. "I was very lucky to have a stable home that provided positive guidance as I navigated the developmental tasks of childhood."

Prior to beginning her teaching career, she was pediatric supervisor at Wesley Hospital in Oklahoma City. She joined UCO after several years on the faculty at Oklahoma Baptist University.

"I have seen a lot of changes," she said. "I have worked under six presidents at UCO, and have (taught) thousands of students."

Fister serves on multiple committees

See PROFESSOR 19

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SPECIAL TO SNL

Holiday Tips For Seniors

Story by Joyce Clark, Executive Director - Saint Ann Retirement Center

When asked what is the most significant thing that makes an elder feel loved and included in the Thanksgiving & Christmas season, most people say they desire to spend time with family. Residents of Saint Ann Independent Living were asked for ideas to help make holidays for seniors more joyful and festive. Most replies indicated seniors simply want to spend time with loved ones doing just about anything. Ideas for activities families and seniors can do together are outlined below.

THINGS TO DO TOGETHER TO BRIGHTEN HOLIDAY SEASON FOR YOUR ELDER LOVED ONES

- Attend a Christmas ballet or theatre show
- Hold a virtual get-together using Facetime, Zoom, Skype, or Google Meet
- For those who have difficulty getting around or need personal assistance, hire an aide to transport & assist her at a family event.
- Play Dirty Santa or other games
- Take a drive to view Christmas lights
- Enjoy a spa day
- Write Christmas cards
- Include the elder in meal & event planning
- Cook favorite items in a festive setting
- Assist with gift wrapping
- Help decorate the senior's home. Also, help take down & store decorations.
- Go gift shopping with a stop for brunch
- Play holiday music & sit by a fire while visiting




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- Assemble a holiday or family photo album or scrapbook
- Bake cookies
- Make holiday cards or crafts
- Watch Christmas or home movies
- Create a cookbook with recipes from all family members
- Organize old photographs & share memories about them
- If it is difficult for the senior to get out of the home, take a small festive family party to her residence.
- Attend church or Mass on Christmas Eve or Christmas Day
- Go caroling or have a sing-along
- Help the senior primp for a special event or get ready together. Manicure nails, style hair, do makeup, trim long hair in nose, ear, or eyebrows, and get dressed in fancy clothes. The senior may need to rest before going to an event or some primping could be done in advance.



Joyce Clark is the Executive Director at Saint Ann Retirement Center in Oklahoma City.

Saint Ann Independent Living residents agreed it is wonderful to have people stop by for a visit all year and not just during the holidays. Folks who are hard of hearing prefer personal visits over telephone calls or video chat. The residents also suggested some gift ideas for seniors:

GIFT IDEAS FOR YOUR FAVORITE SENIOR

- Help out by shopping, running errands, picking up gifts, mailing package or cards
- Arrange for a beautician or masseuse to go to the senior's home
- Postage stamps
- Cup holder for walker or wheelchair
- Gift card for a local grocery store, restaurant, favorite brand, Walmart, coffee, manicure, etc
- Crossword, Sudoku or jigsaw puzzles
- Basket of fruit, snacks, or groceries
- Latest book from a favorite author
- Night lights or motion sensor lights for hallway, bedroom, bathroom
- Coupon redeemable for running errands a few times a year
- Note offering to do chores around the house
- Monthly subscription for a gift box, flowers, or magazine
- Warm & snuggly throw
- Bidet
- Easy-to-use mobile phone or tablet that can be used to video chat
- Smart picture frame that allows people to upload pics, video call, or send notes
- Amazon Echo with voice calling
- Custom photo puzzle or calendar
- Medical alert system
- Memory foam or gel seat cushion
- Adaptive devices like a long handled shoe horn
- Large print playing cards
- Succulents
- Shari's Berries
- Bird feeder & seed
- Wall mounted magnifying mirror
- Fall-resistant slippers
- Wine
- Assortment of birthday & greeting cards with stamps

Another suggestion is to simplify traditions and routines to reduce stress and accommodate the elder's physical or mental needs. Sometimes it is more about the people and simple things than celebrating exactly as done in previous years.

Holidays can be particularly sad for some folks. Pictures or memories may bring up tears or grief. This can be a healthy way to release normal feelings and should not be shamed. Share a safe space to remember and celebrate lost loved ones.

Joyce Clark is the Campus Director of Saint Ann Retirement Center, which offers independent and assisted living. She says watching people regain their strength, balance, and health is one of her team's greatest rewards.

Clark encourages people to be extra careful at home getting in and out of the bathtub, where many people tend to fall. Call Lisa at Saint Ann Retirement Center, (405) 721-0747 Ext #322, if you would like more tips and helpful information.

PROFESSOR

Continued from Page 17

as well as the UCO Faculty Senate.

Her focus on the importance of community involvement was pronounced through helping establish pediatric triage following the April 19, 1995 Alfred P. Murrah bombing.

She has served as Mace Bearer for UCO Commencement Ceremonies, and has multiple honors including the first Excellence in Education Award for Sigma Theta Tau Beta-Delta-Chapter-At-Large. She received the Neely Annual Excellence in Teaching Award in 2019.

The first nursing class from the nursing department at the University of Central Oklahoma graduated in 1972. Since that time, more than 3,500 graduate nurses have entered the workforce.

Students interested in earning a nursing degree from the University of Central Oklahoma now have multiple options for their education. Students may obtain their BS through the Traditional Track Bachelor of Science in Nursing, the Fast Track B.S. in Nursing and the Online R.N. to B.S. track. UCO also offers a two-year Master of Science in Nursing degree.

Fister said success in and out of the classroom requires hard work and dedication.

"Success in the nursing program and later in the profession requires

a high degree of responsibility," she said. "Success in the professional domain is the final outcome of this education. "My goal has been to provide students with an intentional direction to develop study methods that will ensure success as they expand their knowledge base, think critically about concepts, and apply knowledge in a variety of settings. I want them (nursing students) to grow academically, but I also want them to grow professionally."

Fister's care for her students reached a new peak this year with the implantation of a "worry envelope" that is posted on a bulletin board outside of her office.

She said it allows students to write down their worries in private.

"They write down their concerns, and if they want me to, I will pray for them," she said.

Fister said she isn't sure if this will be her last year teaching at UCO, but adds she has plenty of outside interests including cooking and sewing that would keep her busy.

"I think I am making a difference," she said. "I keep saying this is going to be my last year, and then I have students send me a note that says you made such a difference. That is what keeps me here. This place has been so much a part of my life. I don't know what I am going to do, but I have a lot of interests, so I will be okay."

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TACKLING THE STRUGGLES OF AGING BY REVOLUTIONIZING

Imagine having to choose between paying your electric bill or paying for your life-sustaining medications or food. For many seniors living on a fixed income, that is a difficult reality.

The price of medications continues soaring — over the last decade, research shows many of the top-selling, brand name medications have increased more than 50-percent, with more than half of them doubling in price, that’s according to the National Library of Medicine.

The cost of medications alone can leave them facing difficult choices every month.

“We never want a patient to have to make that decision of am I going to eat this week, am I going to have air conditioning this week, or am I going to pay for that blood pressure medication,” said Justin Henson, a nurse practitioner at Valir PACE in Oklahoma City.

