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Inaugural Senior Marathon Includes Walking

John Bivins, 72, was included in KFOR's Kevin Ogle, and Linda Cavanaugh's live television coverage of the Sunday marathon beginning at 6 a.m. each year.



Story by Darl DeVault, contributing editor

Seniors 65 or older who like to walk or run can invest in a new experience, the Senior Marathon, on April 29th at the 23rd annual Oklahoma City Memorial Marathon, akin to taking a vacation rather than buying themselves a new toy. Psychologists say it is much better for one's well-being to invest

in experiences rather than purchasing new things to own.

After 22 years of community service to help fund the Oklahoma City National Memorial & Museum, the Oklahoma City Memorial Marathon now provides a new experience.

For the first time, seniors who walk or run before the event can support the downtown museum to help to honor the victims, survivors, rescuers, and those affected by the April 19, 1995 bombing. Mercy is the presenting sponsor of the inaugural event.

Beginning in January, Senior Marathoners who sign up
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RUN

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will walk or run 25 miles before race weekend. They can walk as they typically walk or run in their local areas, recording their 1.5 miles weekly. They add up their mileage on a Senior Marathon Running Log available online 2023-Senior-Marathon-Running-Log.pdf (okcmarathon.com) to equal the first 25 miles of a marathon.

This mileage allows them to be a part of one of our nation's most significant feel-good events for fitness in the lead-up to the "Run to Remember" event Sunday, April 30. The day before the marathon, Saturday, at 8 a.m., the Senior Marathoners complete their event between the 7 a.m. start to the 5K run and the Kid's Marathon of a similar style at 9 a.m.

From the marathon starting line at the Oklahoma City National Memorial, seniors can run or walk the last 1.2 miles of their marathon distance directly south to the finish in Scissortail Park to be part of something much bigger than themselves. This allows seniors to feel like "elite" participants because of the on-course support from a massive outpouring of cheering from

volunteering OKC residents.

These new Senior Marathoners can feel the camaraderie of attending, interacting, and supporting the Health and Fitness Expo that Saturday at the Oklahoma City Convention Center. The OKC Convention and Visitors Bureau and OU Health present the Expo adjacent to the finish line.

"There's a generation of Oklahomans who were ever-present on April 19, 1995 so we want to reconnect both the Memorial and race weekend with the generation that was so key on that day," said Chris Fleming, Marathon trustee chairman. "The Memorial Marathon is America's most meaningful marathon, and the new Senior Marathon will now be a part of it."

Oklahoma City provides walking opportunities on its trail system, but walkers in groups along these trails are a rarity. This specific new goal in April reached with the logging of miles in January, February, and March has the potential to spark groups of seniors socializing as they use the trail system. Officials say the YMCA, senior centers and community agencies will offer senior walking events for those wanting to accumulate 25 miles in a group.

The two-day event some years hosts more than 25,000 runners and

walkers from every state and several foreign countries. Aside from this inaugural inclusion of seniors, the event offers a marathon, half marathon, marathon relay (5 member teams), 5K, Kid's marathon and a wheelchair division.

Costing \$30, seniors will receive an event t-shirt, finishing medal and free entry to the Museum with their bib number as they share the experience with their friends and family. Achieving their fitness goal can energize many people to participate in an activity providing good health, a key to aging gracefully.

This is just one of the ways this new facet of the marathon can stimulate Oklahomans and those around the country to enhance their lives at the finish line in Oklahoma City. The marathon weekend is the largest fundraiser for the privately owned and operated Oklahoma City National Memorial & Museum.

The marathon has built a reputation as one of the best in America, praised in many running publications. It also attracts legends of marathoning to speak at the Expo



Susan Vaughan, 62, was part of a team competing in the Oklahoma City National Memorial & Museum's largest fundraiser to support its year-round operation.

and run at the event. This new form of inclusion has the potential to make the event even more significant as one of the premier marathons in the country. For more info, go online to: *NEW* Senior Marathon – Oklahoma City Memorial Marathon (<https://okcmarathon.com/>).

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OPINION



A Checklist of
What to Do When a
Loved One Dies

Dear Savvy Senior,

What steps need to be taken after a loved one dies? My 71-year-old uncle, who's divorced with no children, has terminal cancer. He's asked me to take care of his affairs so I would like to find out what I need to do after he passes away.-- Unsure Nephew

Dear Unsure,

I'm very sorry to hear about your uncle. The death of a loved of can bring about a host of different tasks and responsibilities. Here's a list of some things you can do now, and after his death, that can help keep a sad event from becoming even more difficult.

Before Death Occurs

There are several tasks you can do now while your uncle is still living that will make things easier for you after he dies.

For starters, find out where he keeps all his important papers like his trust and/or will (also make sure it's updated), birth certificate, Social Security information, life-insurance policies, military discharge papers, financial documents, key or combination to a safe deposit box or a home safe. Also make a list of his digital assets (including usernames and passwords) like his email account, online banking accounts, social media accounts, etc.

If your uncle doesn't have an advanced directive, help him make one (see CaringInfo.org for free state-specific forms and instructions). An advanced directive includes a living will that specifies his end-of-life medical treatments and appoints a health-care proxy to make medical decisions if he becomes incapacitated. In addition, you should also make a do-not-resuscitate (DNR)

order. Your uncle's doctor can help you with this.

You should also pre-arrange his funeral, memorial service, and burial or cremation.

Immediately After Death

Once your uncle dies, you'll need to get a legal pronouncement of death. If no doctor is present, you'll need to contact someone to do this.

If he dies at home under hospice care, call the hospice nurse, who can declare his death and help facilitate the transport of the body.

If he dies at home without hospice care, call your uncle's doctor. You'll then need to call the funeral home, mortuary or crematorium to pick up the body. If your uncle is an organ or tissue donor, contact the funeral home or the county coroner immediately.

Within a Few Days

If funeral plans were not pre-arranged, you'll need to make arrangements and prepare an obituary. If your uncle was in the military or belonged to a fraternal or religious group, you should contact those organizations too, because they may have burial benefits or conduct funeral services.

You should also notify family members, close friends and his employer if he was still working, and make sure his home is secured.

Up to 10 Days After Death

To wind down your uncle's financial affairs, you'll need to get multiple copies of his death certificate, which are typically ordered by the funeral home.

If you're the executor of your uncle's estate, take his will to the appropriate county or city office to have it accepted for probate. And open a bank account for your uncle's estate to pay bills, including taxes, funeral costs, etc.

You also need to contact your uncle's estate attorney if he has one; tax preparer to see if estate or final income taxes should be filed; financial advisor for information on financial holdings; life insurance agent to get claim forms; his bank to locate and close accounts; and Social Security, the VA (if he's a veteran) and other agencies that provided benefits in order to stop payments.

You should also cancel his credit cards, delete or memorialize his social media accounts and, if relevant, stop household services like utilities, mail, etc. His home and personal belonging will also need to be dealt with in the coming weeks.

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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OMRF receives \$469,000 to study hearing loss



Oklahoma Medical Research Foundation scientist Gaurav Varshney, Ph.D.

An Oklahoma Medical Research Foundation scientist hopes a new, two-year grant will help him pinpoint the genetic variants that can cause age-related hearing loss.

Scientist Gaurav Varshney, Ph.D., will receive \$469,000 from the National Institute on Deafness and Other Communication Disorders, a part of the National Institutes of Health.

Varshney's lab studies human disease through zebrafish. More than 80% of human genes known to be associated with disease have a counterpart gene in the paperclip-sized fish.

In the U.S., hearing loss affects 1 in 8 people ages 12 and older, according to the NIH. The numbers rise as we age, with 1 in 3 experiencing hearing loss among those 65 to 74 years old.

Genetic causes account for up to half of all hearing loss cases, Varshney said. Scientists have narrowed the possible responsible genetic variants to about 100 mutations through genome-wide association studies.

One such U.K. study, published in 2019, analyzed the DNA of 250,000 people between 40 and 69 years old with diagnosed and self-reported hearing loss. That study identified 44 regions within the DNA where

one or more genetic mutations could cause hearing loss.

Humans and zebrafish share 39 of those 44 regions. Those 39 areas will be the focus of Varshney's research.

"We want to pinpoint the specific genes within those 39 regions that could be responsible for hearing loss," he said. "With that information, scientists can design better treatments for the condition."

Varshney's lab will use the gene-editing tool CRISPR/Cas9 to turn off individual genes within a given DNA region in the fish. To determine whether that missing gene results in hearing loss, his team will track fish behavior immediately after generating a startling sound. He'll then repeat this process for genes in all 39 regions.

"Dr. Varshney's research is a critical step, and it's representative of how genetic studies often work," said Patrick Gaffney, M.D., who chairs OMRF's Genes and Human Disease Research Program. "You narrow the list of potential mutations until one day, hopefully, you can target a specific mutation with a drug therapy. That's the direction his research is headed."

Varshney's grant is 1R21DC020317-01A1.

Hospital Recognized For Reducing Tobacco Use Among Patients

Hospitals Helping Patients Quit (HHPQ), an Oklahoma Hospital Association (OHA) initiative, recognized 11 hospitals and clinic partners at OHA's recent Connect 22 annual conference that have achieved notable benchmarks in reducing tobacco use in Oklahoma. These visionary hospitals and clinics have implemented a permanent and standard best-practice protocol for identifying, counseling, and referring individuals to the Oklahoma Tobacco Helpline (OTH) for coaching support and nicotine replacement therapy.

OHA recognized these hospital leaders for achieving notable benchmarks in clinical tobacco treatment:

Helpline Referrals 100-499

Great Plains Regional Medical Center, Elk City - 100 referrals



McAlester Regional Health Center - 150 referrals

Cedar Ridge Behavioral Hospital, Oklahoma City - 275 referrals

Helpline Referrals 500-999



AllianceHealth Ponca City - 500 referrals

Stillwater Medical Center - 600 referrals

INTEGRIS Health Edmond - 600 referrals

Helpline Referrals 1000-1999

OU Health, Oklahoma City - 1,000 referrals

Comanche County Memorial Hospital, Lawton - 1,100 referrals

Helpline Referrals 2000 or more



SSM Health St. Anthony Hospital - Oklahoma City - 2,850 referrals



Chickasaw Nation Medical Center, Ada - 5,000 referrals

INTEGRIS Outpatient Clinics - 8,600 referrals

Through effective, health care provider-driven tobacco treatment services, HHPQ partner hospitals and clinics have referred 55,000 patients to the OTH, resulting in an estimated 39,000 years of life saved and \$19.5 million dollars in reduced health care costs as well as personal spending on tobacco products.

