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SENIOR MARINES

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Seniors and
Caregivers

Working With Seniors A Ministry To Joyce Clark

Read the story on page 2

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Joyce Clark

Campus Director at Saint Ann Assisted and Independent Living in OKC.

Story by Van Mitchell, Staff Writer

oyce Clark said going to work is not just a job, but a ministry to her.

She was self-employed/CEO of Achievis Senior Living Associates for about 25 years until she took the reins as Campus Director at Saint Ann Assisted and Independent Living at 7501 W. Britton Road in Oklahoma City almost two-and-a-half years ago.

"I've always loved my career. I've developed seven assisted and memory care communities in Oklahoma and consulted across America. I've created and now I'm managing a true community asset, a true blessing to people," Clark said. "In my decades of work, I've tried hard to be a positive impact on the lives I have touched but I have experienced it is also vice versa."

Clark said she knew at a young age that she wanted to have a career in healthcare.

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"As a young teenager I knew I wanted to be in healthcare, and that eventually led to becoming an assisted living administrator, one of the first ones in Oklahoma, early, when it was newer," she said. "Serving as an administrator married my love of healthcare with development and management and seniors."

Clark said Saint Ann Assisted and Independent Living is a fun and friendly community that improves people's lives and offers solutions to their problems, and she is proud to be part of that mission.

"Any home that puts people first will be successful," she said. "My "people first" philosophy incorporates employees as well as residents and their families. Fun, mutual respect, cooperation, and communication all factor into creating a culture where people want to live and work."

The Saint Ann campus features

7501 W. Britton Rd, OKC



Joyce Clark serves as Campus Director at Saint Ann Assisted and Independent Living at 7501 W. Britton Road in Oklahoma City.

120 independent living and 50 assisted living apartments as well as a convent and chapel.

Also known as Saint Ann Retirement Center, the assisted and independent living campus is owned and operated by The Archdiocese of Oklahoma City, a not-for-profit Catholic organization. People of all faiths are welcome and enjoy living at Saint Ann.

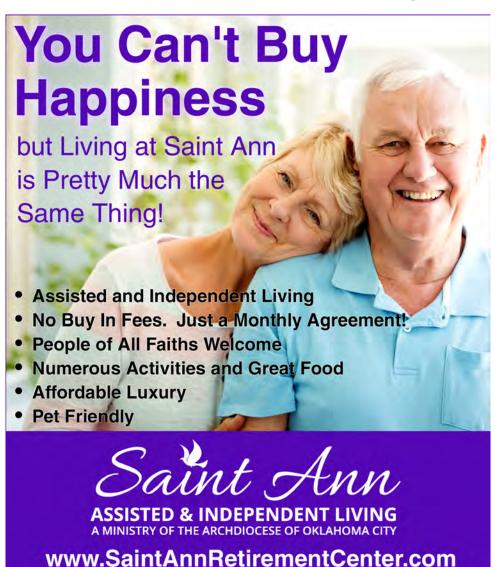
Clark said Saint Ann is an affordable place to live.

"We are affordable. There's no big buy-in fee like other high-quality homes, and frankly, I feel like we're at the top of senior living in the United States," she said. "Saint Ann Assisted and Independent Living is reasonably priced and all-inclusive. We have a 24-hour concierge, outstanding meals, transportation, housekeeping, and much more. Assistance with personal care and medications are available in assisted living or thru third-party providers, one of which offices inside independent living. For anyone looking to move to senior living, she advises them to check out the vibe, check out the culture, and talk to residents. "My residents are my

sales staff. When they see somebody touring Saint Ann, our residents are quick to share how happy they are."

Clark said the daily life of a campus administrator can be strenuous. She said it is important to control the expenses of operations so that an acceptable profit is earned to be successful and financially strong.

"For me, the job's demands and stress are offset by the joys of blessing others and improving the lives of residents and employees," she said. "Administrators must be able to lead and manage a diverse group of people. Successful directors have the capability to effectively handle a tremendous variety of responsibilities ranging from resident care, staffing, regulatory compliance, sales, and financial tracking to property maintenance, and operations management. They must be great at communication, shoveling paperwork, conflict resolution, time management, priority setting, and people pleasing. I love the variety of my job and also orchestrating large projects like the remodel currently underway."



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CLARK Continued from Page 2

Clark said Saint Ann offers a variety of activities and programs for residents to enjoy.

"We have many different things to do every day" she said. "Saint Ann's life enrichment calendar is packed with activities. We have exercise, Tai Chi, speakers, crafts. bands, entertainers, llamas, sip and paint, games, volleyball, and much more."

Clark said Saint Ann residents are also provided transportation to doctor appointments, shopping, and excursions like going to movies, theatre, Braums, seeing Christmas lights, scenic drives, restaurants, and the casino.

"Saint Ann's life enrichment team work hard to provide a variety of daily activities so folks can choose what they want to do," she said.

"In addition, Saint Ann provides daily Mass and a non-denominational service on Sunday. Residents also enjoy hymn singing, Bible study, and whatever else they ask us to organize."

Clark said it is a blessing to work at Saint Ann Assisted and Independent Living.

"It's such a blessing to work here and to be a part of all this. We are an amazing, wonderful team," she said. "We're here for each other and we all work very cohesively. The residents are lovely and active in many daily functions and special events. Residents are the focus of everything my staff does. I truly cannot adequately express how precious the culture and people are who live and work here at Saint Ann Assisted and Independent Living."

For more information call Lisa at (405) 721-0747, Ext. 322 or visit https://www.saintannretirementcenter.com.

SNL PUBLISHERS NOTE: Let's have some fun!

HAPPY VALENTINES DAY! Find the Valentines!

Readers are paying attention. Valentine's Day or the Feast of Saint Valentine originated as a Christian feast day honoring a martyr named Valentine and through later folk traditions, it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world. Your job is to

locate the HEARTS in this issue! You already know the routine. HEARTS are scattered throughout this issue. Count the HEARTS and TEXT the total number, with your name and phone number, to 405-631-5100. 1st and 2nd texter with correct number, WINS a free one year subscription to SN&L (\$43.75 value each) PLUS a \$25 gift card! 3rd place wins a \$25 Gift Card! All entries will receive a free copy of our digital Flip Page Edition of SN&L each month (you must provide an email address)! Everyone's a winner! HEARTS are not hidden, but look in stories, ads and features!

IMPORTANT NOTE: Contest begins **February 5th** and ends February 29! No entries will be accepted prior to 02/05/24.

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SNL PUBLISHERS NOTE: JANUARY WINNERS!

OUR JANUARY CARTOON HUNT WINNER IS...

1st place - MARILYN WILLIAMS and 2nd place - Susan Rosanelli while Mark Moberly was 3rd! Marilyn texted 14 TOONS AT 5:29 p.m. January 12th, Susan texted 14 TOONS January 19th at 8:01 a.m and Mark texted 14 TOONS January 21st at 3:41 a.m.!



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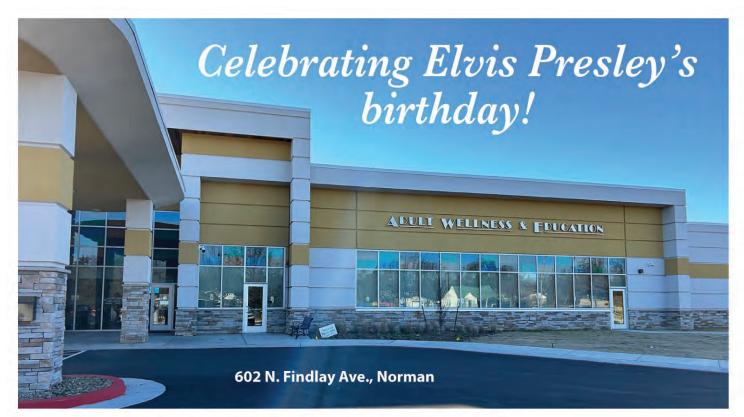
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HEALTHY LIVING NORMAN

Special Event

Story and photos by Marise Boehs

Friday morning, January 12th was a cold and windy day in Norman.

Would the Elvis Day Event at the city's Adult Wellness and Education Center be postponed?

When I got there around 11 a.m. the parking lot was nearly full. Inside classes where in full swing and members where milling around, playing cards and billiards, watching TV or simply sitting and chatting.

Aging Services was preparing to serve lunch in the Multipurpose room. Velvet Elvis paintings were in progress in the Dry Craft Room and a few members were working out in the Fitness Center. All of that before lunch!

During lunch Elvis performed on stage!!

Later that afternoon I talked with Katherine Leidy, Healthy Living Norman Branch Manager. I asked her if it was usual for the parking lot to be full as it was when I arrived.

"I would like to think that more people came for the Elvis Day Event but in truth if you come here any day between 11 and 1 it will be full. Aging Services serves lunch during that time," she said.