September is National PACE Awareness Month. PACE stands for Program of All Inclusive Care for the Elderly. It is an approach that aims to bundle. It is a relatively new model of care that is gaining momentum across the United States. Valir is one of the first to implement the model in Oklahoma

The goal is to help more seniors, who otherwise would require nursing home care, continue to live independently in their own homes. It does that by bundling their medications, meals, transportation, physician visits, and therapy needs under one umbrella care plan, that also provides opportunities to socialize and be a part of the community.

The results are impressive – reducing hospitalizations and improving quality of life.

PACE participants, like Nick Felix, say the program has helped them to enjoy the life, despite the issues that come with aging. For Felix, heart issues top that list.

“My heart fibrillates whenever it wants to. It’s like dancing a Cha-Cha to a Waltz. You know you’re not in sync at all,” said Felix, a 90-year-old former dance teacher and movie choreographer, who still enjoys dancing at his favorite studio.

Henson has worked closely with Felix, helping him manage his health and medications to stay healthy and active.

“He’s had a very complicated cardiac history,” Henson said. “But he is a guy who will wake up every single morning doing his push-ups. He loves to go out and walk, he loves to go dancing every week.”



Managing the challenges of a complicated regimen of medications without the worry of cost is one aspect of PACE Felix likes best.

“Well, it’s lifesaving. I mean you’re talking about my heart medicine, my joint medicine, I’ve got all kinds of arthritic conditions — and they tell me when to take it, what to take and how much to take,” he remarked.

Medications are packaged and labeled for each day, and time of day for each participant and

Valir PACE provides those medications — helping eliminate the financial pressure off of rising drug costs for seniors.

“We do get a lot of patients who want to join our services and we note as they’re coming onto services that they have been without their medications for three months, four months,” Henson said. “Diving into why they have been without these medications, often it is they’re trying to pay for electricity or they’re trying to pay for food.”

Henson added ensuring seniors have their medications and take them as correctly can lead to better health outcomes and a better quality of life.

“If you have a medical condition, even if it’s a small medical condition, but it’s not treated, it can grow into a large medical condition,” he said. “Taking medications as prescribed, when prescribed is going to be the best way to keep you as healthy as possible, and as young as possible as long as possible.”

Valir PACE is located at 721 NW 6th Street in the heart of downtown and has just opened an Alternative Care setting at 2411 Main Street in Choctaw, expanding services to seniors living in that more rural part of the metro. To learn more, visit ValirPACE.org or the National PACE Association at NPAonline.org.

CROSSWORD CORNER

- Across
- 1 Buckwheat porridge

6 Tears, as paper

10 Hobbyist’s book

15 One submitting a tax return

16 Operatic solo

17 State bordering both Nevada and Canada

18 “Almost!”

19 Drink brand associated with NASA missions

20 Fight off

21 “Parking” image, on signs

24 “As I see it,” to a texter

25 Stay alcohol-free

27 Ad that spreads awareness, briefly

28 Baseball’s Musial

29 Princess from a galaxy far, far away

30 Society newcomer

32 Minnesota NFLer

34 Slacks

36 Second drop-down list, say

39 “Kosher” image, on labels

42 Garage floor blemish

43 Wabbit hunter Fudd

46 Forward, to Fellini
- 49 “Just a __!”

51 “Count on me!”