The Tobacco Settlement Endowment Trust (TSET) supports OHA's Hospitals Helping Patients Quit and the Oklahoma Tobacco Helpline. For more information the HHPQ initiative, go to <https://www.okoha.com/hhpq>. For information on the Oklahoma Tobacco Helpline, <http://okhelpline.com>.



COMMUNITY

OCU Nursing Professor Recognized by Faculty Peers

by Van Mitchell, staff writer

Dr. Elizabeth Diener, PhD, RN, PNP, CNE, has taught in programs of nursing for the past 30 years in New York, Missouri, and Oklahoma City University's Kramer School of Nursing.

She said her 13-year stint at OCU has been the most rewarding of her teaching career.

"I can say without a doubt this is the best teaching job that I have ever had," she said. "They have always encouraged me to explore my own personal research interests, in addition to fulfilling my teaching duties."

That reciprocation was returned to Diener by her fellow staff

members as she was named the 2022 recipient of the DAISY Award for Extraordinary Nursing Faculty.

An acronym for Diseases Attacking the Immune System, The DAISY Foundation was established in 1999 in memory of J. Patrick Barnes who died (at the age of 33) from complications of the auto-immune disease Idiopathic Thrombocytopenic Purpura (ITP).

Barnes's family was very touched by the remarkable compassion and clinical skill demonstrated by Patrick's nurses during his illness, so they created DAISY to recognize exceptional nurses everywhere.

Diener said she was humbled



OCU nursing professor Elizabeth Diener, right, receives the DAISY Award for Extraordinary Nursing Faculty from Kramer School of Nursing Dean Gina Crawford during the school's pinning ceremony.

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by her award recognition.

"It would both serve as a validation of everything that I have done in my past 25 years as faculty," she said. "It would also be quite humbling because I work with an incredible group of faculty that every day try to do their best to foster faculty and student relationships, and be experts in their field. I feel I am just a representative of all of our faculty."

Diener currently serves as Professor of Nursing. She is trained as a Caritas Coach in Watson's Caring Science Institute, holds a certificate as a Soul Collage Facilitator, completed a postdoctoral Fellowship at the University of Arizona in Integrative Nursing Curriculum, and is a certified ANFT Nature and Forest Therapy Guide..

She is currently pursuing her teaching certification in MBSR at Brown University, School of Public Health. Her clinical practice areas have included, Pediatric AIDS Care, Neonatal Intensive Care, Pediatric Emergency Care, ECMO, Hospice and Palliative Care, and Nursing Leadership/Administration.

Diener said her parents

encouraged her to pursue a career in healthcare. She said watching nurses care for some of her relatives growing up also influenced her to become a nurse.

"I was encouraged by my parents," she said. "Women went into nursing or education. Either one would have been acceptable to my parents, but they really had a great respect for healthcare. I just have a real respect for the nurses that I saw and how they could comfort people, and assure them that things would turn out okay. It made me want to be a part of that."

Diener said she learned early on in her clinical practice she had what it took to handle the stress and chaos that a nursing career can sometimes have.

"I got a really good look at what nursing would involve," she said. "I knew then I had what it took to become a nurse."

Diener said her approach to teaching has evolved as has the field of nursing with new technology, medicine, and the impact of the COVID-19 pandemic has had on nursing.

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DIENER
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"I think at the beginning I was more concerned with delivering the materials that were required or requested for a particular course, and assessing student performance," she said. "As it has evolved, it has become not only that, but education has become much more in-depth. We have technology now that wasn't available back in the day. Our skills have expanded greatly."

Diener said the pandemic hit the nursing field hard with more nurses leaving the field due to burnout and fatigue.

She said nursing schools like OCU have worked hard to help recruit more nursing students, as well as hospitals and healthcare agencies helping them better transition from student to full-time nurse.

"It's the quick turnaround from being a student to a functionally-responsible nurse," she said. "It can

be pretty overwhelming at times. Hospitals are trying to address that with internships and transitioning into practice."

Diener said one message she tells nursing students is to always remember to take care of themselves.

"I think a thing we struggle with is how do we get everything done in the time allotted because there are so many demands," she said. "I think the challenges will always change as they always do," she said. "We are fortunate enough to be able to educate larger numbers of nurses. Nurses will get the job done."

Diener said nursing and teaching is not just her career, it is her passion to help others.

"It is a career I never considered leaving, and one of the reasons is because under the umbrella of being a nurse, there are so many places that you can practice and so many roles that you can fulfill that you can be a nurse and still find your place," she said.



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HEALTH

Stillwater's 'Pink Out' gift to OMRF takes on special meaning

Her record may not equal the NCAA basketball coach of the same name, but Stillwater High School's "Coach K" left an enduring legacy of her own.

In addition to the example she set for her former students and basketball players, Kendra Kilpatrick's legacy includes helping fund research aimed at breast cancer – the disease that took her life on Nov. 26. She was 36.

Stillwater students last week presented the Oklahoma Medical Research Foundation with a check for \$13,489.52 in Kilpatrick's honor, all raised during their bake sales, T-shirt sales and other fundraisers comprising the school's annual

"Pink Out" week. Every dollar will go directly to cancer research at OMRF.

"Coach K was beloved by everyone," said her friend and fellow teacher, Jody Webber, who advises the student group that leads Pink Out efforts. "She was a lover of students – of all people, really – and you felt that love from her."

Following the check presentation, students met with OMRF cancer researchers, including Jake Kirkland, Ph.D., who joined OMRF from Stanford University. Kirkland's research focuses on a

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Stillwater High School girls basketball Coach Kendra Kilpatrick, right, with her husband, Ross, and children. Kilpatrick died of breast cancer Nov. 26, 2022.



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PINK

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chemotherapy called doxorubicin, better known as the "red devil" for its toll on the patient's body.

"About half of patients with breast cancer seem to respond to doxorubicin. My goal is to better determine who it will help and who it won't," Kirkland said. "If we know that, we can avoid putting women through unnecessary suffering caused by the drug."

Stillwater senior Bess Glenn said the visit to OMRF was a valuable learning experience.

"I really enjoyed learning about all that OMRF does and how our Pink Out Week donations make a difference. The passion and knowledge the scientists shared was inspiring," said Glenn.

Since designating OMRF as the beneficiary of their fundraising efforts in 2011, the Stillwater community has raised more than \$114,000 for the foundation's scientists.

"We are so grateful to Stillwater High School's students, their families, and the teachers and staff who put in an incredible amount of work to raise these funds," said Katherine Jackson, OMRF's donor relations coordinator. "This kind of consistent support is critical for our researchers to continue their life-changing work on this terrible disease."

Work at OMRF has led to an experimental drug called OKN-007, which is undergoing clinical trials at the OU Health Stephenson Cancer Center and a dozen other sites around the U.S. to treat patients with glioblastoma, an aggressive brain cancer. The drug has also shown promise in diffuse intrinsic pontine glioma (DIPG), a fast-growing pediatric brain cancer.

Donations like those honoring Kilpatrick make such discoveries possible, and that, said Webber, is part of her legacy.

"This is part of what helps her to live on," Webber said.

STRANGE BUT TRUE

SO THEY SAY...

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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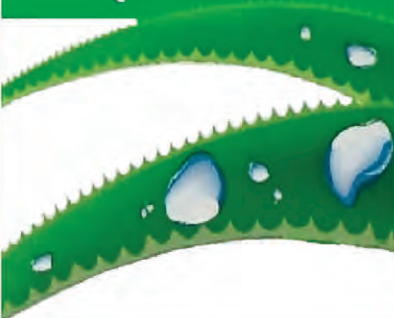
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SPECIAL TO SNL

Hormone Replacement: Yes, No, or Maybe?

Christina Sibley, EMT/RMA, Bachelor of Science- Health Studies

Hormone replacement therapy (HRT) has been a subject of debate for decades, with both sides of the fence claiming harms and health/longevity benefits of taking or leaving it. That can leave women, in particular, at a loss when trying to make an informed decision. Why is it so difficult to get a definitive answer?

In short: hormones, and their effects on the body are complicated and studies tend to concentrate on one or two hormones at a time, usually synthetic, like estrogen and progesterone. Results vary across studies, or even in the same study, when data is analyzed

reassessment of study data and addition of new data, showed risk results depended greatly on age and/or time HRT was started post menopause.

Many studies, including the WHI study, only look at estrogen alone or in combination with progesterone, usually synthetic or animal based. They generally don't consider testosterone (T) at all, which women also produce and is widely available in the body prior to menopause, especially surgical. Additionally, there's much debate over using synthetic HRT vs bio-identical (plant based) HRT, which is not currently FDA approved. The most effective method of delivery (oral, injectable, creams/gels, patches, or implanted pellets) is also debated, further complicating the issue.

Where does that leave us now? The general consensus, according to the WHI, and other studies, is that in otherwise healthy women, benefits outweigh risks, especially if started closer to the beginning of menopause (natural or surgical). The decision should be made on an individual basis, by the patient and their physician, considering the health history and risk factors of that person.

Christina Sibley, with Sibley Insures, is a licensed health insurance agent who specializes in Medicare plans, all types, and Medicare education. Call (405) 655-6098 or visit <https://www.sibleyinsures.com/>.

using different variables.