But lunch certainly wasn't the only thing happening there that day. The gym had people working out on the equipment and walking the indoor track. Others were in the pool exercising and relaxing in toasty warmth during this frigid day.

"Membership is \$35 a month. But we do have a sliding scale for those with lower incomes. We also accept Silver Sneakers and Renew Active, which cover the monthly membership fee," Leidy explained.

Membership includes access to the gym and pool as well as all activities and classes. While some classes may have a fee for materials, entry is included.

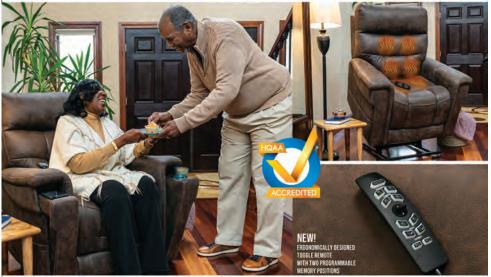
For instance, during the Elvis
Day Events, the painting classes
had a small fee but the Cooking Class: A Healthy Twist
on Elvis' Favorites did not.
Neither did the Elvis Movie
Marathon or Jeopardy: Elvis
Edition.

This is an awesome new center geared to 50+ persons to encourage health, wellness and camaraderie. If you want to just check it out they have a day pass for \$10. Check out the schedule of events at www. healthylivingnorman.com.

PS I heard a rumor about Beatle Mania in February!



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SCAN ME

Helping Seniors Find Financial Services

story and photo by Van Mitchell, Staff Writer

Finding the right financial advisor to handle your investments can be challenging for anyone, including seniors.

Mike McCall, a financial advisor with Blue Crest Financial, located at 1300 North Walker Avenue, Suite 200 in Oklahoma City, said transparency is important to him and his clients.

"I've been doing this for 23 years," he said. "Everyone's had different experiences in life. They may have gotten burned buying an annuity. They may not have a financial advisor. They may not know who to trust. They might've had an experience where they put their money in banks and the bank crashed. I don't have a cookie cutter approach to planning. I sit down with a client, interview them, and find out what's important to them. I try to find a solution to make it fit. So maybe telling that story might be something that they consider. "

McCall has worked at Metropolitan Life Insurance Company, Metlife Securities Inc, Mml Investors Services, LLC and Mass Mutual Life Insurance Company.

"MML is my broker dealer, and the office that I'm in is Blue Crest Financial Group," he said.

MML Investors Services, LLC performs a broad set of services, including financial planning services, portfolio management for individuals and small businesses, portfolio management for institutional clients, pension consulting services, selection of other advisers, educational seminars and other services.

McCall offers total financial needs analysis through a network of experienced professionals with expertise in:

- Retirement analysis and programs
- Estate strategies
- Employee benefit and retention services
- Business continuation strategies
- Trust services*

McCall said his senior clients are generally concerned about interest rates, stock market investments, and they're more inclined to do safer investments.

"The number one concern for people is running out of money in retirement. And, that's quickly followed by, I don't know what to believe," he said. "When you look at marketing today, it's usually trying to scare the hell out of you. Like going to gold, the world's collapsing. People don't know who to trust, and so they need a guide and an advisor. So, a good way to look at me and my practice would be your general practice doctor, the guy you go to for checkups every year, because I've got a wide breadth of knowledge in a lot of different areas, I'll run some tests to ask some questions, find out what's bothering you, and then we may need to go to a specialist. I don't want to just sell you a product. I'm more interested in building a relationship."

McCall said he gives clients the options of what financial planning route they want to pursue.

"I have a process for financial planning, whether we do a fee-based plan or we do an annual review strategy with no fee. I'm going to approach it both ways," he said. "I'm going to be your guide. I'm going to figure out what are you trying to accomplish, show me where everything's at right now, and then I'm going to go through and find the best route up that mountain. There might be two or three routes we can take, and I'll explain that to you."

McCall also outlines to customers or prospects how he gets paid.

"If they understand that we operate in a levelized commission world, we're not married to one company, and then our company has a process, a procedure called best interest contract," he said. "In other words, as a



Mike McCall is a financial advisor with Blue Crest Financial in Oklahoma City.

fiduciary, I'll act in the best interest of my client. Explaining to people my legal status as far as my licensing is concerned, I think that helps. It goes a long way in easing the client's mind. Either the company's paying me overcharging the financial fee, and I kind of let the client decide which route or path they want to take because everybody's different. I think explaining that to somebody goes a long way."

McCall said he enjoys building relationships with his customers.

"You really need to develop a relationship with that person," he said. "Transparency means full disclosure, spending time talking to somebody, trying to find out what they're trying to accomplish. When we engage a client, we lay out a calendar of activities, which can be anywhere from quarterly to annual review. Annual review is just once you get something set up. It doesn't mean we're only going to talk once during the year. It just means that we're not going to do a formal review until the end of that year. Now, a lot of seniors don't have a lot of moving parts. They don't need a lot of reviews that may be appropriate to do once a year, and then if you get something in the mail or you can talk to somebody. I've got a full-time assistant, especially in that age group. They want to talk to a human being so that they can call me and bounce something off of me during that year. It's what the client needs or wants to accomplish."

McCall said it is important to research financial advisors before signing for services.

He said one way to know if a financial planner has good reviews is through what is known as a clean Form U4.

The Form U4 is the Uniform Application for Securities Industry Registration or Transfer. Individuals seeking to register as an investment adviser representative ("IAR") of a registered investment advisor firm typically must use this form to become registered with a state securities regulator. This document is filed electronically via the Central Registration Depository ("Web CRD") system.

Beyond these basics, applicants are required to self-report information relating to customer complaints, arbitration claims, regulatory proceedings, bankruptcies, certain criminal history record information, certain civil litigation and unsatisfied liens and judgments, among other things.

"I have a clean U4," McCall said. "It (clean U4s) helps people from getting scammed because advisors out there that don't have clean U4 and they just need to be aware of the problems that they've had in the past."

For more information about Form U4 visit https://brokercheck.finra.org.

For more information about McCall's financial advisory services call -

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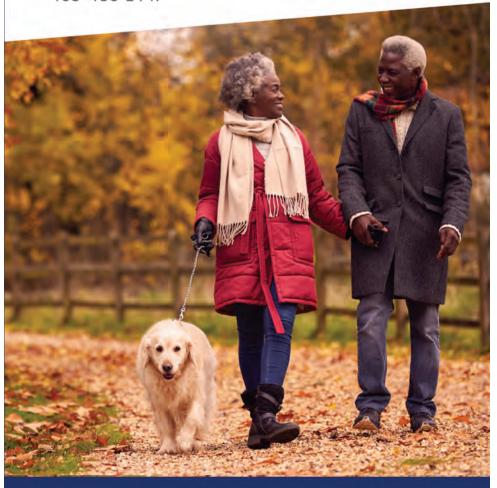
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A Year in Review With the Oklahoma Insurance Department

By Oklahoma Insurance Commissioner Glen Mulready

Last year began as I was sworn into my second and last term as your Oklahoma Insurance Commissioner. I am always grateful for your continued trust and the unique opportunity it is to serve my fellow Oklahomans. Last year was also an eventful year from an insurance standpoint. From severe weather to changes in the insurance Oklahoma market, the Insurance Department (OID) was here with you through all of it. I want to highlight some of our work from 2023 and discuss what's in store for this year.

We were here to help.

As we state in our vision, OID's top priority is to protect Oklahoma consumers. Oklahoma Insurance Last year, our Consumer Assistance division Commissioner Glen Mulready assisted with 13,157 phone calls and 2,784



complaints, resulting in 327 external reviews and \$8,295,011 recovered for consumers. Our Anti-Fraud division also assisted with 1,414 complaints. With the Life Insurance Policy Locator, we matched Oklahoma beneficiaries with \$49 million in life insurance benefits...that they didn't know they had! Additionally, through all the winter weather, wildfires, hail and tornadoes, we were ready to provide assistance and answer your insurance questions. We help Oklahomans in their time of need, and I want to reiterate that if you need assistance or would like to file a complaint, please contact us at 800-522-0071 or visit oid.ok.gov.

We met with those we serve.

My team and I love getting out in the communities we serve and meeting consumers and insurance industry professionals. We arranged Coffee with the Commissioner and attended Mix and Mingle events across the state. where we met with chambers of commerce, licensed agents, Rotary Club chapters and other organizations to learn ways we can better serve the community. In September, we set up a booth at the Oklahoma State Fair to inform thousands of consumers about our services while having fun in the process. In addition to these events, our Medicare Assistance Program (MAP) was active, giving 303 community presentations and engaging in 19,254 one-on-one client contacts, leading to 27,164 people reached. If you'd like to host an event with us, visit http://www.oid.ok.gov/speaker or call our office at 800-522-0071.

We informed and advocated for Oklahomans.