52 Blubbers

53 “Pow!” relative

56 Potatoes often used for fries

58 Cape __, Mass.

59 “Registered” image, on product names

61 Draw out

63 DIY furniture brand

64 Fridge forays

67 Diet-friendly

68 Blab

69 Boredom

70 Eccentric

71 Creative pursuits, with “the”

72 Yard-grooming tool
- Down
- 1 Fast-food co. serving buckets

2 Feel sick

3 Aptly named clean-up basin

4 Speaker’s ers or ums

5 Sports spot

6 Some rodent homes

7 Baghdad’s land

8 Alluring poster

9 Long stories
- 10 Add to the staff

11 Poetic salute

12 Elk

13 28-Across nickname

14 Chinese tea

22 Help

23 Poetic bird of one word

25 Mont Blanc, e.g.

26 Arthur of “The Golden Girls”

28 King Kong’s home

31 Patting-the-baby’s-back goal

33 “Picnic” playwright

35 Petulant state

37 Book jacket blurbs

38 “His Dark __”: fantasy trilogy

40 Defendant’s story

41 Hosting the roast

44 Use the feed bag

45 OR attendants

46 Go up

47 Ritualistic kind of doll

48 Kidnap

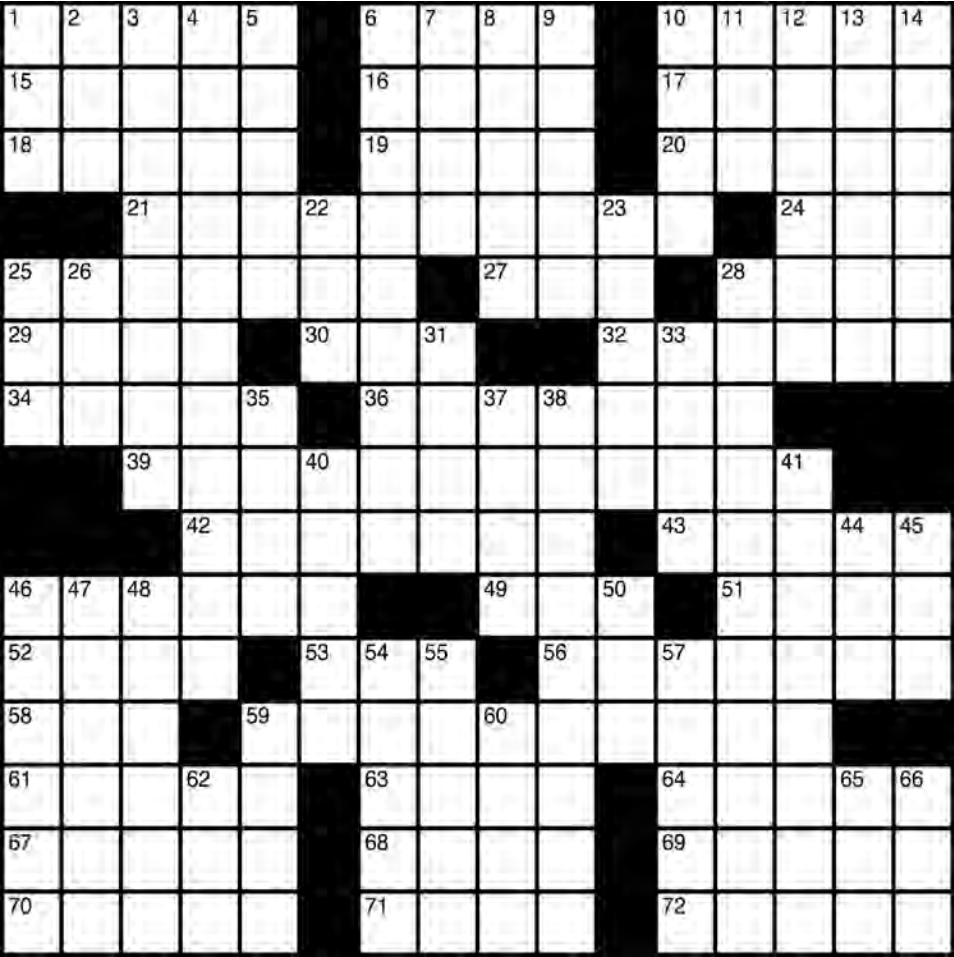
50 Surly mutt

54 Singer Baker with eight Grammys

55 Manufacturer

57 Stony debris

59 Count (on)



Answers on page 27

OK HISTORY & MORE

Nov./Dec. 2022 Events

For a full list of events/details visit: www.okhistory.org/calendar/ohs

Will Rogers Days and Motion Picture Festival November 4, Will Rogers Memorial Museum, 1720 West Will Rogers Boulevard Claremore, OK 74017. The Will Rogers Memorial Museum (WRMM) and Birthplace Ranch will celebrate the 143rd birthday of Oklahoma's Favorite Son with the Will Rogers Motion Picture Festival. From November 2 through 5, four days of activities will be held to honor the memory of the Cherokee cowboy, philosopher, and movie actor who had starred in 50 silent movies and 21 talkies by the time of his death on August 15, 1935, in an Alaska airplane crash.

"The Music and Art of Our Oklahoma Community Saturday, November 5th. 3 PM Doors open for Art Show and Live Music (background); 4PM Music, Storytelling; 5PM Meet the Artists at the Eastlake Church, 700 SW 134th St, Oklahoma City, OK 73170. Members of Painted Sky Opera; OKC Pianists' Club; Flute by Lauren Monteiro; Local Jazz Pianist Nathan Sobel; Local Author Shelley White will present music. Local Artists will present original paintings, Crewel Embroidery, Quilting Exhibits, Original Jewelry designs. For more info contact Barbara Poppe, bpope1953@gmail.com (405)831-5343.

Blacksmithing Demonstrations with the Saltfork Craftsmen November 5, Cherokee Strip Museum and Rose Hill School, 2617 West Fir Street Perry, OK 73077. Visit the Cherokee Strip Museum in Perry to watch the Saltfork Craftsmen give a Blacksmithing Demonstration in the blacksmith shop. The demonstration will take place from 10 a.m. to 2 p.m. Guests can enjoy watching the craftsmen work and will have an opportunity for safe hands-on experiences. This event is for those who enjoy watching craftsmen at work, and for young and old alike to try their hand at the craft. The forge will be lighted at 10:00 am.

Cast-Iron Cooking class Chisholm Trail Museum and Horizon Hill, 605 Zellers Avenue Kingfisher, OK 73750. The Chisholm Trail Museum in Kingfisher will host a Cast-Iron Cooking class on Saturday, November 5, from noon to 4 p.m. In this casual, fun class, students will learn to care for and cook in cast-iron cookware. Participants will create a Dutch oven delight and participate in a group meal. The class will explore historical and modern recipes while learning backyard cooking skills. This class is restricted to children ages 10 and older with an adult.

Daughter of Dawn film screening at the Poncan Theatre November 6, 2 p.m.-3 p.m. Poncan Theatre, 104 East Grand Avenue Ponca City, OK 74601. On Sunday, November 6, at 2 p.m. the Pioneer Woman Museum and Statue will host a film screening of "The Daughter of Dawn" at the Poncan Theatre, located at 104 E. Grand Ave. in Ponca City. Rather than a set ticket price, patrons are encouraged to give a donation as admission to the screening. The program begins at 2 p.m.

Flames of Memory November 10, 5:30 p.m.-6:30 p.m. The Oklahoma Territorial Museum and Carnegie Library will honor veterans at a special event called Flames of Memory on Thursday, November 10, starting at 5:30 p.m. Veterans' families are invited to place a luminaria to help light up the steps of the library. The luminaria display will stay in place for the Veterans Day parade and ceremony in Guthrie that will start at 10:30 a.m. on Friday, November 11. The guest speaker at Flames of Memory will be retired U.S. Navy Rear Adm. Gregory Slavonic, who previously served as acting undersecretary of the Navy and the assistant secretary of the Navy for manpower and reserve affairs. The American Legion, Veterans of Foreign Wars and other groups will take part. This event is sponsored by the Samuel King Chapter of the Daughters of the American Revolution.

Quilting workshop with Martha Ray November 12, 9 a.m.-11 a.m. Sod House Museum, 4628 State Highway 8 Aline, OK 73716. Visit the Sod House Museum southeast of Aline for a quilting workshop on Saturday. The workshop will take place from 9 to 11 a.m. with instructor Martha Ray, and the cost is \$5 per person. For more information, please contact Director Renee Trindle at 580-463-2441 or sodhouse@history.ok.gov.

Choctaw Code Talkers documentary film screening November 12, 1 p.m.-3 p.m. Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. In honor of Native American Heritage Month, on Saturday, November 12, from 1 to 3 p.m., the Oklahoma History Center will screen the documentary of Choctaw Code Talkers. In 1918, although the Choctaw soldiers of the US American Expeditionary Forces were not considered citizens of the country, they served, using the Choctaw language as a powerful tool against the German

Forces in World War I.

Rushmore Four performances at the Oklahoma History Center November 16, 2 p.m. Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. On Wednesday, November 16, the Rushmore Four, a program featuring the presidents who appear on Mount Rushmore, will be returning to the Oklahoma History Center! Performances are scheduled for 2 p.m. and 7 p.m. There is no charge for the 2 p.m. performance, however, patrons are required to pre-register. Admission for the evening performance is \$10 for Historical Society members and \$20 for nonmembers.

"Hunter Trapper" living history program Fort Gibson Historic Site, 907 North Garrison Avenue Fort Gibson, OK 74434. On Friday, November 18, and Saturday, November 19, 2022, from 10 a.m. to noon and again from 1 to 3 p.m., the Fort Gibson Historic Site will hold a living history program about the practices of hunters and trappers of the area. Visitors will learn about the trade through a hands-on examination of the different animal furs and by seeing the different equipment, tools, and paraphernalia involved in making a successful hunting season.

Secrets of the OHC Research Library November 17, 12 p.m. Dive into the past with Laura Martin, Deputy Director of Research at the Oklahoma History Center, as she shares the vast historical and genealogical collections of the Research Library in this exclusive behind-the-scenes tour. You may be an archaeologist or an architectural historian, a student or researcher, a genealogist, or just someone interested in learning about your ancestors or the state of Oklahoma—the Research Library has the tools you need! From allotment records to Land Run claims, Dawes Rolls lists to Freedmen records, census documents and cemetery lists, newspapers, maps, photographs, film, and more. Learn how the Research Library can help you unlock the secrets of your ancestors and of our collective past.

Let's Talk About It: Lonesome Dove (1985) by Larry McMurtry November 19, 6:30 p.m.-8 p.m. Pawnee Bill Ranch and Museum, 1141 Pawnee Bill Road Pawnee, OK 74058. Pawnee Bill Ranch and Museum in Pawnee has partnered with Oklahoma Humanities (OH) to host OH's book discussion series "Let's Talk About It." The book club meeting will take place as monthly in-person and online gatherings at the museum on Blue Hawk Peak.