The Women's Health Initiative (WHI) study is an example of this. A report was sent out in 2002 by the WHI that HRT showed increased risk of certain cancers and cardiac events. Because of that release, prescription and use of HRT plummeted shortly after. Their final report in 2013, after



Christina fell in love with gerontology largely because of the experiences with her grandmother. (Photo provided)

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TRAVEL / ENTERTAINMENT

A is for Albany

From Terry "Travels with Terry" Zinn t4z@aol.com
text and photo provided by the Oklahoma Historical Society



I think it was in the fifth grade when I first heard about Albany, New York. We were studying all the capitols of all of the US cities. It was a bit of a mystery this state capitol so far north of New York City, yet so important to the state's history and in current affairs. Decades later I discovered Albany in a personal way with a weekend excursion.

Most striking about Albany is the site, inside and out, of this historic capitol building itself which took thirty years to complete. It stands on a hill and overlooks the city, and the nearby Empire State Plaza with its monolithic office buildings and the unusual egg shaped theater complex. The plaza complete with reflecting pool and with ice skating in the winter, is popular for public events. On one end is the State capitol building and on the opposite side the New York State History Museum (www.nysm.nysed.gov). The extensive museum houses several sections, including homage to the Civil War (with a life mask of Abraham Lincoln), and more recently artifacts from the World Trade Center disaster. Be sure and visit the observation deck of the 42 storied Corning Tower.

State Street which could be called Albany's main street, runs down from the capitol, pointing toward the Hudson River. Near the base of the street stands, 74 State Street Hotel, which was my pleasant home base and my oasis for my discoveries. 74 State offers several breakfast menu items, and my guests and I enjoyed their Eggs Benedict more than once. This Ascent Hotel Collection provides wireless internet, room service in the morning and evenings and supplies free coffee in the lobby from 6 am to 10 am. The fitness center is open 24 hours. The property also has the Bistro/Bar venue on the second floor, with an expansive picture window overlooking busy STATE street. While the hotel is upscale it features recycled New York State wood and granite.

Just down the hill a bit is the upscale Jacks Oyster House (www.jacksoysterhouse.com) where without a doubt I had the best meal of my visit. As a steak person I tested their expertise and they passed with high marks, as they did for the Martini. My other companions had a variety of entrées including oysters on the half shell and a Lobster tale prepared with gourmet expertise. The service was as exceptional as you would have expected at a fine old world restaurant, and it was a near shame we had to leave to catch a theatrical presentation in Schenectady, NY at the Proctor Theater, which was a treat.

Be sure your discovery of Albany includes a visit to Speak Easy 518 (www.Speakeasy518.com) where you will have unique cocktail tastes accentuated by a variety of herbs and vintage concoctions. You are admonished: "The bar is open to anyone, but not for everyone. In order to maintain our peaceful, secretive existence beneath the city we require the respect of the following house rules which include: Please dress sharply and speak easy. Mind your manners." Live jazz may be there



on your night, and while they offer a variety of wines and beers the experience is in tasting the Prohibition Era Cocktails or the New World Concoctions. You might try the Midnight in the Italian Alps, of Braulio Amaro, Cardamaro Amaro, JFB Sorrel Liqueur, with Flamed Orange Zest, or the Papa Doble made with ADC Quackenbush House Rum, Maraschino Liqueur, and Fresh Grapefruit Juice. Many of the flavors are earthy and perhaps so usual you may have to develop a taste over several visits. To keep the ambiance low, no photography is permitted.

Other recommend dining venues include: Albany Pump Station (www.evansale.com), A Better Bite Deli (www.abetterbitealbany.com), Jake Moon Café (www.jakemoon.net) and the popular New World Bistro Bar (www.newworldbistrobar.com).

Albany has more to offer than space allows- but be sure to include the Albany Heritage Center (www.albany.org/visitors-center), the Albany Institute of History and Art (www.albanyinstitute.org), and weather permitting a visit to John Boyd Thacher State Park (www.nysparks.com/parks.com), and Goolds Orchards and Brookview Station Winery (www.goold.com). If you are lucky you might get to view a replica of Henry Hudson's "Half Moon" Ship, which is the symbol of Albany.

Upcoming dates of interest and for more information: www.albany.com

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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BBT People used to say “prunes” instead of “cheese” when having their pictures taken.

In the 1840s, a big—dare we say, cheesy—grin was seen as childish, so one London photographer told people to say “prunes” to keep their mouths taut. And that

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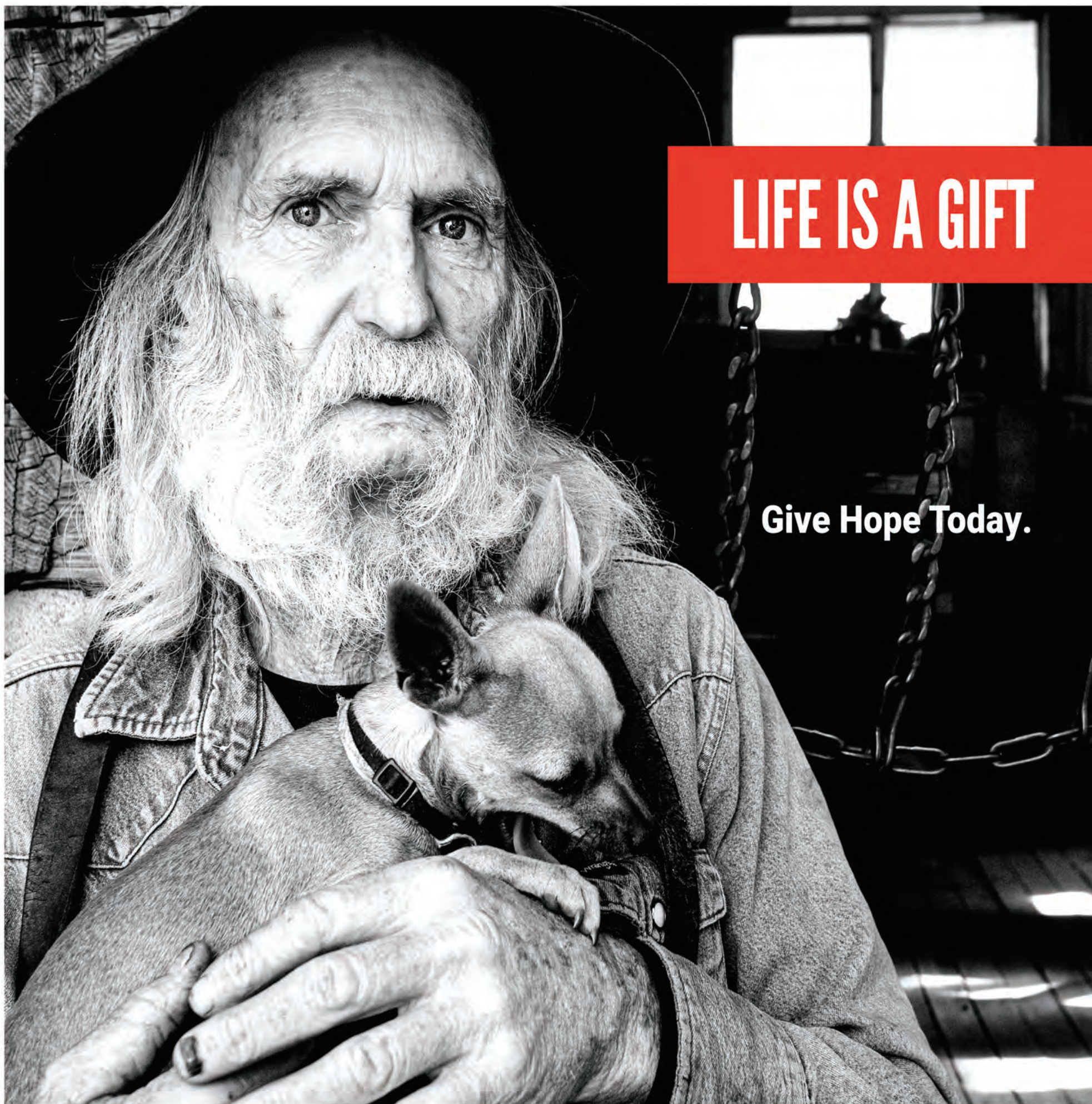
look predated today's “fish face” selfie by, oh, about 180 years.

BBT In the Philippines, McDonald’s serves spaghetti

Some of these weird facts are very unexpected. The pasta comes with a beef tomato sauce and a piece of “McDo” fried chicken.

BBT The Empire State Building has its own ZIP code

It’s home to 10118.



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Situation Update: COVID-19

New Cases 7 Day Average	608
New Cases Week of 12/18/22 - 12/24/22	4,259
Active Cases	9,395
Total Cases	1,250,013
CDC/NCHS Provisional Deaths	17,412
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	7 (1)
Region 2 (NE)	12 (2)
Region 3 (SW)	36 (3)
Region 4 (EC)	16 (6)
Region 5 (SE)	6 (0)
Region 6 (Central)	31 (4)
Region 7 (Tulsa)	88 (35)
Region 8 (OKC)	111 (20)
Total	307* (71)
Other Types of Facilities	
Focus Facilities	11 (1)
Rehabilitation Facilities	NA
Tribal Facilities	4 (1)
Other Facilities Total	15 (2)

*Includes 15 hospitalizations in pediatric beds.

**Focus, Rehabilitation and Tribal Facilities numbers are not assigned to a specific region as their patient populations reside across the state. Information provided through survey of Oklahoma hospitals as reported to HHS as of the time of this report. Response rate affects data. Facilities may update previously reported information as necessary.

Data Source: Acute Disease Service, Oklahoma State Department of Health.

*As of 2022-12-29 at 7:00 a.m.

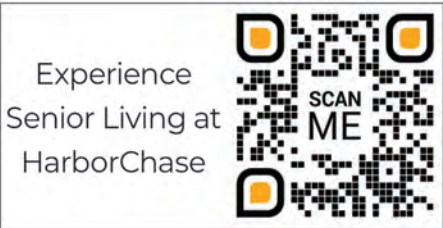


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Betsy (Goff) Willman Anderson



Betsy (Goff) Willman Anderson celebrated her 100th birthday in Pawnee. In Tulsa, Betsy graduated Class of 1939 from Central High, attended TU, was a member of 1st Baptist & Parkview Baptist Churches, Chi Omega Sorority & volunteered at Gilcrease Museum. She says anything fattening is her favorite food!