In 2023, we looked for new ways to reach consumers and licensed producers. We launched campaigns like Here to Help, Ask OID and Winter Weather to give guidance on what Oklahomans should know about insurance. We brought you 13 new episodes of the Mulready Minutes podcast, where we featured informative guests to share perspectives and information on topics such as Medicare Open Enrollment, captive insurance and the different divisions at OID. Our team also produced six episodes of the Medicare Monday webinar, and we hosted our first Insurance Day, where we connected with 125 industry professionals on issues affecting the insurance industry in Oklahoma and across the country. As a reminder, you can keep up with the latest news and events with us by following us on social media and subscribing to email news updates at https://oid.ok.gov/subscribe.

We're looking forward to 2024.

Before looking ahead, I'd like to thank the OID team, who are dedicated state employees who make all of this possible. We expect 2024 to come with unique challenges and opportunities, but our commitment to serving Oklahomans will not change. We will keep you informed by bringing you new podcast episodes, webinars, campaigns and events in your own community. Check out our 2023 Annual Report for more information on all the work we do at OID. Here's to a successful 2024!

AARP Oklahoma Opens Nominations for the Native American Elder Honors

Nominations are open for the 16th annual AARP Oklahoma Native American Elder Honors, celebrating 50 Native American elders who have positively impacted our country, state, communities and Indian Country.

Nominations are accepted at https://aarp.org/OKNativeAmericanElderHonors. The nomination period closes on March 31, 2024. This year's AARP Oklahoma Native American Elder Honors celebration will occur on November 6.

Since 2009, the annual event, previously known as Oklahoma Indian Elder Honors, has recognized more than 700 elders from Oklahoma's 39 tribal nations. AARP Oklahoma state director Sean



Voskuhl said, "AARP Oklahoma seeks to recognize elders who embody AARP's mission and vision and inspire others to serve. We honor Native American elders who positively impact their communities."

Nominees must be enrolled members of one of Oklahoma's 39 tribal nations aged 50-plus. Nominees should demonstrate leadership and will be selected based on impactful contributions. Only complete applications will be considered. Nominees do not have to be AARP members. AARP Oklahoma will select honorees.

Visit https://aarp.org/OKNativeAmericanElderHonors to learn about the history of AARP Oklahoma Native American Elder Honors, previous honorees, nomination eligibility and volunteer opportunities.

For more information or questions, contact Mashell Sourjohn at 405-715-4474 or *msourjohn@aarp.org*.

Couples Invited to Pioneer Woman Museum for Valentine's Day

PONCA CITY, Okla. — On Wednesday, February 14, the Pioneer Woman Museum and Statue will open its doors for a Valentine's Day couples night from 7-9 p.m.

This date night experience will allow couples to tour the museum's galleries while listening to romantic music and partaking in drinks, hor d'oeuvres and sweet Valentine's treats. After viewing the galleries, guests can shop with a 10% discount on all items in the gift shop, excluding consignment items.

The event costs \$15 per person, and reservations are required. This is restricted to couples only.

The Pioneer Woman Museum is located at 701 Monument Rd. in



Ponca City. For more information, please call 580-765-6108 or visit their website, https://www.pioneerwomanmuseum.com/.

The Pioneer Woman Museum and Statue 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/.

OPINION



Does Medicare



Dear Savvy Senior,

Does Medicare cover any weight-loss treatments for overweight retirees? I just turned 65 and need to lose about 100 pounds and would like to know if Medicare can help. Overweight Owen

Dear Owen,

Yes, traditional Medicare does indeed cover some weight-loss treatments like counseling and certain types of surgery for overweight beneficiaries, but unfortunately it doesn't cover weight-loss programs or medications. Here's what you should know.

Who's Eligible

For beneficiaries to receive available Medicare-covered weight-loss treatments your body mass index (BMI), which is an estimate of your body fat based on your height and weight, must be 30 or higher.

A BMI of 30 or above is considered obese and increases your risk for many health conditions, such as some cancers, coronary heart disease, type 2 diabetes, stroke and sleep apnea. To find out your BMI, the National Institutes of Health has a free calculator that you can access online at nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.

What's Covered

If you find that your BMI is 30 or higher, Medicare Part B will cover up to 12 months of weight-loss counseling conducted by a medical professional in a primary care setting (like a doctor's office).

Most counseling sessions entail an initial obesity screening, a dietary assessment and behavioral therapy designed to help you lose weight by

focusing on diet and exercise.

Medicare also covers certain types of bariatric and metabolic surgery for morbidly obese beneficiaries who have a BMI of 35 or above and have at least one underlying obesity-related health condition, such as diabetes or heart disease. You must also show that you've tried to lose weight in the past through dieting or exercise and have been unsuccessful.

These procedures make changes to your digestive system to help you lose weight and improve the health of your metabolism.

Some common bariatric surgical procedures covered include Roux-en-Y gastric bypass surgery, which reduces the stomach to a small pouch that makes you feel full even following small meals. And laparoscopic adjustable gastric banding, which inserts an inflatable band that creates a gastric pouch encircling the top of the stomach.

What's Not Covered

Unfortunately, original Medicare does not cover weight-loss programs such as fitness or gym memberships, meal delivery services, or popular weight-loss programs such as Jenny Craig, Noom and WW (formerly Weight Watchers).

Medicare also does not cover any weight-loss drugs, but it does cover FDA approved diabetes drugs that have unintentionally become very popular for weight loss.

Medicare Part D plans cover Ozempic and Mounjaro for diabetes only, not for weight loss! So, your doctor will need to prescribe these medications for diabetes in order to get them covered.

Medicare also does not cover Wegovy or Zepbound because they're approved only for weight loss.

The reason behind the weight-loss drug omission is the Medicare Modernization Act, which specifically excluded them back when the law was written 20 years ago. They also excluded drugs used for cosmetic purposes, fertility, hair growth and erectile dysfunction.

Medicare Advantage

If you happen to be enrolled in a private Medicare Advantage plan, you may have coverage for gym memberships and some weight loss and healthy food delivery programs. These are considered expanded supplemental benefits and have gradually been added to some plans to provide coverage for nutrition, health and wellness. Contact your plan to see what it provides.

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

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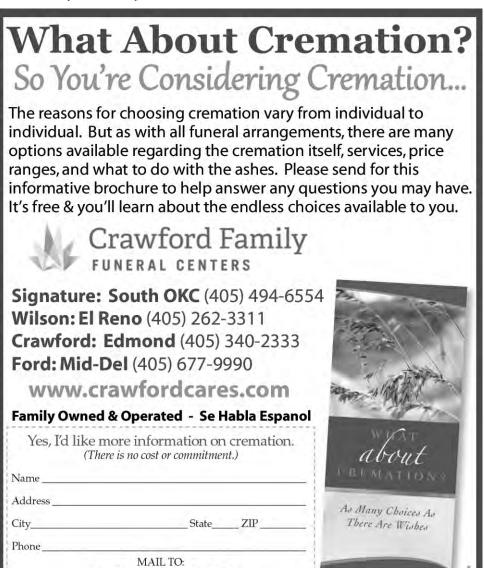
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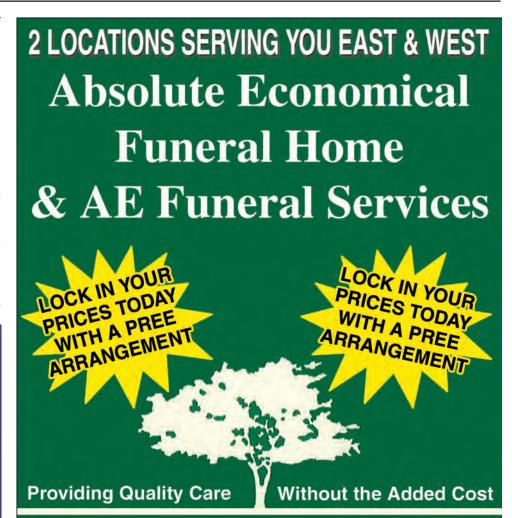
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SNL TINSELTOWN TALKS

Carole Wells Remembers Ann Sheridan

Born 109 years ago this February, glamorous actress Ann Sheridan (1915-1967) was destined for branding as the "Oomph Girl" following a mock contest organized by the Warner Brothers publicity department in 1939.

Stunning on-screen and becoming a favorite pin-up girl of World War II troops, Sheridan could play any character – tough or tender, funny or flirty, sassy or seductive. She delighted audiences with her witty wisecracks and clever comebacks. While she certainly possessed an abundance of entertainment oomph, her feelings were mixed about the public label throughout her life.

The Texas native starred in some memorable films of the 40s such as "The Man Who Came to Dinner," "Angels with Dirty Faces," and "I Was a Male War Bride," but never

really landed a lead role in a true Hollywood blockbuster in her more than 80 feature films.