"Holiday Special" Kilgen Organ Performance feat. Lance Luce Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. On Monday, November 28, from 7 to 8:30 p.m., the Oklahoma History Center will present the 2022 winter performance of the Kilgen Organ series featuring organist Lance Luce. The theme for the concert will be "Holiday Special." A short film and an audience sing-along are planned as a part of the performance. Lance Luce is an internationally acclaimed theatre organist.

Will's Country Christmas December 2, 5 p.m.-9 p.m. Will Rogers Birthplace Ranch, 9501 East 380 Road Oologah, OK 74053. Visit Will Rogers Birthplace Ranch in Oologah for Will's Country Christmas on Friday, December 2, and Saturday, December 3, from 5 to 9 p.m. The ranch house will be decorated for an Indian Territory Christmas. The evening will include storytelling, Wild West shootouts, children's crafts, 19th-century games, carriage rides, a shooting gallery, music, vendors, and food trucks.

Guthrie's Distinctive Homes Tour and Wassail at the Carnegie Library December 3, 10 a.m.-4 p.m. Oklahoma Territorial Museum and Carnegie Library, 406 East Oklahoma Avenue Guthrie, OK 73044. The Oklahoma Territorial Museum and Carnegie Library will be part of Guthrie's Distinctive Homes Tour on Saturday, December 3, from 10 a.m. to 4 p.m. which gives an exclusive look inside some of Guthrie's most distinctive homes and historic buildings, decorated for the holiday season. The Carnegie Library—a stop on the tour—is the place for tour participants to hear tales of the early days of Oklahoma's first capital while having a warming cup of wassail.

Steamboat Heroine film screening and discussion December 10. Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. On Saturday, December 10, the Oklahoma History Center will feature a film screening that follows the excavation of the steamboat Heroine from the Red River and how it was transported to the Oklahoma History Center. In 1990, the sunken steamboat, Heroine, was discovered in Oklahoma's Red River. It provided evidence of the role steamboats played in Oklahoma and how they transformed the region.

Movie Night featuring Meet Me in St. Louis (1944) December 30, 6 p.m.-9 p.m. Will Rogers Memorial Museum, 1720 West Will Rogers Boulevard Claremore, OK 74017. Will Rogers Memorial Museum in Claremore will host a Movie Night featuring the film Meet Me in St. Louis (1944) in its theater on Friday, December 30, at 7 p.m. "Horsing Around with Will" will take place from 6 to 7 p.m., during which families can enjoy activities and crafts relating to the movie's theme. Guests can enjoy free admission, popcorn, and drinks while watching the film. Seating is limited, so early arrival is suggested.

TINSELTOWN TALKS:

Nancy Olson Livingston had a front-row seat to entertainment history

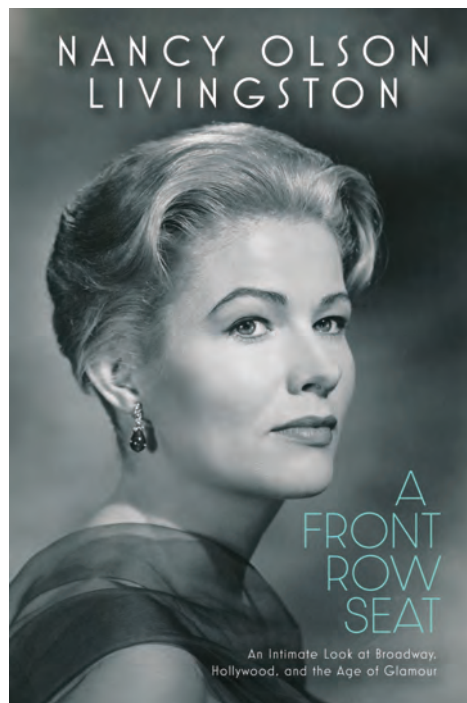
By Nick Thomas

Aside from the songwriters, imagine being the first person on the planet to enjoy the words and music of some of the greatest classic songs to ever appear in Broadway and Hollywood productions.

Nancy Olson Livingston did not have to imagine. As she writes in her new November autobiography, "A Front Row Seat," her lyricist husband Alan J. Lerner and composer partner Frederick "Fritz" Loewe would regularly serenade her with their latest compositions throughout the 1950s.

"We were living in New York and I remember one time being awoken at three in the morning by Alan and Fritz who were shaking the bed saying, 'Nancy, Nancy, you have to get up!'" recalled Olson Livingston from her home in Beverly Hills.

A bitterly cold night in the Cover of Olson Livingston's book.



Nancy Olson, as she was credited, and William Holden publicity still - Paramount Pictures

midst of a New England blizzard, the wildly excited songwriters forced her into a heavy coat, galoshes, and scarf as Lerner led his sleepy wife across the snow-covered road to their studio.

"You have to listen to something," they insisted, depositing her in an armchair near the piano.

The pair began acting out scenes from their new play and then performed "The Rain in Spain" to their wide-eyed solo audience. The song was one of over a dozen Lerner/Lowe classics that would be used to score the 1956 Broadway debut of "My Fair Lady" with Rex Harrison and Julie Andrews, then 8 years later on the big screen soundtrack featuring Harrison and Audrey Hepburn.

Whereas the original Broadway production continued into the early 1960s, the marriage to Lerner did not. The pair remained together from 1950 to 1957 when Lerner co-wrote songs for "Brigadoon" and "Paint Your Wagon." But by the time audiences were enjoying his hits in "Gigi" and "Camelot," the couple had divorced.

Fortunately for Nancy, she married Alan Livingston several years later, a union that lasted 47 years until his death in 2009. Livingston was another giant in the music world, an entertainment executive who eventually became president of Capitol Records in the early 60s. He signed an aging Frank Sinatra to a record deal, produced Don McLean's "American Pie," and was instrumental in bringing the Beatles to the U.S. He even co-wrote the novelty song "I Taut I Taw a Puddy Tat" and created the character of Bozo the Clown.

Unlike her first Alan, Alan number two was a faithful and devoted husband and the love of Nancy's life. At 94, she still lives in the same house the couple built in 1965.

While certainly a dutiful hostess who supported the careers and social demands of both spouses, she also enjoyed success as an actress. Credited as Nancy Olson in film and television roles, she is often best remembered for her appearance in 1950's "Sunset Blvd" playing the ingénue role with William Holden and Gloria Swanson. She went on to work with Holden in several more films.

"We formed a lasting friendship," she said. "One time Alan (Livingston) and I were flying to London and were at Kennedy airport when I heard a voice calling from the other end of the hallway - it was Bill (Holden). We ran to each other and hugged which was very emotional. All of a sudden, a stranger walked up and taps us both on the shoulder and said, 'excuse me, but this is better than watching an old movie!'"

Many more stories outlining her movie career, extensive charity work, and life married to two extraordinarily talented men are described in Olson Livingston's book, which she divided into over 100 easy-to-read chapters.

"I could have written many more," she says, "but each one in the book represents important moments in my life."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.