KNOW A CENTENARIAN?

If you know of a Centenarian you would like to honor, please visit <http://centenariansok.com/> and download, complete and submit our form. One of our team members will contact you directly with the next steps.

Louise (Noels) Green

Louise (Noels) Green of Tulsa was born December 16, 1919. She was a lifelong educator, teacher and counselor in McAlester & stayed very actively involved in the Beebe Chapel CME Church, L'Ouverture High School Alumni & American Legion Post 250. Louise's life advice: "Education. History. Treat people the way you want to be treated!"



WWII Veteran Paul Romanello

WWII Veteran Paul Romanello of Tulsa having 100th birthday fun with him family and friends. He was a man before his time, never said an unkind word about anyone, loves people and was always the center of attention with his good looks and charming magnetic personality. His words of wisdom are to enjoy your family and life to the fullest! Thank you for your service!



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Stitt Appoints Jay Snider of Cyril as 2023-2024 Oklahoma State Poet



Oklahoma State Poet Laureate Jay Snider of Cyril.

Jay Snider of Cyril, Oklahoma, has been appointed by Governor J. Kevin Stitt to serve as the 2023-2024 Oklahoma State Poet Laureate. Snider is an award-winning cowboy poet and recording artist who has appeared at national and regional events. He is widely recognized in the Oklahoma cowboy poetry community and is a frequent contributor to programs presented by the Chisholm Trail Heritage Center in Duncan, Oklahoma.

"It is an honor to appoint Jay Snider as the 2023-2024 Oklahoma State Poet Laureate," said Governor Stitt. "Jay is a creative and talented Oklahoman, who has combined his love for our state and western heritage with his passion for poetry, and I look forward to this cowboy poet carrying on Oklahoma's tradition and sharing his talent across the state."

Oklahoma Arts Council Executive Director Amber Sharples said, "Oklahomans everywhere will connect with Jay's poetry and stories as someone who fully embodies the spirit of the American West and cowboy way of life. Jay has received numerous recognitions throughout his years of writing, recording, and presenting poetry, but perhaps most compelling is how highly he came recommended by many people across the state. We look forward to working with Jay as we offer funding to schools and organizations interested in bringing the Oklahoma State Poet Laureate to their community."

"It is an extreme honor to have been considered for the appointment of Oklahoma Poet Laureate," said Snider. "The great state of Oklahoma has a rich history, and much of our heritage has been passed down through generations as oral history and through the writings of great authors. I have been fascinated by the storytellers of the past, the 'Old Timers,' if you will. I felt the need to listen to those stories and hopefully keep them alive. Often, when the 'Old Timers' are gone, the stories are gone. Poetry has helped keep the old stories alive. Through the Oklahoma Poet Laureate position, I can continue to promote all types of poetry and storytelling in the great state of Oklahoma."

Among national and regional events featuring Snider, he has appeared at the National Cowboy Poetry Gathering in Nevada, the Texas Cowboy Poetry Gathering, the Arizona Cowboy Poets Gathering, and the Cochise Cowboy Poetry and Music Gathering. Snider was a featured poet at the Red Steagall Cowboy Gathering for many years. In 2001, he was chosen by CowboyPoetry.com as their fifth Lariat Laureate—awarded to poets whose work celebrates and preserves stories honoring Western heritage and the work of ranching and rural life. In 2006, Snider earned Cowboy

See SNIDER 20

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SPECIAL TO SNL

Power Outage Tips 2023

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

Winter is here. Sometimes that means power outages. Tornadoes and other events during the year can also impact utilities, travel, and access to needed items. Take steps now to ensure you have the knowledge, fuel, and supplies to stay warm and thrive without electricity. Pooling resources and gathering with others is an economical way to have access to more supplies and assistance. An added benefit is that more people in a small space helps generate heat. Outlined below is a sample list of things you may want to maintain in your home at all times.

EMERGENCY SUPPLIES TO STAY WARM DURING A POWER OUTAGE

- * Backup power for the most important needs. A generator, backup battery bank, charging station, or inverter can be incredibly helpful during a power outage. If you have critical medical equipment, it may be a necessity. Solar options come in various sizes and qualities.
- * Lighting - Items such as glow in the dark sticks, solar lights, flashlights, headlamp, or an old-fashioned oil lantern. Outdoor solar walkway lights are an affordable & easy light source. Just place them outside or in a sunny window during the day & use by night.
- * Extra batteries. Rechargeable batteries with charger.
- * Bottled water
- * Hand, foot, & body warmers
- * Back-up supply of essential medications & personal care products
- * Extra oxygen tanks &/or battery power
- * Extra blankets &/or zero-degree sleeping bag. Wool & down blankets are the warmest.
- * Cot or blow-up mattress
- * First aid manual & supplies
- * Cooking source. Outdoor grill or camping stove, special designed indoor cook stove.
- * Hand held radio or communication tool
- * Solar, rechargeable, or battery operated radio
- * Non-

perishable food that does not require cooking or refrigeration * If you have a cooking source, items like canned soups, chili, stews, & instant noodles are easy hot meals to keep in stock. Beverages such as decaffeinated coffee, tea, cocoa, hot lemonade, hot Tang, & apple cider will help keep you warm & hydrated. Avoid caffeine & alcohol because they can have an adverse effect.

- * Manual can opener
- * Power banks to charge phones & smaller items
- * Layered clothing. Gloves & head covering. Down or wool coat.
- * Heat activated fan to blow warm air from fireplace or alternative heat source. This helps keep the room warm & less heat rising to the ceiling.
- * Emergency heating used properly. Fireplace & stocked wood, candles, terra cotta clay pot / tea candle heater. Mr. Buddy indoor propane heater. Be sure to keep a working carbon monoxide detector and fire extinguisher nearby.
- * Propane or appropriate fuel. Wood for fireplace.
- * Fire extinguisher, smoke detector, & carbon monoxide detector
- * Matches & lighters
- * Self-protection. This can be as simple as a can of wasp spray that can be used from 12 feet away. Sprayed into a person's eyes, wasp spray can be very painful & stop or slow down an attacker.
- * Small 2-3 person tent or a larger one if your emergency plan includes more people.
- * Tarps, plastic sheeting, sheets, cardboard, towels, wide painter's tape, or items to stop window & door drafts.
- * Puzzles, games, & things to do
- * If water or the well pump is not working, a 5-gallon bucket with plastic trash bags can be used for a toilet. Purchase a seat in advance or make one by cutting a slit in a pool noodle & sliding it on the bucket rim.
- * Tools to turn off water if pipes freeze
- * If the refrigerator is not working, put ice or snow in a clothes washing machine with your refrigerated or frozen food. The ice will conveniently drain away as it melts.



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

TIPS TO KEEP WARM DURING A WINTER POWER LOSS DRESS APPROPRIATELY TO RETAIN BODY HEAT

- * Dressing in layers is one of the best ways to stay warm. Wear items that can be easily taken off or on as the temperature changes. It is important to be comfortably warm, but not sweat. Moisture can wick heat away from your body.
- * Protect your extremities. Keep your hands and feet covered and warm. The human body responds to cold by drawing the warm blood supply back into its core as a survival mechanism. This puts your hands and feet at risk for frostbite.
- * Cover your head. Keep your head covered to prevent precious heat from escaping out the top.
- * Dress warmly from the start. It is easier to stay warm than to get warm once you are cold.

PREVENT HEAT LOSS IN YOUR HOME

If there is potential the power will be off for an extended time, take action to keep the cold out and retain heat inside of your home.

Block entry points for cold air. Take a look around and identify places where cold air enters your home. Block cold airflow by rolling up towels or blankets and stuffing under doors. Use wide painter's tape to seal leaks around doors and windows. Avoid duct tape, which can damage paint. Common cold air entry points include:

- * Gaps around doors & windows
- * Kitchen exhaust fan
- * Dryer vent
- * External wall outlets & switches
- * Furnace, water heater vents, & cold air returns
- * Fireplace flue damper or chimney

Cover windows. Insulating windows can make a tremendous difference in your home's inner temperature. Start by closing curtains and blinds. Further insulate by taping plastic sheeting over the window, cutting cardboard to place against the window, or even draping an extra blanket over the top of the curtain rod.

CREATE A WARM SPACE

If the cold is potentially dangerous, you can make a small warmer area to stay in until power is restored.

Confine activity to one selected living area. A smart approach is to condense living and sleeping to one general area of the home. This enables

See TIPS Page 19

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TIPS

Continued from Page 18

you to use alternative heat sources in a smaller area and conserve fuel. Choose a space that makes the most sense. Is there a room with a wood burning stove, fireplace, or even a south facing window that can provide radiant heat during the daytime? A room on the south side of the home is often warmer than a room on the north side. Basements will be warmer than the main floor during the winter. Shut all the doors or block off areas by hanging blankets, sheets, or plastic. Confine alternative heating to this one space. Be sure to maintain a working carbon monoxide detector. If anyone starts to feel headachy or sick, stop using alternative heating immediately and get fresh air.

Set up an indoor tent. Putting up a small tent inside your designated living area will help create additional warmth. A tent provides some extra insulation to retain heat. You can create a makeshift tent by placing blankets over the top of a table or bunk bed. Body heat and any source of warmth is more contained and effective in a small area like a tent. Protect your pet and generate more warmth by keeping it in your warm spot with you.

DRINK WARM LIQUIDS AND EAT HOT FOODS

Drinking warm liquids can be comforting and help the body maintain temperature. Hydration is important to preventing hypothermia and your body needs calories to create heat. Always keep the pantry stocked with bottled water and easy-to-prepare shelf stable foods and beverages.

Cooking during a power outage can be accomplished with the correct equipment and/or back-up power source. Be very careful not to create deadly carbon monoxide or start a fire. Outdoor grills and camping stoves are a safe way to prepare meals and boil water outside. Be sure to keep a fire extinguisher and sufficient propane or fuel in supply.

GET SOCIAL AND BE ACTIVE

Two people keep a space warmer than one. Three is even better. Pooling resources and having company during a power outage can be advantageous. Shared supplies and a helping hand could be life-saving. Spending time



interacting with others and playing games helps keep spirits up and time pass faster.