In declining health at just 50, Sheridan ended her career in the little-remembered TV comedy western "Pistols 'n' Petticoats" that ran for one season in the 1960s. Co-starring with Carole Wells, the former "National Velvet" series actress was one of the last to work with Sheridan and played her daughter in the CBS show.

"I'd never met her before that," Wells told me in 2020. "In fact, I didn't really know who she was - she had been a star before I was born."

The two first met the first day on

"We sat around a big table and read the script with the producers, writers, and director, and she was very charming but rather quiet,"



In 1966, Ann Sheridan (above) became ill during the filming and died of esophageal cancer with massive liver metastases at age 51 on January 21, 1967, in Los Angeles. Carole Wells (inset).

USS Oklahoma Sailor To Be Buried January 29

Mess Attendant 1st Class Ralph Boudreaux, born in New Orleans, Louisiana September 14th, 1941, who died during the Dec. 7 attack on Pearl Harbor, will be buried on Jan. 29 at 11:30 a.m., in the Southeast Louisiana Veterans Cemetery, Slidell, LA.

Mess Attendant 1st Class (Matt1c) Ralph Boudreaux's duties included responsibility for the feeding and serving of officers. The Messman Branch was a racially segregated part of the U.S. Navy. The branch was composed almost exclusively of Mess Attendant 1st Class African-Americans recruited in the Ralph Boudreaux. U.S., as well as Filipino, Chinese and



other foreign nationals recruited overseas. This attracted criticism from civil rights leaders, and some steps were taken throughout the

Promotions include Mess Attendant 3rd Class upon enlistment, Mess Attendant 2nd Class 02/16/1941 and Mess Attendant 1st Class.

Awards and Decorations include the Purple Heart Medal, Combat Action Ribbon, American Defense Service Medal (Fleet Clasp), Asiatic-Pacific Campaign Medal (Bronze Star) and World War II Victory Medal.

Duty Stations: USS Oklahoma (BB 37): 02/17/1940, Naval Training Station Norfolk, VA: 11/27/1939.

recalled Wells. "We would do this every week before filming and she was always just a down-to-earth sort of person."

Wells says the two chatted often but never became very close during the months they worked together.

"I'd see her in the mornings in the make-up department and give her a hug and say, 'How ya doin' Annie?' And she'd say something like 'wish I felt as good as you sweetie' - she called everyone sweetheart or sweetie. She was never well from the beginning of the series."

In the mornings Sheridan was usually okay, according to Wells, but by noon usually couldn't work.

"It took a lot out of her and she would have to go back to her dressing room," said Wells who would spend lunch hour learning Sheridan's lines that would be rewritten for Wells to work into the script if Sheridan couldn't make it back to the set. "But I didn't care because I knew she was ill."

Wells also remembers Sheridan as a chronic smoker.

"As sick as she was with cancer and emphysema, she was never without a cigarette in her mouth except while filming," said Wells.

"She was very frail and thin and kept getting thinner as the series progressed. Basically, I watched her die in front of me. But with all she was going through, I never heard her complain and she was always very kind and respectful to me."

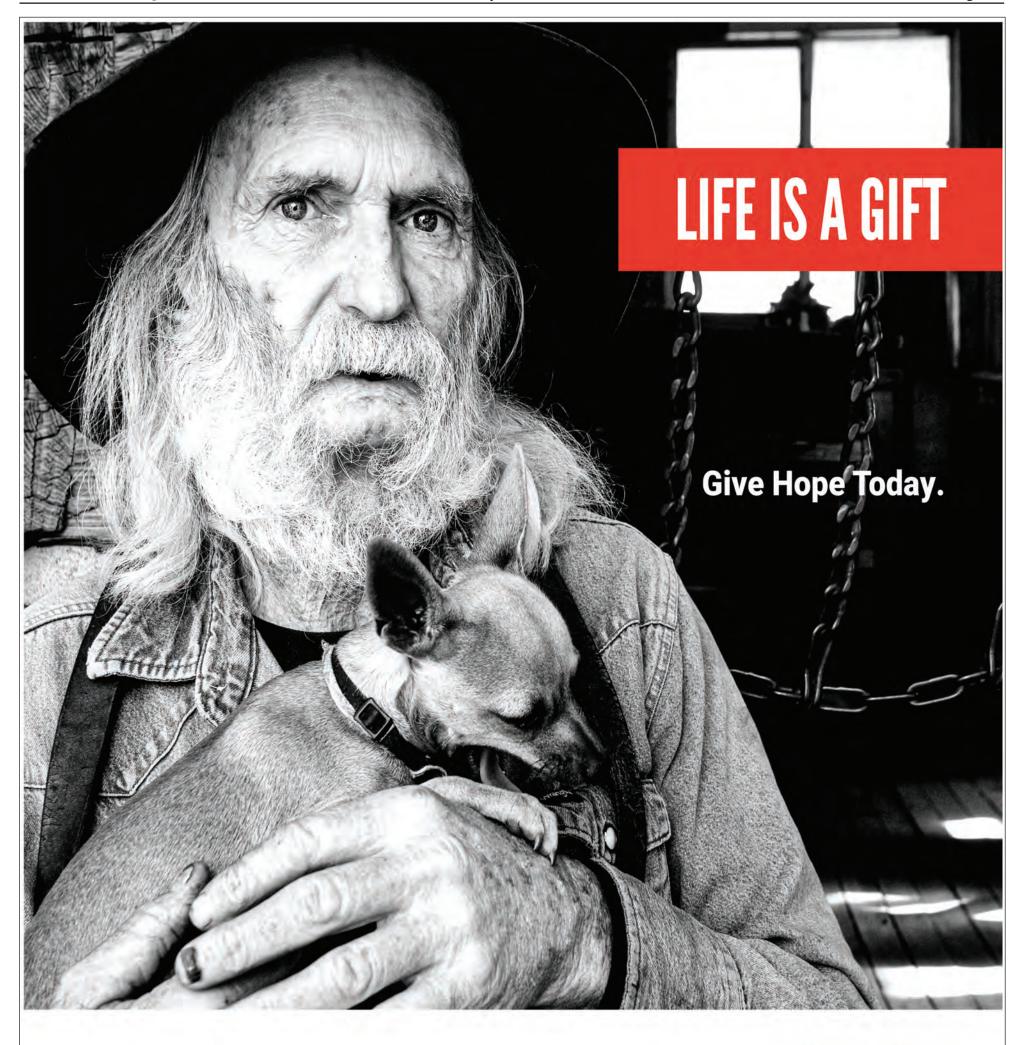
Sheridan struggled through most of the series but was too ill for the final half-dozen episodes.

"I knew she wasn't going to be around much longer," said Wells. "One day she was on the set, then the next day she wasn't and we never saw her again. When we heard she had passed away, the cast had a lunch to memorialize her."

Wells believes doing the show was good for Sheridan who still bravely displayed plenty of 'oomph' despite her failing health.

"Before the series started, she had a facelift and got herself together," says Wells. "I think being part of the show might have helped her live a little longer."

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for numerous newspapers and magazines (see https://www.getnickt.org/).



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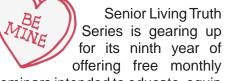


UnitedWayOKC.org

Free Seminars Offered For Senior Adults

SENIOR LIVING TRUTH SERIES BEGINS NINTH YEAR OF EDUCATING

Story by Eddie Roach, contributing writer



seminars intended to educate, equip and empower mature Oklahomans as they enter new and often uncharted territories. This year, the series will focus more on a person's stage in life rather than on a person's age.

The 2024 series began on January 11 at 10 a.m. in the Atrium at Crossings Community Church with the "The Truth about Longevity: Stage Versus Age."

"In a world where age often defines one's abilities and limitations, this seminar challenges these stereotypes and encourages attendees to embrace the full spectrum of our life's journey," said series organizer Dr. Nikki Buckelew, PhD.

Buckelew is a native Oklahoman and nationally recognized speaker, educator, and coach known for her ability to deliver tough topics with enthusiasm and candor.

She said the first seminar will set the tone for coming sessions and will help attendees gain a better understanding of the distinction between lifespan (an age concept) and healthspan (a stage concept).

"Three people, all seventy years old, while the same age, may not have the same needs," Buckelew said. "We have to be sensitive to this and share information that meets everyone at their unique stage in life."

She highlighted topics for the first quarter of 2024. The remainder of the year's schedule is available at www.seniorlivingtruthseries.com.

The February 8 topic is "The Truth about Staying Purposeful at Every Stage of Life."

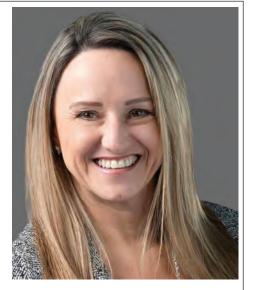
"Whether you're planning to retire (or already have) or considering an alternative path, this discussion promises to offer fresh perspectives and truths often not shared," Buckelew said.

The March 14 topic is "The Quest for Truth: Medicine, Healthcare, and Aging."