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IN RECOGNITION

USS Oklahoma 1916-1946

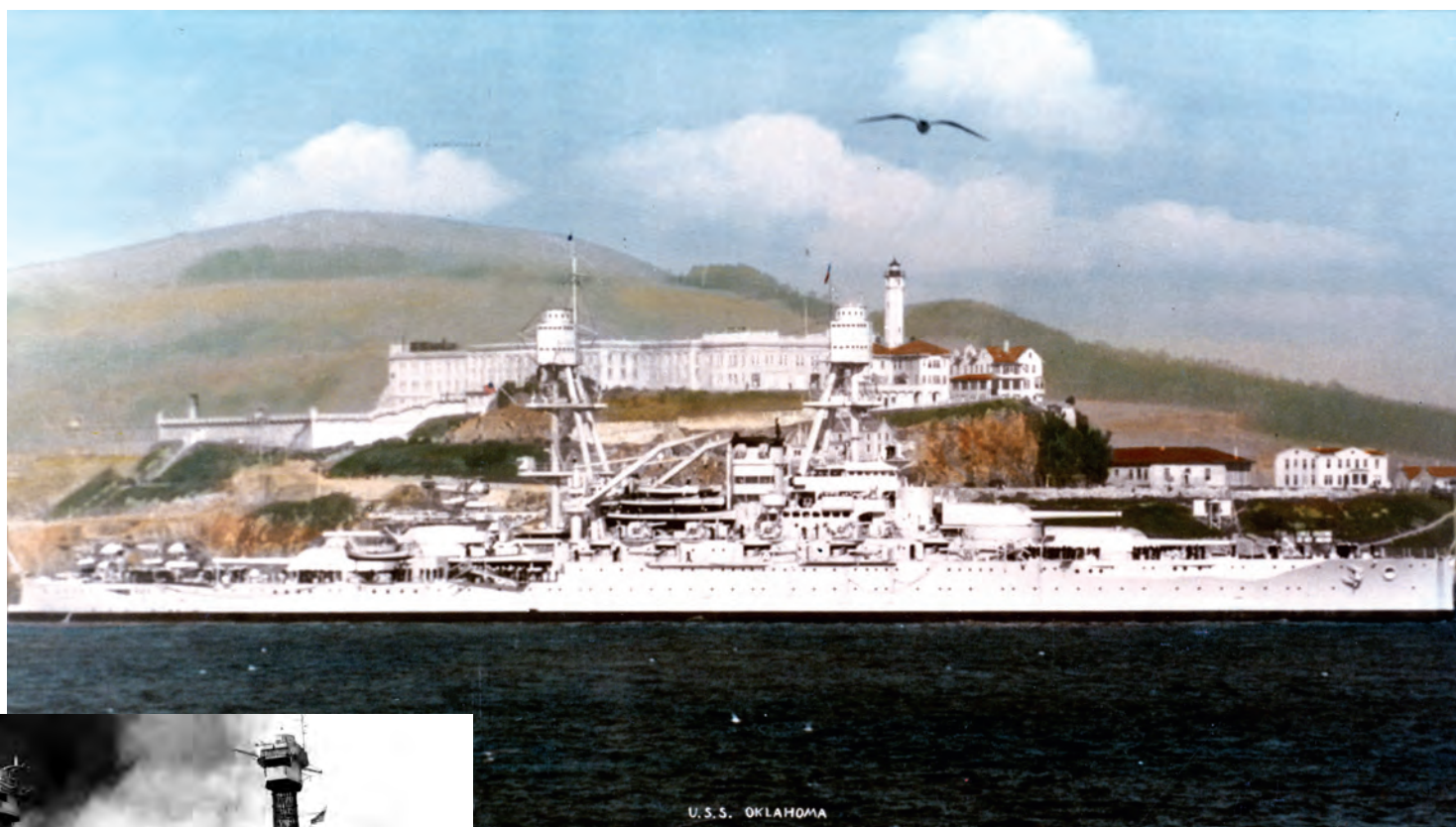
Battleship # 37, later BB-37 - attacked on 7 December 1941

Courtesy Naval History and Heritage Command

USS Oklahoma, a 27,500-ton Nevada class battleship, was built at Camden, New Jersey. She was commissioned in May 1916 and generally operated in the Atlantic over the next five years. In mid-1918, Oklahoma went to European waters to help protect convoys. Late in that year and in June 1919 she escorted President Wilson during his voyages to and from France. In 1921, the battleship moved to the Pacific, visiting the west coast of South America prior to joining the Pacific Fleet. During most of the rest of the decade, Oklahoma served with the Battle Fleet during its many exercises, drills and Fleet Problems. She participated in the Fleet's trans-Pacific cruise to Australia and New Zealand in mid-1925. In the summer of 1927, she transported Naval Academy Midshipmen from the east to the west coast during their annual training cruise.

Oklahoma was modernized at the Philadelphia Navy Yard in 1927-29, emerging with a greatly altered appearance and notably improved battleworthiness. After brief service with the Scouting Fleet, she returned to the Pacific in mid-1930, and renewed her participation in the Battle Fleet's activities. In July 1936, Oklahoma was sent to Europe to help evacuate U.S. citizens and others during the Spanish Civil War. She rejoined the Battle Fleet in the Pacific later in the year.

In 1940, Oklahoma's base was shifted from the U.S. west coast to Pearl Harbor, Hawaii. She was at Pearl Harbor when the Japanese attacked on 7 December 1941. Moored outboard of USS Maryland (BB-46), she was hit by a great number of Japanese Type 91 aerial torpedoes. With her port side torn open over much of its length, Oklahoma rapidly rolled over and sank to the harbor bottom, with the loss of over 400 of her crew. Many of the men trapped in her upturned hull were cut



USS Oklahoma (BB-37) Passing Alcatraz prison, San Francisco Bay, California, during the 1930s. Hand-colored photograph. Courtesy of the USS Oklahoma Association, 1975. Collection of Irvin Barrett. U.S. Naval History and Heritage Command Photograph.



Rescue teams at work on the capsized hull of USS Oklahoma (BB-37), seeking crew members trapped inside, 7 December 1941. The starboard bilge keel is visible at the top of the upturned hull. Officers' Motor Boats from Oklahoma and USS Argonne (AG-31) are in the foreground. USS Maryland (BB-46) is in the background. Official U.S. Navy Photograph, now in the collections of the National Archives.

free through the intense efforts of Sailors and civilian Navy Yard employees.

During 1943, Oklahoma was the subject of a massive salvage undertaking, involving turning her upright, patching her damages and refloating her. She was drydocked late in the year to be stripped of guns and other equipment and repaired sufficiently to make her relatively watertight. Too old and badly damaged to be worth returning to service, Oklahoma was formally decommissioned in September 1944. She was sold for scrapping in December 1946, but sank while under tow from Hawaii to California in May 1947.



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Second Half Expo Featured Panel

Story by Darl DeVault, Contributing Editor

The free 2022 Second Half Expo saw record crowds in its second year at the National Cowboy & Western Heritage Museum in Oklahoma City, many of whom attended The Power Panel Discussion.