Moving around will help you stay warmer. Twenty minutes of mild exercise can keep a person warm for an hour. It is important to exercise moderately and not break a sweat. Sweating will wick the heat way from your body and cool you.

HEAT SOURCE OPTIONS

It is best to prepare alternative heat sources in advance and have them on hand if needed. Potential sources of heat are all around. Huddle up with friends, family, or pets under a blanket to stay warmer.

Dry rock or brick warmer. High density objects such as rock, concrete, brick, and tile can be used as thermal mass. Put the item near a heat source and it will retain the heat after the heater has been turned off. Cooler items are great for tucking in bed to keep you warm. Make sure any rock is completely dry before heating or it could explode.

Hand, foot, and body warmers. Options include rechargeable, butane, and disposable warmers. They all provide instant warmth. Many will last for 8 to 12 hours.

Hot water bottle warmers. To create a small water heater, simply heat water and fill a container. You can use a traditional hot water bottle or any water-tight container like a mason jar.

Rice bag warmer. These are helpful if you can use a microwave powered by a backup generator or other source. Make flannel bags filled with dry rice or corn. Heat them in the microwave and then use them as a hand, body, or bed warmer. Your pets will love them too.

Indoor emergency space heating. There is a significant risk of carbon monoxide poisoning with some backup heat sources. It is important to use one that is rated for indoor use. Mr. Buddy Propane Heater is a popular choice. The VESTA Self-Powered Indoor Space Heater & Stove is another helpful and affordable device. It is powered by canned heat or Safe Heat and can be used as a heater or cooker. Candles can be used for warmth, light, and even cooking. A terracotta pot heater made with a tea candle and clay pot is a simple system that many people recommend.

Joyce Clark is the Executive Director of Saint Ann Assisted and Independent Living in Oklahoma City. Saint Ann is an affordable and fun community that has new levels of care, including short-term respite stay. The home is a ministry of The Archdiocese of Oklahoma City and people of all faiths love living at Saint Ann. Call Lisa at (405) 721-0747 Ext. #322 for more information about assisted or independent living.



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SNIDER

Continued from Page 17

Poetry Recording of the Year from the Academy of Western Artists for his CD, "Of Horses and Men." In 2008, he was recognized as Cowboy Poet of the Year by the Academy of Western Artists. His latest album, "The Old Tried and True," is a compilation of his favorite poems written by cowboy poets of the past.

Born and raised in a ranching

and rodeo family in southwestern Oklahoma, Snider rodeoed as a young man. He currently stays busy raising ranch horses and cattle and taking part in team roping.

The tradition of officials conferring poets laureate to make public appearances and promote a greater appreciation of poetry originated hundreds of years ago. A United States Poet Laureate is appointed by the Librarian of Congress—Tulsa resident Joy

Harjo, the first Native American and Oklahoman to hold the position, recently completed an unprecedented third term as U.S. Poet Laureate. Oklahoma's poets laureate tradition dates back to 1923. The appointment of an Oklahoma State Poet Laureate by the Governor of Oklahoma was codified into state law in 1994. The statute calls for an appointment every two years. Joe Kreger of Tonkawa served as the 2021-2022 poet laureate.

The Oklahoma Arts Council serves on behalf of the Office of the Governor to solicit and facilitate recommendations for the honorary position. The agency supports the work of the Oklahoma State Poet Laureate by promoting their work and making grants available to eligible entities to present readings and programs featuring the laureate. Organizations and schools interested in presenting Snider can learn more at <https://arts.ok.gov/>.

Two State Sites Receive Historic Designation

The Oklahoma Historical Society and State Historic Preservation Office (SHPO) are pleased to announce the National Register of Historic Places (NRHP) designation for two properties in Oklahoma. The NRHP is our nation's official list of properties significant in our past.

Oklahoma County, St. Ann's Home for the Aged at 3825 NW 19th St., Oklahoma City. Designed by architect Charles Lester (C.L.) Monnot Sr. and constructed in 1950 by Catholic Charities of the Archdiocese of Oklahoma City-Tulsa, St. Ann's Home for the Aged met a growing need for senior housing within Oklahoma City. The property is significant for its association with the social history of Oklahoma City, as no formal housing for senior citizens existed at the time of St. Ann's construction. Although a charity of the Catholic diocese, St. Ann's Home welcomed seniors of all ages and faiths, who had few other options for decent housing. The facility offered dormitory-style accommodations with shared bathrooms, a communal dining hall, gathering spaces and a chapel. The facility also housed a small infirmary and provided basic nursing care for residents. St. Ann's became a licensed nursing facility with the state in 1980 when Oklahoma enacted its first nursing home laws. State regulations required major interior alterations for the building to remain a licensed facility. Rather than update the building, the diocese opted to build

a new nursing home and assisted living center. St. Ann's Home closed in January 1991 when its last residents moved to the new facility.

Woods County, Alva Municipal Swimming Pool and Bathhouse, 1402 Flynn St., Alva

Once known as the "Little Ocean," the Alva Municipal Swimming Pool and Bathhouse is an important landmark that symbolizes the importance of New Deal programs to Alva's historic development. Completed by the Works Projects Administration (WPA) in 1940, the property served a dual purpose of alleviating economic hardship resulting from the Great Depression and providing Alva with a recreational facility. The swimming pool is 200 feet long with a capacity of over 500,000 gallons of water. A smaller, circular-shaped wading pool and concrete gazebo are also on the property. The one-story bathhouse is notable for its poured concrete construction and Art Moderne features that include fluted pilasters with beveled corners, horizontal fenestration, and low relief ornamentation around the main entrance. Together, the swimming pool and bathhouse are exemplary examples of the WPA's efforts to utilize modern architectural designs in their construction of municipal structures for local communities in northwest Oklahoma.

SNL CROSSWORD CORNER

- Across

1 Lab kit supply

6 Highland hats

10 Teacher's handful

13 "Uncalled for!"

14 Missouri's ___ de Terre Lake

15 Revival prefix

16 Game millions can play

17 *French cheesemonger's luggage?

19 Like a storied equine statue

21 Fire alarm?

22 *Potemkin village?

26 ___ bargain

27 Female monster

28 Unoccupied ones

30 Word in a kids' game recommendation

31 Heroic collie

34 Bks. in progress

35 *Top performer who's hopelessly off course?

37 Hydroelectric project

40 Prodded

41 Romcom subject

42 Chartbuster

45 Lyric poems

47 Memo heading

48 *Heresies?

52 Cardiologist's implant

54 Old-style "Listen up!"

55 *PETA protester's
- emotion?

57 Of yore

61 Hill builder

62 Sneerer's sentiment

63 False move

64 Word of assent

65 Lays down the lawn

66 What's taken in some court proceedings, and also (in two ways) from the answers to starred clues

Down

1 NBC show with Ego Nwodim

2 Try to win

3 Verizon competitor

4 Wine orders

5 Tennis wear

6 Hebrew scripture

7 ___ acid

8 Toulouse title: Abbr.

9 Brief intervals

10 Arch support

11 More likely to give

12 Pretend to be

14 Two-spread sandwiches, for short

18 Sufficient

20 Yiddish cries

22 Travel here and there

23 Coop collections

24 Son of Zeus and Hera

25 Ill. neighbor
- 29 Run out of juice

31 Vehicle for some '60s trips

32 Fed on

33 Depressing

35 Napoleonic Code part

36 Swearing-in custom

37 Birdbrain, or an extinct bird

38 Claim with confidence

39 Confusion result

40 Home to the van Eycks' "Adoration of the Mystic Lamb"

41 Rhine siren

42 Europe's Bay of ___

43 Chant

44 Record setters

45 "And all that beauty, all that wealth ___ gave ... ": Gray

46 Remove with difficulty

49 "My Lord!"

50 Wanton gazes

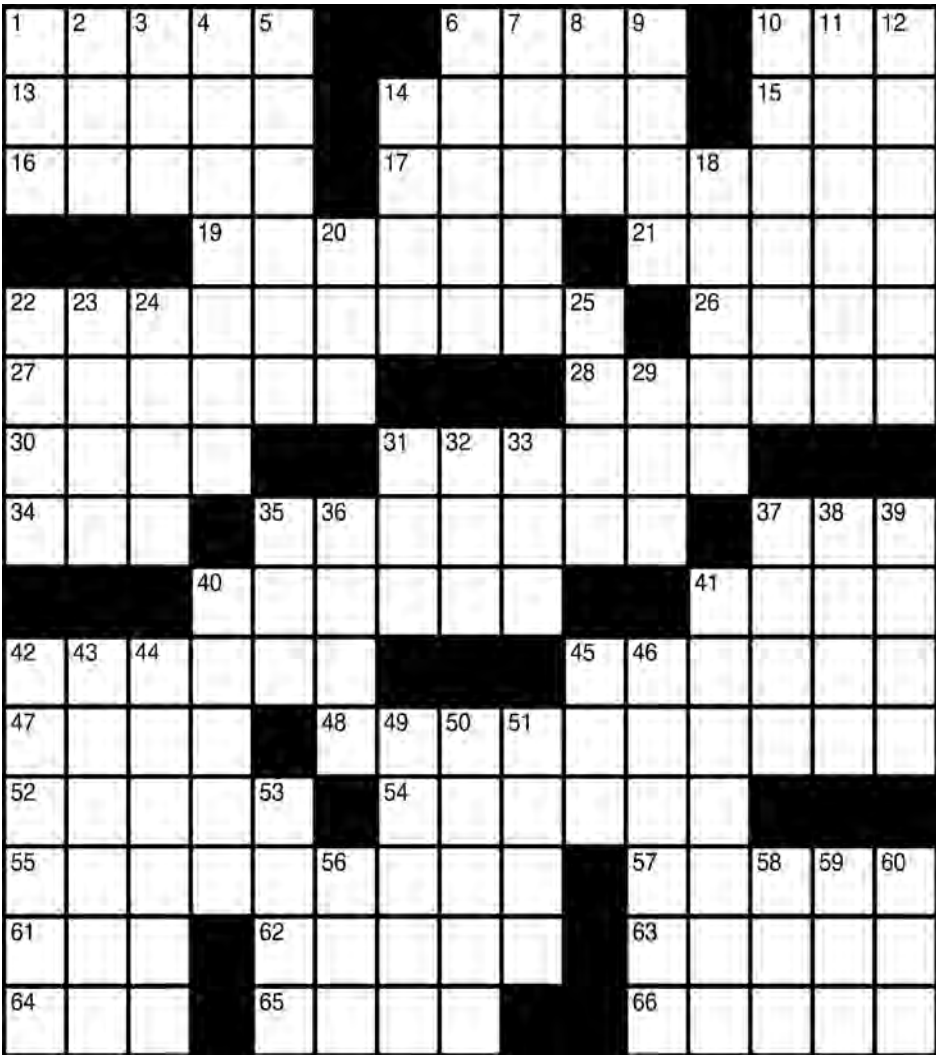
51 Story to spin

53 Soviet news agency

56 Sgt., e.g.

58 "What's the ___?"