"While we may not have all the answers, our seminar aims to empower you by providing key questions and trusted resources," she said. "Join us for an enlightening discussion that navigates the complexities of healthcare, challenges the status quo, and points you in the right direction for informed decisionmaking in your unique stage of life."

About a dozen education partners work with the Senior Living Truth Series to ensure a broad range of input to meet attendees' needs. Education partners donate time, money, space, and resources so that programming can be provided at no cost to participants. While targeted toward mature adults in various stages, anyone is welcome to attend.

"We welcome anyone who believes the information would be



Dr. Nikki Buckelew, PhD, Senior Living Truth Series organizer.

valuable to them," Buckelew said. "If you are not a senior (yet), but are seeking information to navigate your own stages in life as you mature, please join us."

Thanks to Crossings Community Church which provides space for the 90-minute seminars held on the second Thursday of the month at 10 a.m. in the Atrium at Crossings Community Church, 14600 N Portland.

Pre-registration is available at https://seniorlivingtruthseries.com/ or by calling **(405) 563-7501**.

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Seeking longevity



By Marise Boehs

I've been an avid trail bike rider for a number of years. I've ridden long miles over multiple days on trails across the US. In April of this year I retired from my daily newspaper job so I could ride as much and whenever I wanted.

Over Labor Day Weekend I went to a Kansas trail with some of my younger cousins to ride. About 15 miles in on the first day I got severe cramps and light headedness - so bad I had to call the EMTs to come get me off the trail. Two bags of IV fluids and a couple of hours in the ER and I was up and going again. Fortunately I did not damage myself physically.

This was a wakeup call for sure. I was about to have my 75th birthday. I was 30 pounds overweight and not very strong. I knew I had to change or give up riding trails and long distances.

When I got home, I hired a personal trainer and got to work. Four months later, I am two thirds to my weight goal and much stronger. I've learned new nutrition habits, how to stand up straight and breathe and how to rest and recover.

It's an ongoing journey I'd like to share.

Back Story

I have struggled with weight loss and gain most of my adult life. Through 30 years of alcohol abuse and drug addiction my body has been sickly thin at times and bloated beyond comfort at others. In May of 1988, after two treatment centers and years of AA meetings, I decided to give sobriety a chance. What followed was emotional and economic stability leading to steady weight gain.

In the fall of 1997, at 180 pounds I was the heaviest I'd ever been. I tried Weight Watchers, and within a couple of years, reached my lifetime goal of 135. Having achieved the goal, I was tired of counting points and tracking steps, consequently over the next couple of years my weight crept up 20 pounds. Then I discovered the joy of trail riding on a Road Scholar trip to the Katy Trail in Missouri.

Sadly, I was too heavy to do the 30-50 mile days in the program, but they had a SAG wagon. When I couldn't ride any further, I could get in the van. I came from that trip absolutely in love with trail riding.

I knew I was too heavy to successfully ride the miles scheduled on any trip I looked at. So once again I began to diet and exercise. This time I ate a keto diet and rode my bike for training. This worked, and I was fairly quickly back to my weight goal. In September of 2017, I flew to Pittsburg and met a Road Scholar group again. We rode from Pittsburg to Washington D.C. on the GAP and C&O Canal. Up on over the Continental Divide. A ride of a lifetime!

I've since been back to the Katy Trail twice and have ridden the Mickelson Trail in South Dakota and the Flint Hills Nature Trail in Kansas several times as well.

Wake Up Call

Saturday morning, September 2, was a beautiful, bright, sunshiny day with hardly any wind in Ottawa, Kansas. I was waiting for some of my riding family to arrive to ride with me for the day. We had planned this trip for months and were all excited for the day to arrive.

I was fat again and eating low carb food. That morning I ate low carb cereal and drank protein coffee, filled my two water bottles and was ready the ride.

We rode out and enjoyed the trail, stopping every mile or so to marvel at the beauty and sip some water. About 15 miles into the ride, cramps hit both of my legs in the inner thighs. I was in pain and unable to pedal. I got off my bike to ease my legs and nearly passed out. I knew I would need help getting off the trail.

I called 911. Shortly the EMTs where there in a pickup truck. They sat me in the front seat and carefully backed out of the trail to the ambulance. As soon as I was

stabilized, they started IV fluids, and the cramps began to ease.

New Plan

I came home, joined a gym, and hired Blake Mullen as my personal trainer. I was greatly intimidated and really really did not want to do any of it. The first day with him was September 11, and the gym was having a 9-11 Step Climbing Event. He put me on a huge, scary Stairmaster and it was not fun. But I did it and went through the other exercises he had for me. Then I went back in two days to do it again. And again in couple of days. Now I am at the gym 4 days a week.

I track my food on a phone app, trying to eat 900-1200 calories with 50% of those calories coming from protein. I walk at least 10,000 steps

a day and burn enough calories to leave a 500 deficit between calories eaten and calories burned. (It takes 3500 calories to burn a pound of fat.) Being mindful each day is the key to success. Today I am 9 pounds from my goal.

What's Next?

June 2, 2024 I will be back on the Katy Trail for a 6 day, 230 mile ride. All the miles, every day is the goal!

Side note: Thankfully, sobriety has not had the same on again off again scenario as weight loss. I have been clean and sober since May 11, 1988. Blessed and grateful.





Photos top to bottom: Working at the gym. Riding in the neighborhood. A trip of a lifetime -GAP & C&O Canal - Pittsburg to DC.

Marise Boehs is a freelance writer, photographer and graphic designer. Recently retired from 25+ years in the newspaper arena, she fills her days with walks around her quiet Norman neighborhood, bike riding, working out at the gym, all the while looking for new and interesting work projects.

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Metro Library to Host Annual Friends of the Library Booksale on

February 24-25



The Metropolitan Library System is pleased to announce the annual Friends of the Library Booksale, scheduled to take place on February 24-25 at the Oklahoma Expo Hall Building, located at 3213 Wichita Walk within the OKC Fairgrounds. Running from 9:00 am to 5:00 pm on both Saturday and Sunday, this free and public event will feature an extensive collection of over 500,000 books, music, DVDs, Blu-rays, audiobooks, and more.

The sale will be divided into two rooms, with a general room offering \$1 paperbacks and \$2 hardbacks, and children's items at half the price. The Better Books room will showcase items in better condition, with individually priced books starting at \$3. Due to limited building occupancy, attendees are encouraged to dress appropriately for the weather.

The Booksale serves as the primary fundraiser for the Metropolitan Library System's Friends of the Library, a 501c3 organization that, in collaboration with the library system's 19 branches, has raised \$6,000,000 in gifts over the years. These funds have supported various initiatives, including scholarships for library staff, technology for homework help, games, toys, supplies, and diverse library programming.

This year, proceeds from the Booksale will be combined with funding from the Library Endowment Trust to establish a sustainable fund for early childhood literacy outreach in Oklahoma County. The focus will include supporting the popular Dolly Parton Imagination Library book gifting program for preschoolers. For more information on this program, visit https://imaginationlibrary.com.

Members of the Friends of the Library will enjoy an exclusive members-only event on Friday, February 23, from 1:00 pm to 7:00 pm. This special preview is a token of appreciation for their ongoing support. Membership sign-ups are available at -

https://supportmls.org/fol/membership until 5:00 pm on February 21. No memberships or tickets will be sold at the event.

Becoming a Friends member is not only a commitment to fostering literacy but also a meaningful way to give back to the community. Volunteers are invited to register or find more information at https://supportmls.org/fol/volunteering. To express gratitude to our volunteers, they will receive an early shopping opportunity on February 22 from 5:00 pm to 7:00 pm. Their assistance in setting up, customer service, book stocking, and more is invaluable to the success of the

Teachers and nonprofits interested in claiming leftover items at the end of the sale on February 25 from 6:00 pm to 7:30 pm can register at https://metrolibrary.wufoo.com/forms/w1hn7kl51k5zgiq.

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BBT Fingernails grow nearly 4 times faster than toenails!

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

BBT In the year 2000, Pope John Paul II was named an "Honorary Harlem Globetrotter."!

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

BBT A fetus develops fingerprints at eighteen weeks!

BBT The fear of vegetables is called Lachanophobia!.. More

BBT There are approximately fifty Bibles sold each minute across the world!

Delayed opening for North OKC VA Clinic

Affairs Heath Care System is currently notifying local Veterans that the North OKC VA Community Based Outpatient Clinic will be closed between 3 to 6 months due to water damage from a broken water riser valve.

The OKC VA hospital is asking patients that had previously scheduled appointments at North OKC Clinic and are unsure of their new transitioned appointment location, please contact the VA scheduling staff at 405-456-1000, select option 2.

During this temporary closure period, Veterans medical needs are a priority and Veterans will be contacted and redirected to alternative clinic locations around the Oklahoma City metropolitan area.