Offering “Everything for 50+ Generation”, the Expo was inundated at its 8:30 a.m. opening, with some 150 attendees waiting for the doors to open. Those looking for information on how better to enjoy the “Second Half” of their lives swarmed the 120 booths. Oklahoma’s senior-related businesses presented educational material demonstrations of their products and services.

After her initial welcoming presentation, Mistress of Ceremonies Roxanne Parks stayed busy all day

as a formal hostess introducing the event speakers and performers. Parks, Ms. Oklahoma Senior America 2022, also announced raffle prizes and giveaways from the stage. She made a point of guiding the visitors to help them connect with the resources needed to live the way they have always imagined.

The day was loaded with fun activities, including free educational seminars, drawings for prizes, live music and much more. The booths featured information about the Oklahoma Senior Games, travel opportunities and insurance options.

“We firmly believe the senior years can be lived with dignity and purpose with the right



Former University of Oklahoma cheerleader and now Ms. Oklahoma Senior America for 2022 Roxanne Parks kept seniors informed as Expo emcee.

guidance and resources,” said Bob their adult children in honoring Loudermilk, event manager. “We strive to support seniors and

Continued next page



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A Program of

 **TSET**

EXPO

Continued from Page 24

and assisting their aging parents. Today’s response in attendance was an overwhelming validation of the need for our event each year.”

Many visitors attended this year’s free two-hour panel session: THE 50+ YEARS - How to Navigate the Changing Landscape. Facilitator Rick Hadrava kicked off the morning with a keynote speech about how business owners and families can address their wealth management concerns. He emphasized that seniors should always seek second opinions with retirement planning, portfolio or any other wealth management

to find suitable options in the community. At Arrow Senior Living Advisors, they offer resources to families in evaluating assisted living and senior retirement living facilities.

At noon the Oklahoma Senior Follies performed in their elaborate costumes with their Ziegfeld Follies-inspired musical theater show as Oklahoma’s premier senior talents.

After lunch, many seniors listened to morning panelist Mark Bravo, 64, outlining his view of maintaining mental and physical wellness at any age. His 30-minute presentation centered on motivation. Bravo defined a world where attendees should see themselves through a “kinder, gentler” lens



Mark Bravo shares how to create a healthy momentum in our lives and hone it toward an increasingly productive life.



2022 Second Half Expo saw record crowds to the beautiful National Cowboy & Western Heritage Museum in Oklahoma City.

issue. The eight community thought leaders on the panel shared their expertise. They discussed wealth management, senior housing, estate planning, health and fitness in senior years, tax and insurance planning, downsizing, and Second-Half entrepreneurship. Right after, Matt Wilson and Lori Crabtree made a presentation answering many questions about how seniors should approach staying in their homes as safely as possible. They provided insights into making the changes required by changing health needs and how

to display a strong “stick-to-it-iveness.” He urged his listeners to always see the glass as “three-quarters full, not half-empty” and finished his talk emphasizing a person is best served by adopting an emphasis on gratitude no matter what the age. He and Matt Wilson were the only speakers to present twice that day. Many visitors took advantage of their unrestricted free entry into the Museum and Expo to explore the National Cowboy & Western Heritage Museum after exploring the Expo until it closed at 2 p.m.



Tim Bales with Nerve Renewal Neuropathy Clinic along with a number of associates were on hand to visit with attendants and answer questions.



Scissortail Dermatology at the Collier Skin Cancer Center, 3030 NW 149th St in OKC were among a record number of Healthcare representatives attending the Expo.

COMMUNITY

Any Given Saturday: NRH cares for Sooner

Story by Bobby Anderson, Staff Writer

Five or six Saturdays each fall, some 86,000 fans invade Gaylord Family Oklahoma Memorial Stadium to watch the University of Oklahoma play football.

For a few hours, the surge of humanity encapsulated inside the Palace on the Prairie becomes Oklahoma's seventh largest population.

And from dehydration to cardiac arrest, Norman Regional Health System nurses, techs, paramedics, and other employees team up to provide care inside the Gomer Jones Coronary Care Unit.

For the record, Gaylord Family Stadium can seat up to 86,112, making it the 23rd largest stadium in the world, the 13th largest college stadium in the United States, and the second largest in the Big 12 Conference, behind Darrell K Royal-Texas Memorial Stadium.

Norman physician Dr. Harold

Belknap established the Gomer Jones Coronary Care Unit within the Gaylord Family-Oklahoma Memorial Stadium in 1971 and continued as acting chief until 2003.

All fans who come through the door can get help for free.

"I feel like on game day, the stadium is the safest place to be in town," Norman Regional Health System physician Dr. Patrick Cody once said.

Stephanie Gehrke, RN, emergency nurse manager, has directed the clinic for five years now.

"I thought it was a great concept because I know the clinic has been around for quite a while," she said of coming into her role. "It's a great service for the fans. Some of them get to head back out to the game after we get them fixed up."

Beginning three-and-a-half hours prior to each home contest, the clinic is typically staffed by emergency



Norman Regional Health System employees take care of Oklahoma's seventh-largest population on home football game days. Photos provided. RIGHT: NRHS Emergency Department Manager Stephanie Gehrke, RN, coordinates the Gomer Jones Coronary Care Unit. Photo provided.



department nurses, techs along with an attending ED doc, two residents, and two medical students.

Six to seven teams are gathered to operate cooling zones, which come in handy early in the season when temperatures inside the stadium can easily reach more than 100 degrees.

Runners rotate between the zones to check stock and see if anything is needed.

EMSSTAT bike medics stationed throughout the stadium can get to your seat in about two minutes, and each of those medics can handle a cardiac arrest by themselves with the equipment on their bike.

Employees within the health system are invited to sign up each year.

"It can be anyone from a unit secretary to EVS (environmental services) - anyone that is interested in going," she said.

Gehrke said the clinic sees a bulk of heat and alcohol-related complaints from fans including falls and lacerations.

The clinic has seen heart attacks, strokes, and cardiac arrests "basically anything and everything."

"It's so dependent on the time of the day and the temperature," Gehrke said. "Night games are usually better in terms of heat-related things but we could end up with more intoxication-related complaints."

Gehrke said if you want to stay in the stands and out of the clinic on game days follow a few simple rules.

"The biggest thing is hydrate, hydrate, hydrate, and come prepared to continue drinking water," she said. "A lot of people do drink water

before they come in and kind of forget to keep drinking it during the game and sit out there and bake in that sun."

Comfortable shoes are a must

"Heels and flip-flops probably aren't the most appropriate thing for a crowded stadium because they trip over the stairs and lose your balance," she said.

Inside the clinic, personnel initiate "a lot of IVs" for fluids and give nausea medicine.

"For the clinic, we want to try to get them seen but also get them back to the game if appropriate," she said. "We kind of push those fluids in them, make sure they can stand up and walk and drink fluids without getting sick. The majority of our job in the clinic really all revolves around hydrating people for the most part."

"The majority of the people we never see again."

The hospital also has volunteer stretcher teams composed of young adults from local schools who might be interested in the medical field.

"They are stationed throughout the stadium so if someone were to pass out or fall they are able to put them on their stretcher and get them into the clinic," Gehrke said. "Like Dr. Cody said it probably is one of the safest places. If you're injured you're going to get pretty quick care."