59 Sinus doc



OK HISTORY & MORE

January 2022 Events

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

History Alive! on the Cherokee Strip January 7, 2023, 11 a.m.–3 p.m. | Recurring Event. Cherokee Strip Regional Heritage Center, 507 South 4th Street Enid, OK 73701. History Alive! on the Cherokee Strip takes place throughout the year on the first and third Saturday of each month, from 11 a.m. to 3 p.m. On those days, the historic buildings in the Humphrey Heritage Village at Cherokee Strip Regional Heritage Center (CSRHC) come to life with reenactors. These folks dressed in period clothing will have you convinced you have stepped back in time to 1893! Sit at school desks while lessons are taught at the Turkey Creek one-room schoolhouse, hear a pioneer tale from those tending their shops, and watch as craftsmen and women work their trades. For more information, please call the CSRHC at 580-237-1907

"Architecture of the Capitol" presentation by Trait Thompson January 7, 2023, 1 p.m.–2 p.m. Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. On Saturday, January 7, from 1 to 2 p.m., learn more about the restoration of the Oklahoma State Capitol and the architectural design behind it from Oklahoma Historical Society Executive Director Trait Thompson. He will make a presentation, sharing his insights about the Oklahoma Capitol Restoration Project. Before becoming director of the Oklahoma Historical Society, Thompson was the project manager of the Oklahoma Capitol Restoration Project. Share his specialized knowledge of the history of the Oklahoma State Capitol and how this monumental restoration project was achieved. This discussion will take place in the Clark and Kay Musser Learning Lab on the first floor of the Oklahoma History Center. Free with admission to the Oklahoma History Center. Call 405-522-0765 for more information.

Quilting workshop with Martha Ray January 14, 2023, 9 a.m.–11 a.m. | Recurring Event. Sod House Museum, 4628 State Highway 8 near Aline, OK 73716. The Quilting workshop with Martha Ray meets on the second Saturday of each month from 9 to 11 a.m. at the Sod House Museum at a cost of \$5 per person. Martha Ray teaches how to create appliqué designs, traditional block patterns, original designs, crazy quilts, landscape designs, and paper piecing. New members of any skill level are always encouraged to attend! Share in the happy exchange of shared skills, fun, and camaraderie, door prizes, refreshments, discussions, and quilt patterns, along with old-fashioned bed turnings at the next meeting of the Quilting workshop. Proceeds directly fund Sod House Museum renovations. The Sod House Museum is operated by the Oklahoma Historical Society, the museum is located southeast of Aline on State Highway 8. The museum is open Tuesday through Saturday from 9 a.m.–5 p.m. For more information call 580-463-2441 or email sodhouse@okhistory.org.

"Researching Legal Documents" presentation by Dr. Le'Shawn Turner January 14, 2023, 12 p.m.–2 p.m. Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. Dr. Le'Shawn Turner, the reference librarian for the Oklahoma City University School of Law will guide non-lawyers on the process of researching legal sources effectively. This class will be beneficial to college students, genealogists, and people with specific research interests. OHS Archival Collections Manager Mallory Covington will also share the various legal materials of the Eleanor and John Kirkpatrick Research Center in the Oklahoma History Center where the class will take place. This class is free with registration.

Modern Wall Hangings workshop January 14, 2023, 1 p.m.–4 p.m. Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. On Saturday, learn the art of weaving while creating a modern piece of wall art to take home! The hands-on program for ages 12 and up will teach about various types of fibers, basic techniques, and historic practices of weaving. The cost of the make-and-take modern wall-hanging workshop will be \$40 for members and \$50 for nonmembers. All materials are included in the class cost. Registration is required and is limited to 15 participants. The workshop will be taking place in Classrooms A and B on the first floor of the Oklahoma History Center.

Museum OKademy volunteer training class and lecture January 21, 2023, 9 a.m.–11 a.m. Cherokee Strip Regional Heritage Center, 507 South 4th Street Enid, OK 73701. The Cherokee Strip Regional Heritage Center (CSRHC) will host a six-session Museum OKademy course in 2023 to train volunteers and provide lectures on history. The classes will be held at 9 and 10 a.m., beginning on Saturday, January 21, and concluding on Saturday, April 1. The six-part lecture/workshop series, Museum OKademy, will be led by Jake Krumwiede (Executive Director), Neal Matherne (Director of Education), and CSRHC staff. These classes are aimed at both prospective volunteers and other adult learners who wish to broaden their knowledge base about the history of

our area and the materials from which we learn. Reserve by emailing neal.matherne@history.ok.gov for more information. Attendance is limited so please contact us as soon as possible. Classes are free with regular museum admission. CSRHC members always visit free.

Museum After Dark: Village Sounds featuring singer/songwriter duo Desi and Cody January 27, 2023, 7 p.m. – 9 p.m. Cherokee Strip Regional Heritage Center, 507 South 4th Street Enid, OK 73701. The Cherokee Strip Regional Heritage Center is hosting the Tulsa-based musical duo, Desi and Cody on Friday, January 27 from 7 to 9 p.m. for Village Sounds, a part of the center's "Museum After Dark" programming. Desi & Cody, a Tulsa-based singer-songwriter duo, focus their music on life and experiences in Oklahoma. The group's performance at the Heritage Center will be a two-hour acoustic set. "Museum After Dark: Village Sounds" events are intimate listening experiences held at the Village Church on the grounds of the Humphrey Heritage Village at CSRHC. This series explores the Oklahoma story from the perspective of musicians and songwriters from our state who are authentic interpreters of the past. The concert is included with the cost of admission to the CSRHC. Members of the CSRHC or the Oklahoma Historical Society always visit the center for free. This event is made possible through the financial support of CSRHC's community partner, Park Avenue Thrift. For more information about this series, please call 580-237-1907.

Introduction to Botanical Embroidery January 28, 2023, 1 p.m.–4 p.m. Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. On Saturday, January 28, from 1 to 4 p.m. join Oklahoma embroidery artist Lacey Plana as she leads this introductory class full of botanical inspiration. She will teach guests to stitch a vibrant Oklahoma-inspired bouquet of Oklahoma roses, firewheels, and yarrows. This is a great class to learn or brush up on embroidery basics such as how to create a variety of stitches and how to transfer your favorite designs onto fabric. Many stitches will be demonstrated, including the back stitch, French knots, woven wheel stitch, seed stitch, and single/detached chain stitch. The cost is \$45 for Oklahoma Historical Society members and \$55 for non-members. The class will take place in the Clark and Kay Musser Learning Lab on the first floor of the Oklahoma History Center. Each person taking part in the class will receive a pattern of the design, a stitch guide, and take home their botanical embroidery creations. All materials are included in the class cost. Ages 12+. Registration is limited to 15.

"On a Great Battlefield: The History of Gettysburg National Military Park, 1863–2022" presentation by Dr. Jennifer Murray January 28, 2023, 1 p.m.–2:30 p.m. Honey Springs Battlefield, 423159 E 1030 Road Checotah, OK 74426. On Saturday, January 28, from 1 to 2:30 p.m., Dr. Jennifer Murray author and teaching associate professor at Oklahoma State University (OSU) will present a history of the Gettysburg National Military Park at the Honey Springs Visitor Center. Dr. Jennifer M. Murray is a military historian, with a specialization in the American Civil War at OSU. Murray's most recent publication *On a Great Battlefield: The Making, Management, and Memory of Gettysburg National Military Park, 1933–2013* (2014, University of Tennessee Press). Dr. Murray's program explores the landscape of the infamous battlefield and the first preservation and commemorative efforts of the Gettysburg Battlefield Memorial Association and the US War Department. Her main focus is the history of the Gettysburg battlefield in the 20th century, during the administrative era of the National Park Service (1933–present). In her words: "The history of the Gettysburg battlefield underscores the complicated relationship between race and reunion, public and private interests, between preservation theories and utilitarian uses, between the National Park Service and the American people, and between fact and fiction." Murray is also the author of *The Civil War Begins* (2012). For more information regarding the presentation and Honey Springs Battlefield, please email honeysprings@okhistory.org or adam.lynn@history.ok.gov or call 918-617-7125.

Antique Doll exhibit opens February 1, 2023. Fred and Addie Drummond Home, 305 North Price Avenue Hominy, OK 74035. The Fred and Addie Drummond Home in Hominy will host an exhibit of antique dolls throughout the month of February. Beginning on Wednesday, February 1, and ending on Sunday, February 26, this exhibit is sure to delight doll collectors and doll lovers alike. The exhibit will feature a wide array of German-made dolls, including dolls by Armand Marseille, Kestner, and Koppelsdorf. There also will be a large group of china and porcelain dolls. During your visit, you are encouraged to tour the rest of the beautiful, historic Drummond Home. The three-story, Victorian-style house was built in 1905 and is listed in the National Register of Historic Places. The antique doll exhibit is included with the regular admission fee. Admission is \$7 for adults, \$5 for seniors ages 62 and older, \$4 for students, and free for children five and under. As always, OHS members receive free admission. Regular hours of operation are Wednesday through Saturday from 9 a.m. to 5 p.m., and Sunday from 1 to 5 p.m. For more information, please call 918-885-2374. The Fred and Addie Drummond Home is located at 305 North Price Avenue in Hominy.