For any questions or concerns upcoming scheduled

The Oklahoma City Veterans appointments, Veterans can call the Oklahoma City VA to ensure every Veteran previously scheduled at North OKC CBOC has a new rescheduled appointment location.

> The OKC VA understands this is an inconvenience and wants to assure Veterans that every effort is being made to minimize the impact on their healthcare experience. They are tentatively targeting January 16, 2024, for confirmation of the new appointment locations.

> The building owner is currently working diligently with the insurance company, cleaning crews and construction teams to repair the site as soon as possible.

> Again, if you are unsure of your new North OKC appointment location, please contact the VA scheduling staff at 405-456-1000, select option 2.





U.S. Department of Veterans Affairs

Veterans Health Administration Oklahoma City VA Health Care System

SNL News Line - Matilda Charles

Daily Step Counting

How many daily steps do we really need for optimum health? Ten thousand steps seems to be the gold standard in most of what we read to keep diabetes and high blood pressure (as well as several other conditions) at bay. And how do we keep track of all our steps?

Before you decide on a target number of steps per day, call your medical provider and ask how many you should be doing. You might learn that with an otherwise active, healthy life, several thousand steps per day might be enough, rather than the whole 10,000.

How to count those steps is the tricky part. I have several of those little clip-on step counters, and unfortunately, they all come up with different results. I have no way of knowing which are accurate.

There is a popular tracker called Fitbit, a fancy step counter that looks like a watch. Each model has pros and cons, per thousands of online reviews. Some do more than just count steps; they also keep tabs on your location with GPS, your pace and how far you've walked, your sleep profile, your heart rate and your stress level. They can be pricey, especially if you want to unlock all the features and sign up for Fitbit Premium to see all your data on the dashboard.

Your best bet is to Google "best step counters for seniors" and wade through a few dozen choices. You'll find Apple Watch, 3DTriSport Walking 3D Pedometer, Garmin Vivofit 4 activity tracker and so many more. If you have a subscription to Consumer Reports, check their reviews on activity trackers

Before you opt for an expensive tracker, visit a store where they are sold and try them out. A watch font might be too tiny to read, or a clip-on might not stay clipped on.

Bonus: Several Medicare Advantage plans provide either free or reducedcost Fitbit devices.

Amber Waves























The Spats







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by Elie's Spiritual Treasures

Psalm 31:1-2

In you, LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

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6. Flower picture is reversed. Differences: I. Broom handle is longer. 2. Cloth is different. 3. Cap is different. 4. Cup is missing. 5. Cabinet is wider.

population.; 9, 118.; 10, 1924.

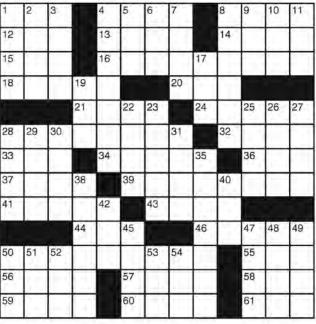
7. IV (Four).; 8. Having an extra nipple, which affects about 1%-5% of the 3. Switzerland.; 4. Destiny's Child.; 5. Arizona.; 6. "Through the Looking-Glass."; 1. His full name is Kenneth Sean Carson.; 2. Scranton, Pennsylvania.;

Trivia Test Answerst

ACROSS

- 1 Hot tub
- Pack (down)
- Honeycomb division
- 12 Joke
- 13 Teen fave
- 14 Celestial bear 15 Capote nick-
- name 16 Difficult prob-
- lem 18 Celery unit
- 20 Pantheon member
- Morays
- Twilight, poetically
- "Bravo!"
- Wry 32
- Bombeck 33 Raw rock
- 34 Begets
- 36 Melody 37 Actress Meg
- 39 Maintains
- Wheel connectors
- 43 Bake sale orgs.
- Victor
- 46 Dugout seating Sociable and
- lively "Caught ya!"
- 56 Medicinal plant
- Vogue rival 58 Singer Phair
- Reporter's quest

King Crossword



count 61 Mimic

60 Workout

- DOWN Boot camp
- **VIPs** Section
- Water, in 3 Mexico
- 4 Hearts, slan-
- 5 Big fuss
- 6 Calendar
- abbr. Advertise
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- 10 Baton Rouge sch.
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- ment 22 Secular
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Solution time: 24 mins.

Answers

King Crossword —

St by Fifi Rodriguez

- 1. GENERAL KNOWLEDGE: What is the last name of Ken, who was Barbie's boyfriend?
- 2. TELEVISION: In the sitcom "The Office," the company is in which U.S. city?
- 3. GEOGRAPHY: In which country is The Matterhorn located?
- 4. MUSIC: Which 1990s group was the singer Beyonce a part of? 5. U.S. STATES: In which state is Monument
- Valley located? 6. LITERATURE: In which children's book
- do the characters Tweedledee and Tweedledum
- 7. MATH: In Roman numerals, what is XLVIII divided by XII?
- 8. MEDICAL: What is a common name for polythelia?
- 9. CHEMISTRY: How many elements are listed on the Periodic Table?
- 10. MOVIES: What is the year of the Olympics in the movie "Chariots of Fire"?
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VillagesOKC Workshop To Address Gut Health

By Marilyn Olson, Executive Director, VillagesOKC

VillagesOKC continues it's free daylong workshops focused on senior health with "Listen to Your Gut" on February 21. The workshop at the Metro Technology Center, 1900 Springlake Dr. will feature two speakers, a light lunch and resource tables. Presented by VillagesOKC, the lead sponsor is CompleteOK Home Health and Hospice.

Gut health refers to the health of the entire digestive system and the health of the microorganisms living in the digestive tract. This includes the esophagus, stomach, small intestine and large intestine. When you eat food or drink liquid, your body breaks those items down into nutrients (carbohydrates, proteins, fats, vitamins, etc.) as they travel through your digestive tract.

Debbie Ozment, DDS, MS, will address "Vitality Takes Guts: How Your Microbiome Impacts Health." Gut microbiome is the collection of all the bacteria that live within the gut. Candace Sturlin, PA-C, will be

speaking on "Wellness and Longevity of the Gut."

Contrary to what many people believe, not all bacteria are threats to health. In fact, the gut microorganisms are critical to many of the body's processes, and when these bacteria are healthy, they have a huge positive impact on our overall health. However, chronic inflammation can accelerate disease progression.

Dr. Ozment is committed to early diagnosis and intervention of periodontal disease to positively affect not only the mouth, but the entire body. According to Dr. Ozment, gum disease is an early warning of larger disease problems: heart disease, cancer, Type 2 diabetes and rheumatoid arthritis among other afflictions.

She has been a private-practice dentist since 1985. A graduate of Oklahoma University College of Dentistry, she served as adjunct faculty there for seven years. Dr. Ozment completed a Masters' degree





Candace Sturlin, PA-C

Debbie Ozment, DDS, MS

in Metabolic and Nutritional Medicine from the University of South Florida Morsani College of Medicine and is a Diplomate with the American Academy of Anti-Aging Medicine. Trained at Mayo Clinic, she is a Nationally Board Certified Health and Wellness Coach.

Sturlin has extensive training and over 21 years of experience in Family Medicine, Anti-Aging, Emergency Medicine, Urology and Sexual Medicine. A graduate of Southern Nazarene University, she earned a Master of Science as a Physician Associate with Distinction from the University of Oklahoma Health Science Center College of Medicine. She joined Total Healthcare Partners and Wellness and Longevity in 2010 working along side Dr. Paul Rothwell to promote individuals living healthier lives through wellness to reduce sickness.

Registration for the workshop is required on the VillagesOKC events calendar https://villagesokc.org/calendar or by calling (405) 990-6637.

OKC Veterans Can Receive No-Cost Flu Shots And OVID Vaccinations

ONE VISI

Getting a flu shot protects you, your family and the community from getting sick. The Oklahoma City VA Health Care System provides get shots for flu and COVID at the same time - one visit, two vaccines. flu shots and COVID vaccinations for Veterans and they are

going one step further. Veterans can also visit participating pharmacies and community care partners and get free vaccinations closer to home. Eligible Veterans can get a no-cost flu shot from a nearby VA clinic or within your community from one of nearly 65,000 in-network pharmacies or urgent care locations.

Keep in mind:

· To get a no-cost vaccine, the provider must be part of VA's community care network.

· If you receive a flu shot from a non-network provider, you may be responsible for the cost of the vaccine.

· Retail pharmacies include most supermarket and local pharmacies.

· Many urgent care locations offer walk-in care.

· Call ahead to see if a pharmacy or urgent care site:

· participates in the VA flu shot program.

· offers the specific flu vaccine that you prefer

To learn more about the program the VA provides fact sheets, language options are available in English or Spanish versions. vaccines are usually available September through April. Use our on-line VA locator to find locations.