Gehrke said the first game of the season saw 115 calls throughout the stadium and 54 patients were seen in the clinic.

For more information about Norman Regional Health System click here:

<https://www.normanregional.com/careers>

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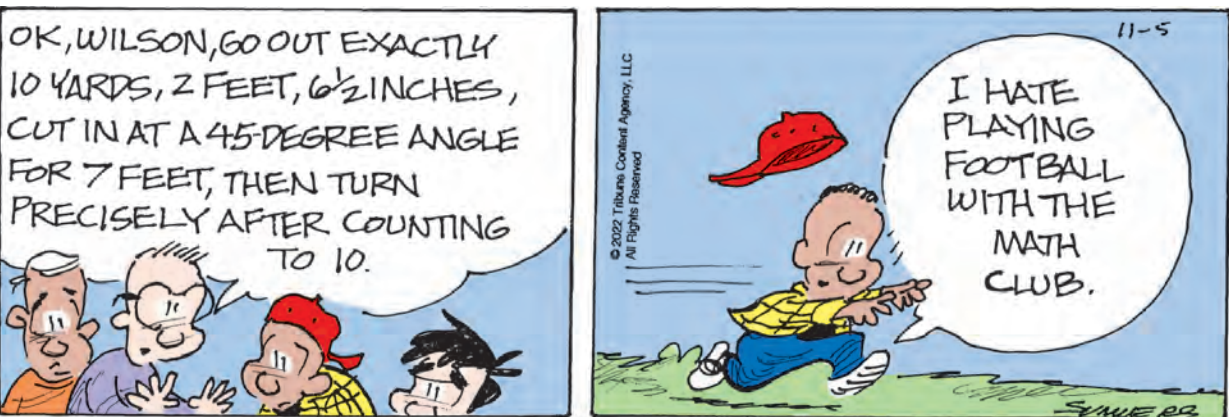
Dick Tracy



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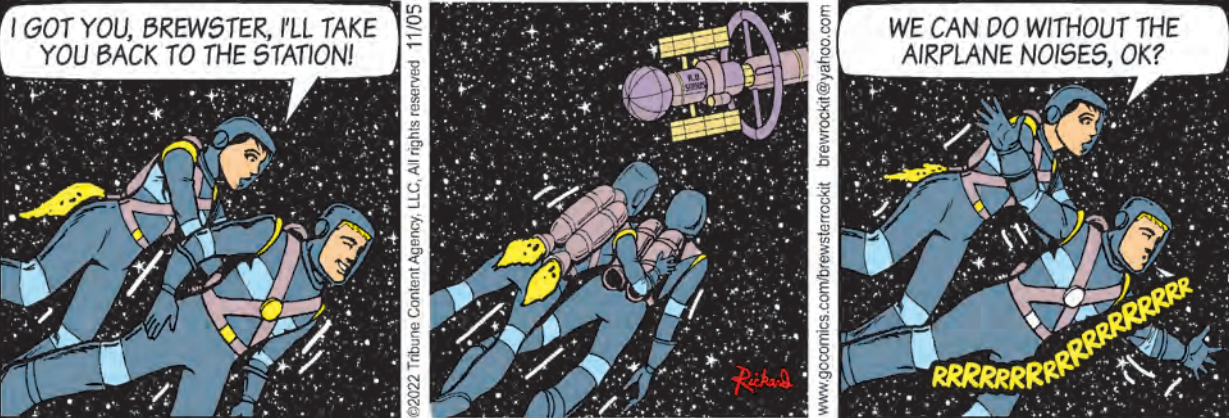
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JUMBLE

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GIHYMT

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○ ○ ○ ○ ○

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○ ○ ○ ○ ○

○ ○ ○ ○ ○

October Answers | SWORN HOWDY SNAPPY BUNKER
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THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

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

Check out the new, free JUST JUMBLE app

MINION ALLEY - It's good to be a Minion

It takes skill to trip over flat surfaces

A reminder that it's time to get some tattoos

by Greg Schwem

At last check, the time spent recently turned 60, a milestone accompanied by physicians telling me my various aches and pains are most likely the result of existing.

Pain in the top of my left foot recently sent me to a doctor who diagnosed a partial stress fracture.

"What caused that?" I asked, struggling to put my shoes on. "What did I do?"

"You don't have to do anything" he replied, as if his last 20 patients had asked the same question. "These things can just happen to someone your age."

Ouch. Literally and figuratively, ouch!

Sensing my confusion, he offered a partial explanation.

"Stress fractures are often the result of active lifestyles."

Fellow sexagenarians, take note. Pain and suffering are your rewards for trying to stay healthy. Now go lay on the couch immediately and crack that fourth beer. Doctor's orders.

I also am struggling with memory, an affliction that comes with age but one I will remedy with the help of Pennsylvania senate candidate John Fetterman.

One of the most hotly contested, and entertaining, races this November pits Fetterman, the Keystone State's lieutenant governor, against (loudly clear throat) DOCTOR Mehmet Oz. The latter was hilariously mocked on social media recently after airing an ad blaming President Biden for the rising price of crudites (aka little carrots). Fetterman, meanwhile, suffered a stroke mid-campaign, raising questions about his health and fitness for the job.

Fetterman's forearms also have become a source of scrutiny, specifically, his multiple tattoos. Fox windbag Tucker Carlson called them "silly" and "a costume" while former House Speaker Newt Gingrich, (R - Yeah, he's still alive), seized on Fetterman's no longer visible "I Will Make You Hurt" tattoo. Gingrich somehow equated the phrase to heroin and the notorious Crips street gang in another comical tweet.

Seeking to put his ink to rest, Fetterman explained the meaning behind his tattoos in various media outlets. Most, he said, are calendar dates marking the day someone died violently while Fetterman was mayor of Braddock, Pennsylvania. Fetterman said the dates are reminders of the crime-ridden country he hopes to change if elected senator.

Thankfully, I don't personally know of anyone who met a violent death. But I could use a permanent cheat sheet on my body. So, in the event I summon the nerve to visit a tattoo parlor, I am compiling a list of "reminders" I can refer to in moments of confusion:

My computer login password. True, I don't have the body space to list ALL of my passwords. But this one at least gets me initial entry into the system that holds the rest of them.

11-27-93. I won't divulge the exact meaning behind the date, but I was wearing a rented tux that day and a minister was involved. Also, my wife could become angry if I ever forget it.

24-12-36. It's my first junior high locker combination and a reminder that, while I struggle to remember the date I was married, I still proudly recall inane information like this.

The name of my first pet. No longer will I get locked out of my online bank account after five failed attempts.