TINSELTOWN TALKS:

Bill Mumy: More than 'Lost in Space'

By Nick Thomas

With a new 400+ page autobiography recently published, Bill Mumy's "Danger Will Robinson: The Full Mumy - A Memoir" is crammed with fascinating facts and stories recalling his long acting and musical career (see www.NCPBooks.com).

"'Lost in Space' is definitely covered and certainly Will Robinson is the character most people identify with me," said Mumy from Los Angeles. But despite the book's title, the author examines much more than just the galaxy-wandering Robinson family.

Riveted to his own family's black and white television screen of the late 50s, 4-year-old Billy longed to emulate his favorite TV adventurers such as Superman, the Lone Ranger, and Zorro, even breaking a leg after leaping fearlessly off his bed in full crusader mode and landing hard unlike his more nimble black-capped hero. But he carried that enthusiasm into his youthful acting career that would soon flourish.

Ironically, Mumy ended up



Cover of Bill Mumy's new book - from publisher

working alongside his Zorro idol - Guy Williams - who would play space dad to the adventurous boy astronaut



Bill Mumy and Jonathan Harris in Lost in Space - CBS



Bill Mumy and Jimmy Stewart in Dear Brigitte - Twentieth Century Fox who 'saved the day' on many occasions beginning with the first season of "Lost in Space" in 1965.

Riding high on the success of earlier roles in popular 60s series such as "The Twilight Zone" and "Alfred Hitchcock Presents," 1965 proved a particularly good year for little Billy, not yet a teenager, that included guest-starring roles in beloved TV classics such as "I Dream of Jeannie," "Bewitched," and "The Munsters."

That year, the young actor also portrayed a key character in the Twentieth Century Fox film "Dear Brigitte" starring Jimmy Stewart.

"(He) was the best overall artist I ever worked with," recalled Mumy. "He truly was a wonderful man and showed me how you strive to be a good actor and to treat your coworkers well. The vast majority of actors and directors I worked with as a child were very happy with me because I always knew my lines and got things done quickly."

While he experienced few professional 'horror stories' during his career, an exception was Alfred Hitchcock who terrified 7-year-old Billy on the set of "Alfred Hitchcock Presents." Mumy says the director apparently whispered in his ear during a scene to stop shuffling about or he would nail his feet to the floor!

Beyond acting, Mumy has worn many hats including those of musician, singer, songwriter, author, and voice actor (see www.billmumy.com), but still recognizes the nostalgic value "Lost in Space" has for fans who grew up in the 60s. It's hardly surprising, therefore, that Mumy included the name of his plucky young space adventurer in the new book's title.

"Every child has a gift and mine from an early age was being able to easily memorize a script and deliver the dialogue believably," he says. "I loved being little superhero Will Robinson. As a child actor, he was everything I ever wanted to be."

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

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VillagesOKC reflects on a year of service to older adults

By Eddie Roach

As the new year begins, VillagesOKC reflects on a very rewarding 2022 and looks forward to an even bigger and better 2023. VillagesOKC was established in 2018 as a plan founded on relationships rather than transactions. Like many small towns in Oklahoma, here like-minded members can trust the connections to valuable resources, education and programming. Membership allows for personal responsibility while Empowering Independence for mature adults to age well – in the way they choose.

The combination of internal leadership and external visibility has raised awareness and opportunities for VillagesOKC. Yet its three core values remain unchanged:

- LEARN (growing the brain at any age)
- PLAN (for the bumps in life)
- SERVE (helping others is life-giving)

Highlights of 2022 accomplishments:

LEARN:

- Offered monthly iPhone and iPad technology support
- Participated in monthly Town Hall Lectures
- Held six-week Brain Health Academy
- Continued 12-month Senior Living Truth Series as educational partners

PLAN:

- Updated the Gathering Information for Transitions (GIFT) workbook and expanded the number of facilitators
- Made GIFT registration, scheduling and payment available online
- Videoed GIFT testimonials for informational sharing
- Piloted one-hour workshops for Medical Power of Attorney and Advance Directive

SERVE:



VillagesOKC Executive Director addresses attendees at the nonprofit's Fourth Anniversary Celebration.

- Launched the Veteran Initiative with pinning of 350 veterans at the Oklahoma History Center
- Expanded Caregiver Ambassadors to 18 faith communities
- Grew an exciting monthly women's coffee
- Expanded partnership with NewView Oklahoma
- Established partnership with OKC Friday Newspaper, Oklahoma Warriors Honor Flight and Force50 Foundation

In 2023, VillagesOKC will begin

LifeSkills Academy, expand The GIFT and Power of Attorney Workshops, expand the Veterans Initiative, double the number of Church and Synagogue connections, and double the VillagesOKC Advisory Board.

VillagesOKC is becoming the magnet, the trusted one source for senior connections in greater Oklahoma City.

To learn more about VillagesOKC, go to their website: <https://www.villagesokc.org/> or call (405) 990-6637.

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Quilting Guild at Sod House Museum Enters 15th Year



Quilting blocks November: Quilting guild participants show off their quilt blocks.

The Sod House Quilt Guild was developed as a creative solution to increase the number of museum supporters. The historic home is located between two very rural communities in northwestern

Oklahoma. It was in need of extra care. The obvious solution was to find common ground and bring neighbors together to keep the beautiful home running. Quilting and homesteading skills became the

common ground.

The first meeting of the Sod House Quilt Guild was held in 2008. Only a few ladies attended the first meeting, but it was the beginning of friendships and hundreds of quilts

that were designed, completed and shared.

Since the first meeting in 2008, more than 300 quilt blocks and

Continued next page

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Martha’s Landscape Quilt: Quilter and instructor Martha Ray shows off her landscape quilt at the Sod House Museum near Aline.

QUILTING
Continued from Page 24

tops have been shared. The Sod House Quilt Guild meets on the second Saturday of each month at the Sod House Museum. At each meeting, quilters are encouraged and celebrated while showing their projects from the past month. At least two quilts are in various stages of completion. Patterns for the projects are handed out. An exchange block is also available. It is made and returned the following month. One attendee takes home the exchange blocks each month to make a complete quilt top.

Martha Ray, retired director of historic homes, has been leading this group since the beginning. She has designed and presented more than 275 quilt tops, projects and blocks to this group. Appliqué designs, traditional block patterns, original designs, crazy quilts, landscape designs, paper piecing instructions and more have been presented in the meetings.

Door prizes, refreshments, discussions, new monthly patterns, retreat opportunities, informative programs, quilt history and friendships are available at every meeting.

The Sod House Quilt Guild has become the backbone of the museum’s support group. Through this group, and under the leadership of Sod House Museum curator Renee Trindle, many much-needed renovations have been completed. New

members of any skill level are encouraged to attend. The group meets on the second Saturday of each month from 9–11 a.m.

Operated by the Oklahoma Historical Society, the museum is located southeast of Aline on State Highway 8. The museum is open Tuesday through Saturday from 9 a.m.–5 p.m. For more information, call 580-463-2441 or email sodhouse@okhistory.org.

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



Lucky Cards - Eleanor Smith: Quilting guild participant Eleanor Smith shows off a quilt.

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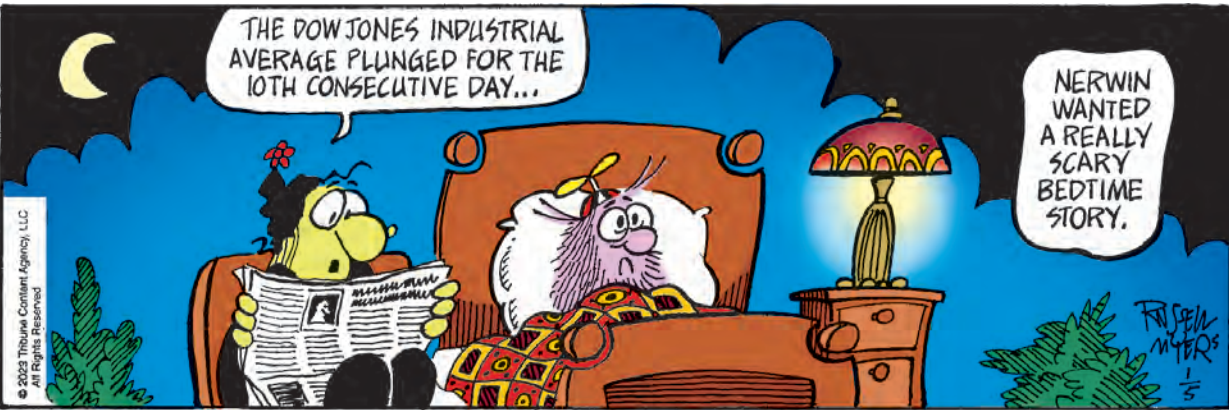
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SNL JANUARY CHUKLES



I just saw a grandpa help a youngster who was staring into his phone, to cross the street.



What do Alexander the Great and Winnie the Pooh have in common? They have the same middle name.



I told my physical therapist I broke my arm in two places. He told me to stop going to those places.



Why did the golfer bring an extra pair of pants? In case he got a hole in one.



Pastry chefs know that old age crepes up on you.

MINION ALLEY - It's good to be a Minion

4 LEVELS OF CRAZY:

1. Talks to self,
2. Argues with self,
3. Interrupts self while arguing with self,
4. No longer speaking to self.



Christmas gifts celebrities did not receive in 2022

by Greg Schwem

Hard to believe Christmas 2022 has come and gone. It seems like only yesterday the 2021 holiday was upon us and people were freaking out about attending festive family gatherings because of COVID-19 germs and a toxic political environment.

It's nice to know some things never change.

What did change, as always, were Christmas wish lists. When I started writing this column, there were seven shopping days left until the holiday; but I was reasonably convinced certain gifts were unobtainable, whether the recipient was a working schlub like myself or obnoxiously rich and famous.