And if you would like to get both vaccinations, you now can safely

(Call ahead to make sure COVID vaccine available). Remember, if

you go to a local urgent care for your vaccine, the visit must be for vaccination ONLY for it to be covered. If you seek additional treatment on top of receiving the flu or COVID vaccine, you may be responsible for a co-payment.

> You are eligible to receive a no-cost flu shot at an in-network retail pharmacy or urgent care location if:

· You are enrolled in the VA health care system

You received care from a VA provider or an in-network community care provider within the past 24 months.

How do I know if I am eligible?

· Call 800-MyVA411 (800-698-2411) Select option (urgent care information or check urgent care eligibility). The system will verify your eligibility for the community urgent care benefit, which includes the flu

vaccination. · Or call the OKC VA at 1-405-456-1000 option 2 or find your local

· Your state may have age and health-related restrictions. For more information, please visit the below link: https://www.prevention.va.gov/flu/FluShots.asp



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A Health Threat Causing Missed School Days

In Oklahoma, it's still legal to smoke in cars where kids are present. When children live with secondhand smoke at home, they suffer more asthma attacks, ear infections and respiratory illnesses — and rack up absences as a result. The research is clear. Why isn't the air?

Learn more about the impact of secondhand smoke at:





With their winning entry and award are Select Specialty team members (left to right) Tyler Grantham, CNO; Kelly Duke, CEO; Ryan Chambers, RN; Don Drosche, director of plant operations; Tami Kirk, director of quality management; and Cindy Novotny-Sieber, ICP/EH.

Local Hospital Receives Quality Award

The Oklahoma Hospital Association (OHA) presented Excellence in Quality awards to four hospitals during its recent annual

conference. This award recognizes exceptional efforts to improve outcomes in clinical quality performance practices, capabilities, and results, and represents the highest level of professional acknowledgement from the OHA Council on Quality & Patient Safety.

Award applications from OHA hospitals across the state were scored based on their story of a clinical project specific to improving patient safety within the hospital, creating innovative interventions that incorporate evidence-based best practices, demonstrating measurable and quantifiable results, sustaining/spreading the success within the hospital, and stimulating learning for others. Four award categories based on number of beds were recognized.



Patrice Greenawalt, OHA vice president of quality & clinical initiatives.

"The goals of the awards are to recognize outcomes in clinical quality performance practices, capabilities, and results, share best clinical practices, challenges, and successes among Oklahoma hospitals, and stimulate innovation, knowledge and learning in achieving clinical quality and safety in health care among member hospitals," said Patrice Greenawalt, OHA vice president of quality & clinical initiatives.

2023 awardees for Excellence in Quality are:



Critical Access Hospital and Under 25 beds: Rural Wellness Anadarko. Project Title: Reduction of Falls for Patient Safety. Submitted by: Rachel Stephens, chief nursing officer



26-100 beds: Select Specialty Hospital Oklahoma City. Project Title: Reducing Central Line-Associated Blood Stream Infections. Submitted by: Tami Kirk, director of quality management



101-300 beds: Comanche County Memorial Hospital, Lawton. Project Title: Reduction of Hospital-Acquired Clostridioides difficile. Submitted by: Melissa Alvillar, RN, chief nursing officer



More than 300 beds: Norman Regional Health System. Project Title: Hip Fracture Morbidity and Mortality. Submitted by: Cathy Snapp, orthopedic program administrator

Peripheral Neuropathy Breakthrough!

"My feet feel like they're on fire." "Each step feels like I'm walking through wet paint." "I live in constant fear that I'll fall."

"I can't sleep, my hands and feet tingle all night.

What do all of these people have in common? They suffer from peripheral neuropathy. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately this figure may be signficantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Toni Twitty of Be Well Acupuncture in Edmond, OK shares this belief. "I've been treating neuropathy, in all its various forms, for over a decade and so often my patients come to me becuase of the symptoms not because of a diagnosis. They saw one of my television specials, or read a testimonial of another patient and say to themselves, 'hey, I feel the same thing'."

Betty M. of Oklahoma City testified to this, "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious-I kept thinking, 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately, Betty would eventually see a review of Toni Twitty talking about similar symptoms and how she offers a real solution at Be Well Acupuncture. "I just knew I had to see her. She was my last hope.'

"Almost all of our patients come to us with a story similar to Betty's. They've been everywhere else. They've been told there is no hope. They've been told, 'its just part of getting older," shares Brooke, a Patient Care Technician at Be Well Acupuncture. "It just breaks my heart but I know that we can help people like Betty so I'm always so happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a grim reality;

Western Medicine declares there is no success rate in reversing the solution while cost alternative therapies carry huge price tags and offer little to no resolve. Which is why Toni Twitty and the staff at Be Well pride themselves on being, 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves. This damage is commonly caused by low blood flow in the hands and feet. Low blood flow results in lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they completely expire, leaving those suffering with crippling balance issues. "In this case the absence of pain is not a good thing," shares Dr. Toni. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Dr. Toni able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years. It helps get the nutrients to the nerves. But the real magic happens when I integrate ATP Resonance BioTherapy™. This is tech bewellokc.com to read mothat was orginally developed by NASA incredible success stories. to expedite recovering and healing.

"I just can't say enough about Be Well," Betty shared joyfully. "My husband and I moved here 3 years ago to be near our grandchildren. I always stayed home because of the pain and discomfort. I couldn't keep up. Yesterday I walked around the park with him! Next week we're taking the grandkids with us! I am truly living life these days."

According to Betty's test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients," shares Paige. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Be Well Acupuncture has achieved a 90%

effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred," tells the doctor. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine."

When it somes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling, or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

Call 405-697-5121 to schedule an initial consultation or visit bewellokc.com to read more



Robert Kalsu: a story of 'Uncommon Character'

By Eddie Roach, VillagesOKC media



Commitment. Discipline. Effort. Pride. Toughness.

Those are the character traits which are inscribed on the base of a monument to 1st Lt. James Robert Kalsu that will be unveiled March 29, Vietnam era Veterans Day, at the Del City High School stadium, which bears his name. On the same day, a documentary will premiere about the football star who gave up a promising career to honor his commitment to the U.S. Army and lost his life in service to his country in Vietnam.

"Uncommon Character - the Legacy of James Robert Kalsu" is a film about Kalsu, a stand-out student and Del City High School football star, an All-American at the University of Oklahoma, and Rookie of the Year for the Buffalo Bills, who became the only active professional athlete killed in action in the Vietnam War.

Documentary producer Gary Banz, director of Veterans Initiatives at VillagesOKC, says, "This story is important for many reasons. Foremost is that each new generation needs to know their own history and appreciate the sacrifices which have been made so they can live free and enjoy the benefits of that freedom." He hopes it will inspire future generations of Del City students and motivate them on the field, in the classroom, and in life.

"The statue is a constant visual reminder of James Robert Kalsu's personal story," Banz said. "The documentary expands the audience of the Kalsu story. After more than 50 years, the public at large has become more open to reversing the manner Vietnam Veterans are recognized for their service."

Kalsu's story of humility, character, and valor has been told several ways over the 50+ years since a mortar round took his life in July 1970. Now, a documentary by local filmmakers explores the Robert

Kalsu story and how his life impacted so many - in sports and in service. Former teammates and battle buddies were interviewed for this project. All spoke of Kalsu's character.

Kalsu was born in Oklahoma City with deep Czechoslovakian immigrant roots. His boyhood home was located on Southeast 59th St. in the Mid-Del school district. During his developmental years, he attended Townsend Elementary, Kerr Junior High, and Del City High School and considered Del City his home. His character traits were shaped by a strong extended family, a Catholic faith tradition, and his teachers in the Mid-Del school district.



1st Lt. James Robert Kalsu was the only active professional athlete killed in action in the Vietnam War.

Nearby Tinker Air Force Base, established during World War II, was the place of employment for thousands including Kalsu's father, Frank. It was the perfect setting to raise a young man of character destined to become an All-American Hero. As a constant companion with his father who coached little league baseball teams, young Kalsu embraced serving others.

He was recruited in 1963 by legendary coach Bud Wilkinson at the University of Oklahoma, but

Wilkinson retired before Kalsu could play for him. By the 1966-67 season, the All-American Kalsu led the Sooners to a 10-1 (7-0 in Big Eight Conference play) season and a win over Tennessee in the Orange Bowl. Team Captain Kalsu earned the respect of his teammates. Former teammates said his no-nonsense, team-first approach was loved by all and made an impression on players and coaches.

Teammate Steve Owens, future Heisman Trophy winner, said Kalsu was a natural born leader. "When he talked, we listened." Team quarterback Bob Warmack said he was a little kid in a big man's body that led by example. Coach Barry Switzer, offensive coordinator, remembers him as quiet and on time, and a mature leader well liked by teammates and coaches.