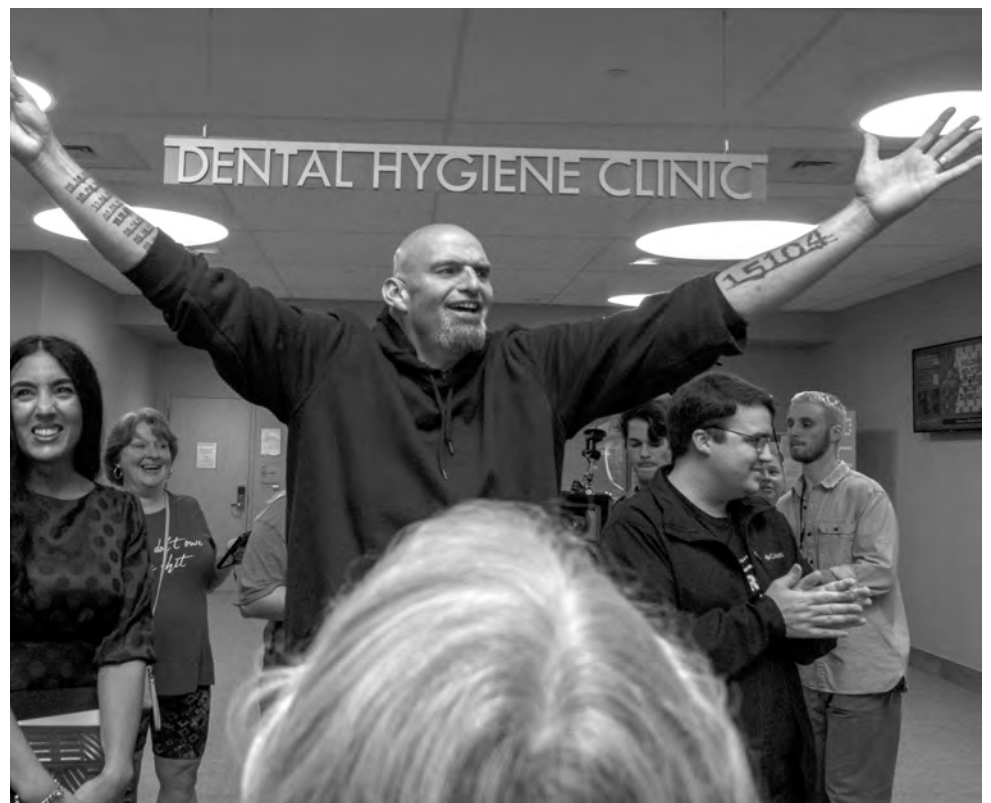
My bank's phone number. You never know.

The warranty expiration dates on every major household appliance I own. When somebody points to it and says, "What does that one mean?" I can say, "It means it's time to buy a new refrigerator!" Then I can easily log into my bank account and determine if I have the funds to afford one.

Finally, "Elton John, 1976," a reminder of the first concert I ever attended.



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



September 11, 2022, Blue Bell, Pennsylvania, USA: Pennsylvania Democratic Senate candidate Lt. Governor John Fetterman greets supporters before the start of the Women for Fetterman Rally.

Considering the 75-year-old Rocket Man just performed at the White House and will continue packing stadiums until calling it quits later this year, it's a testament to doing what you love for as long as you feel like it. I plan to do the same with my current career.

After that, maybe I'll retire and continue to live an active, healthy lifestyle.

I had better leave some space on my arm for a crudite tattoo.

(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.)

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)

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of blue and green. In fact, cats have way more light-sensing cells or rods in their eyes than humans do, and that's why they can see better in low-light situations. Of course that doesn't explain why they sometimes act that way they do.

BBT Myth: Bees can only sting once canines are colorblind

You typically do your best to avoid winged stingers. With good reason: Bumble bees and yellow jacket wasps have mostly smooth stingers and can attack repeatedly. And if there's a European hornet that's buzzing around your yard, stay away!

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Mercy Celebrates Major Milestone in Construction of Love Family Women's Center



Crowds cheered as construction crews lifted the final steel beam into the frame of the new Love Family Women's Center Monday. The facility is under construction on the campus of Mercy Hospital Oklahoma City and will increase the hospital's capacity to deliver babies by 40%.

The women's center is being built at the northwest corner of Mercy's campus at West Memorial Road and North Meridian Avenue. Construction kicked off in July 2021 and is on schedule to be complete in fall 2023.

Labor and delivery and postpartum services at Mercy have been at capacity for years, limiting the hospital's ability to serve more patients. Over the last decade, Mercy has seen a 34% increase in births. The hospital, built in the 1970s, was designed to accommodate up to 3,000 births annually, but the hospital made room for a record 4,035 births last year.

"Like Mary and Joseph experienced the night Jesus was born, many days there's just not enough room in the inn here at Mercy," said Dr. Chad Smith, chief medical officer and obstetrician/gynecologist at Mercy Hospital Oklahoma City. "Our Mercy Birthplace team is awe-inspiring, and they do everything in their power to create as much room and serve as many families as possible. But we're excited this building will give us much more space to serve many more families when they need us."

The hospital currently has 43 patient rooms dedicated to labor and delivery and postpartum services. When the Love Family Women's Center opens, that number will increase to a total of 73 patient rooms.

The four-story, 175,000-square-foot building will feature an obstetrics emergency department and the state's first hospital-based low intervention birthing unit staffed by certified midwives. It will also serve as a hub for services designed for women of all ages, including women's surgical recovery and physical therapy.

Three large caesarean section suites in the women's center will connect to the hospital on the first floor via the existing hospital surgical suite. This strategic design allows for quick, safe access to additional services if medical emergencies occur during delivery.

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

A large conference center will host support groups and classes on everything from childbirth and infant care to CPR and more.

"What makes this building so special is the love and support from our community that made it all possible," said Lori Cummins, vice president of development at Mercy Health Foundation Oklahoma. "They say it takes a village to raise a child. With more than 40% of this project funded through donations, it's taken a village of generous people across Oklahoma and the country to make this longtime dream a reality."

The Tom and Judy Love family, for whom the center is named, gave a \$10 million lead donation to kick off the project, inspiring another \$33 million total in donations toward the Love Family Women's Center.

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Medical News:

405-422-9518



Nerve Renewal
NEUROPATHY CLINIC

Do You Suffer With Neuropathy?

Welcome To A New Medical Therapy Covered By Medicare

Do you have any of these Neuropathy effects?

- Burning pain
- Leg cramps and spasms
- Pain with walking
- Muscle weakness
- Sensitivity to touch
- Loss of balance or coordination
- Numbness, prickling, or tingling
- Sleep loss from leg pain
- Post surgical pain
- Chronic intractable pain

Call to learn even more

Neuropathy has many different causes. The most common metabolic cause are patients with diabetes. Nearly 60% of all patients with diabetes develop neuropathy. This can commonly present as pain, numbness, swelling, burning, tingling, sleepless nights, balance issues.

Other causes of Neuropathy include:

- Chemotherapy
- Alcoholism
- Drugs/prescription medications
- Battlefield toxins, industrial toxins
- Vitamin deficiencies
- Acute physical Trauma
- Post-surgical pain

Electroanalgesia Benefits



Over 80% of patients report a significant reduction in pain.

Treatments are covered by most insurance plans, including Medicare and VA programs.

No opioid drowsiness, addiction concerns, or side effects.

Enjoy better sleep due to reduced pain and recover more quickly from knee and hip surgery.

Patients reduce chemotherapy side effects and are better able to complete the entire treatment cycle.

Patients don't feel trapped by pain. They are able to move and get exercise, leading to healthier outcomes for all other medical treatments.

405-422-9518

nerverenewalnow.com