Again, these are just my predictions. So, at the risk of sounding like a weather forecaster or a sports prognosticator, here is a partial list of gifts some of the world's most well known celebrities — and lesser known individuals — did not receive this blessed holiday season:

Taylor Swift: Tickets to her own concert tour.

Harry and Meghan: Keys to Buckingham Palace. Also, the correct garage code.

Elon Musk: Loyal employees.

Ed Sheeran: A hairbrush.

Pete Davidson: Uh, why is he on this list? That dude got everything he wanted in 2022.

Donald Trump: Relevance.

Donald Trump Jr.: A job. Wait, never mind. He didn't ask for one.

Will Smith: The neuralyzer from his "Men in Black" movies. You know, it's that contraption that erases people's memories. Ideally Smith needed it the night of the Oscars, but rumor has it he's been searching for one ever since.

Tom Brady: See "Will Smith."

The cast of Saturday Night Live: The ability to write one funny sketch that does not involve bringing back a former cast member to make a guest appearance.

Florida Governor Ron DeSantis: A longer pair of skis. In 2023, expect him to remain WAY over the tips of his current pair.

Florida residents: Manners.

Kari Lake: More votes.

Kanye West: A menorah.

The January 6th Committee: Closure.

Dr. Mehmet Oz: A holiday party featuring crudites.

Sam Bankman-Fried: Freedom.

George Stephanopolous: A card from Sam Bankman-Fried thanking him for "that great interview."

Crypto investors: A positive return.

Dogs: Owners who aren't nervous about what 2023 will bring.

Cats: Cats don't need anything.

(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)



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



Not everyone gets what they want for Christmas.

LEGEND SENIOR LIVING® TO MANAGE LIONWOOD INDEPENDENT LIVING IN OKLAHOMA CITY



Legend Senior Living announced that it will be taking over management of Lionwood Independent Living on December 1, 2022. Merrill Gardens, of Seattle, WA was the prior management company. With headquarters in Wichita, KS, Legend Senior Living owns and operates 43 senior living residences in six states. Lionwood, at 12525 N. Pennsylvania Ave., will be Legend's ninth community in Oklahoma and its fourth exclusively Independent Living residence.

"The Legend mission to serve seniors makes Lionwood a great addition to our Oklahoma family," said Matt Buchanan, Legend's Executive Vice President, in making the announcement. "We will bring to Lionwood the Legend concept of Vibrant Independent Living and Life Enrichment, emphasizing an active, social lifestyle and holistic wellness."

As with other Legend residences, Lionwood Independent Living will remain a pets-welcome residence and retain a comprehensive list of amenities and services: 24-hour staff, chef-prepared meals, an Emergency Response System, included home maintenance, weekly housekeeping, on-site religious services, commons areas and lounges, transportation, game rooms, a beauty salon, and a library.

"Whether an existing building or new construction, we look for locations that are near hospitals, restaurants, shopping, and other attractions important to an active lifestyle," said Buchanan. "The Lionwood community is a good fit because of its convenient location, long-standing reputation, great staff, and attractive updates to the property. We look forward to welcoming Lionwood residents and associates to the Legend family."

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Flames of Memory Events Honors Veterans

story and photos by Van Mitchell, Staff Writer

The Oklahoma Territorial Museum and Carnegie Library in Guthrie on Nov. 10, honored veterans at a special event called "Flames of Memory."

Veterans' families were invited to place a luminaria to help light up the steps of the library. The luminaria display stayed in place for the Veterans Day parade and ceremony.

The event was sponsored by the Samuel King chapter of The Daughters of the American Revolution. The American Legion, Veterans of Foreign Wars and other groups also took part.

"We write their names tonight and remember their spirit," said Kristen Ferate, Regent, Samuel King chapter of the DAR. "Tonight, we gather to acknowledge those amongst us who have served and fought to preserve our freedom. Tonight, we light the

flames in their memories."

Ferate told audience members to always keep veteran's memories and stories alive so the next generation can learn of their sacrifices for freedom.

"We have read stories of war, we have read books, and we have seen films, but how many of us know the pain and scars left by its ravages," she said. "To those of us that have not served, nor privy to intimate conversations, we must embrace the importance of the freedoms that men and women have died to win. We must never take freedom for granted. I implore you to thank a veteran or seek out the history of ones that have passed. Remember them, and shine a light on their valor."

Veterans Day (originally known as Armistice Day) is a federal holiday in the United States observed annually on Nov. 11, for honoring military



The Oklahoma Territorial Museum and Carnegie Library in Guthrie on Nov. 10, honored veterans at a special event called "Flames of Memory." Veterans' families were invited to place a luminaria to help light up the steps of the library to honor their loved ones.



The guest speaker at "Flames of Memory" was 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.

veterans of the United States Armed Forces (who were discharged under conditions other than dishonorable).

It coincides with other holidays including Armistice Day and Remembrance Day which are celebrated in other countries that mark the anniversary of the end of World War I. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect. At the urging of major US veteran organizations, Armistice Day was renamed Veterans Day in 1954.

The guest speaker at "Flames of Memory" was 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.

Slavonic talked about some of the sacred military cemeteries that he has visited around the globe that inter U.S. servicemen. He discussed his work on the USS Oklahoma Memorial, and recent conversations with veterans of the battle at Iwo Jima in World War II.

He said it was a stark reminder of the sacrifices military personnel made to ensure freedom.

"Many of them served beside us, and many of them perished," he said. "This day (Veterans Day) allows us the opportunity to remember our friends, our shipmates who perished in one of the wars that we have been involved with. I was proud to wear the uniform. I am proud to be part of services like this on Veteran's Day."



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Moving a Loved One Into a Nursing Home: How to Prepare

It's never easy to move your loved one to a nursing home. It's a big deal in every family, and it can be a rather difficult process for all the family members. Even when finances are not an issue, the emotional distress and rejections are making it more difficult. It starts from the moment you realize you can no longer take care of your senior family member, and need to seek help. No matter how hard you try, it's not always possible to dedicate the time and attention they need to feel safe and happy. The next issue is the acceptance of the senior to go to the nursing home. Some of them may refuse to do it at first – and this guide will help you go through all the steps. Here's how to prepare for moving a loved one into a nursing home and making it a smooth and pleasant experience for everyone.

Reasons why your loved one may feel better at a nursing home

Many people feel guilty about moving their senior family member to a nursing home. However, they shouldn't feel that way as many Oklahoma facilities offer a much better and safer lifestyle for seniors. If you're still not sure if that is the right decision, remember the following benefits your senior can enjoy:

* Constant supervision and care – if your senior loved one has lived alone until now, you know all the moments of worry when you leave their home. In a nursing home, you can have constant care and support, even when you're not around. This is a lot safer option than leaving them alone when you're out at work or taking care of the kids, etc.

* You can still participate in their care – moving a loved one to a nursing home doesn't mean you abandon them. You can still actively participate in their care and be a big part of their daily routines.

* Socialization – with other seniors living at the facility, your loved one can enjoy socialization more than they could do at their own home. The feeling of loneliness is common for seniors, even the ones who live with their families. Spending time with people of similar ages can be very motivating for them, and it can help with the signs of dementia. Living alone has been shown to worsen such conditions, which is why socialization and participating in activities can be very helpful.

If you simply don't have time to take good care of your senior loved one, a nursing home can be very helpful and beneficial for their

physical and mental health. Now let's see what steps to take before the arrival at a nursing home.

Moving your loved one to a nursing home – ways to prepare for a smooth process

This important life event is something you need to do properly to avoid unpleasant situations and negative feelings with your loved one. Here are some tips that will help you ease the transition and help everyone accept the changes.

Make plans

Planning ahead is the key to making the process predictable and therefore less unpleasant. Depending on the condition of the senior, try to include them in the process as much as possible, but without burdening them with too many details. Decide if they are capable of making certain decisions and participating in the process, so you can do this together and make the transition easier. Talk about the things they'll bring, communication routine, plan the visits, etc. Ensure they know you'll still participate in their life as much as possible. Furthermore, Best Cross Country Movers suggest you deal with the moving details as early as possible, so you can prevent common mishaps that happen in this process. Scheduling the move, hiring an expert team, packing – all of these are tasks that require energy and time, so be sure to deal with them as early as possible.

Expect negative feelings

It's okay for everyone to feel discomfort when it comes to moving to a nursing home. Seniors don't like change, and moving to such a facility can also bring feelings of abandonment. You should try to stay patient and positive, and tell all the benefits this move will have. Be optimistic no matter what, and always remind yourself that you're doing this for their good. However, if you notice some behavioral problems that don't seem to go away, seek help from a specialist.

Get all the necessary information

Prepare for the transition by learning all the details about the nursing home. With about 300 nursing homes in Oklahoma, make sure you pick the one that fits your senior needs and has a convenient location. Don't be afraid to ask questions, even the ones about small details such as meals, activities, professional staff,

other seniors, etc. Knowing more about the facility will give you peace of mind and reassure you you're doing the right thing.

Provide all the information

One way to get your senior ready for moving into a nursing home is to make a file with all the necessary details about them. This can be the history of their health, necessary medical documentation, and even photos of important people and moments in their life. These details will help the staff in the nursing home to get to know them, start a conversation and ensure they feel more welcome and familiar. Make sure to mention all the details about their physical and mental health that can help the staff react in case they notice anything unusual later on.

Ensure a safe relocation

Moving to a nursing home can be as complex as any other relocation. Make sure you find experts in this field so you can experience minimum stress and worry related to this Oklahoma interstate move. Trust experts with

moving tasks so you can focus more on supporting your loved one and helping them pack and travel safely to an

Be understanding

It takes up to 6 months for a senior to adapt after moving your loved one into a nursing home. This period can include different reactions such as loss of appetite, feelings of sadness, and complaining. **Try to be as patient and understanding as possible, and stay alert for more serious signs of depression or anxiety.** If there are any concerns, make sure you talk to the staff and see if you can seek for mental health specialist at the facility. Being involved and attentive will make the transition a lot easier and safer, with your loved one knowing you're there even after moving to a nursing facility.

Meta: Learn how to prepare for moving a loved one into a nursing home and make the transition as smooth as it gets, making sure both you and your senior feel good about the changes.

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