Kalsu was drafted by the Buffalo Bills in 1968. He started nine games that season and was voted as the rookie of the year by his teammates. While at OU, Kalsu was a member of the school's Army ROTC program. After graduating, he was commissioned as a second lieutenant

but was not called to active duty. However, not long after the Bills 1968 season ended, the call came. At the time, numerous pro athletes were eligible to be drafted but opted for the reserves, or because of their high profile careers managed to avoid the draft with deferments.

In November 1969, after additional artillery training at Fort Sill in Lawton, 2nd Lt. Kalsu found himself assigned to the 101st Airborne Division "Screaming Eagles" and leading soldiers operating Firebase Ripcord high in the mountains of central Vietnam. At the time, Kalsu and his wife, Jan, had an infant daughter, and she was pregnant with their second child. In the early months of his tour of duty, Kalsu was promoted to first lieutenant. In May 1970, Kalsu joined his wife in Hawaii for a brief R&R retreat.

By late July, Firebase Ripcord was besieged by North Vietnamese Army soldiers who had surrounded the base. For days, the NVA frequently mortared the base, which kept Kalsu and his troops primarily in their bunkers. On July 21, 1970, Kalsu was killed by a mortar round that landed a few feet from him. Two days later, Jan Kalsu gave birth to their son, James Robert Kalsu Jr., in Oklahoma City.

When enlisted soldier Alfred Martin, who experienced combat at Firebase Ripcord with Kalsu, was asked to describe his commanding officer, he replied, "a gentleman in officer clothing."

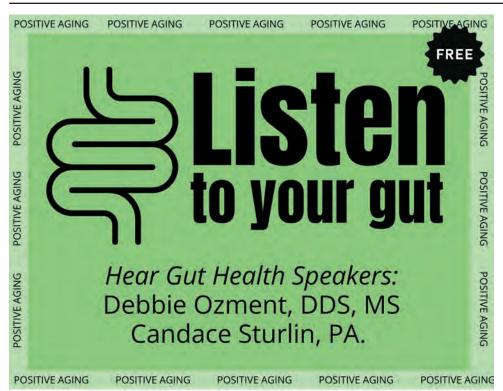
Dedication Day for the Kalsu monument is Friday, March 29, with a revealing ceremony at 1:00 p.m. at the stadium site. At 1:30 p.m. in the Del City Performing Arts Center (PAC)



Right: Rendering of the monument being erected just inside the main gate of the Del City stadium to honor 1st Lt. James Robert Kalsu. (Courtesy of Robert Kalsu Legacy Group)

there will be a Vietnam-Era Veteran pinning ceremony and premier of the documentary. A reception will follow in the PAC lobby.

"Uncommon Character" is the second documentary written and produced by Banz which honors Veterans. It is the third the 78-year-old retired educator and former Oklahoma State Representative has produced with his grandson, Nathan Livingston, a 25 year-old cinematographer. The Robert Kalsu Legacy Group is the idea of Navy Capt. John Keilty (retired), a Junior Naval ROTC teacher at Del City High School and includes other community leaders. They are raising funds for the monument. Midwest Trophy Manufacturing of Del City and Willowbrook Construction are building and erecting this project.





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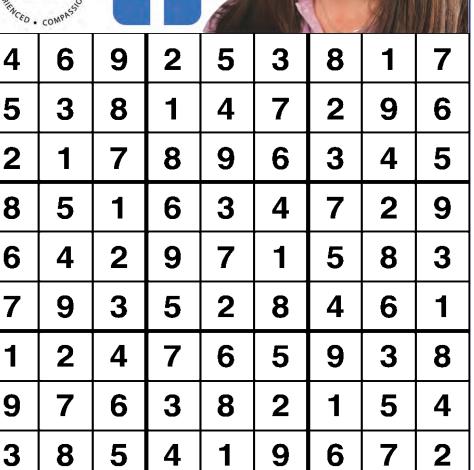
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Sudoku Answers

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Agnes Baker

(Right) **100 years old.** In Stroud today, having lived her life in Lincoln County. In her century, she recalls helping her parents pick cotton; riding to school in a covered wagon; marrying her husband; becoming a mother; leaving her home to move into assisted living and the Covid shutdown.





Marci D. (Pruitt) Coppedge

(Left) **100 years old.** She is blessed with two children, 5 grandchildren, seven great grandchildren & a host of extended family & friends. Her words of wisdom for younger people: "Live your life the best you have at the time; when things change, adjust & go on!"

Gilbert Mike "Choc" (Charleston

(Right) **100 years old.** He is a full-blooded Choctaw & his heritage permeates his life. He & his wife of 79 years, Billie, owned & operated Choctaw Trading Post providing authentic Indian artifacts attracting visitors from around the world. This is a man who put his heritage & service to his country & to others first. He was a spokesperson for the OK Department of Tourism.

Bill Stoddard

(Right) **100 years old**. Originally of Connecticut, now lives in Owasso. He celebrated his 100th birthday today with his family. He is a military veteran having served four years during WWII and in Korea with the Army and Air Force. Bill's words of wisdom for us today are: Don't Drink or Smoke. Thank you for your service.





OMRF Receives \$5.8 Million For Autoimmune Disease Research

The National Institutes of Health has awarded the Oklahoma Medical Research Foundation \$5.8 million to work toward easier diagnosis and better treatment options for Sjögren's disease, an autoimmune condition.

In Sjögren's, immune cells attack moisture-producing glands, causing painful dry eyes and mouth. It can result in irreversible tissue damage, neurological problems, lung disease and cancer. There is no known cure, and current treatments address only the symptoms.

OMRF scientists Joel Guthridge, Ph.D., Darise Farris, Ph.D., and Christopher Lessard, Ph.D., received a four-year grant through the Accelerating Medicines Partnership in Autoimmune and Immune-Mediated Diseases Program (AMP AIM). The team's goal is to develop less invasive clinical tools to diagnose patients more effectively and identify new targets for future treatments.

"This disease is notoriously difficult to diagnose," said Lessard, who's been studying Sjögren's at OMRF since 2007. "It shares features with many autoimmune diseases and lacks effective diagnostic markers, which makes studying it challenging. This grant provides us with technology to analyze the salivary glands of people with Sjögren's in a way that wasn't possible previously."

The researchers will use blood and biopsy tissue samples donated to OMRF by people with Sjögren's to better understand different patient sub-groups' genetic and molecular characteristics.

"This knowledge should help clinicians diagnose the disease more easily and determine who may benefit from different potential therapies," Guthridge said.

glands.

Most studies of Sjögren's have focused on patients who test positive for certain autoantibodies in the blood. However, a significant percentage of people with the disease test negative for those autoantibodies. In those cases, diagnosis requires an invasive biopsy of the salivary



"Of the more than 600 people seen in our research clinic who met the criteria for Sjögren's, about 40% tested negative for these autoantibodies," said Farris, the Alvin Chang Chair of Biomedical Research at the OMRF. "This positions us to study the molecular issues unique to that particular Sjögren's patient group."

AMP AIM is a nationwide public-private partnership aimed at developing more effective treatments for autoimmune diseases. The partnership involves the NIH, Foundation for the National Institutes of Health, nonprofit disease foundations, biopharmaceutical and life-science companies, and 52 research institutions. OMRF Executive Vice President & Chief Medical Officer Judith James, M.D., Ph.D., is chair of the more than \$60 million program.

The AMP AIM Sjögren's research is funded by grant No. 3UC2 AR081032-02S1 from the National Institute of Arthritis and Musculoskeletal and Skin Diseases, part of the NIH. Farris and Guthridge received support from the Oklahoma City-based Presbyterian Health Foundation for experiments preceding the NIH grant. Additional support came to Farris from the Oklahoma Center for the Advancement of Science & Technology and to Guthridge from the Oklahoma Center for Adult Stem Cell Research.

For more information about ongoing Sjögren's research at OMRF, visit https://omrf.org/patient-studies/sjogrens-disease/sjogrens/.





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- Blood Drive Appointments
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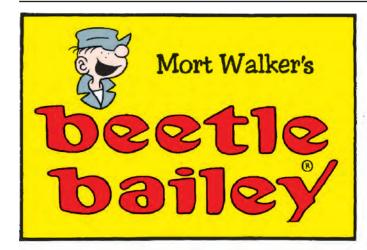














DEAN YOUNG AND JOHN MARSHALL



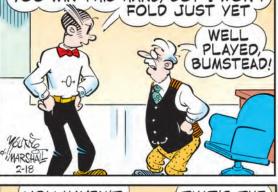


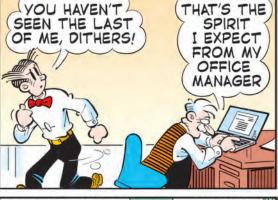






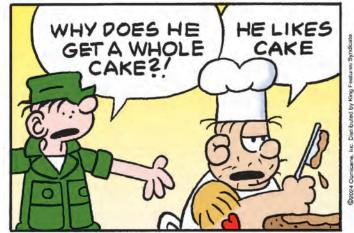


























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