

JANUARY 2019 . FOCUS ON SPIRITUAL WELLNESS

MANOR MIRROR

REFLECTING MANOR LIFE

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BY STEVE DICKIE, CHIEF EXECUTIVE OFFICER

Internship Enhances Whole Person Wellness



The design team for the SAIR Program at OMM includes Jennifer Rawlings (VP of Wellness), Tammy Osteen (Buehler Place Household Coordinator) standing and Norah Swiney (Assistant Professor of Theater at ORU) and Seth Bennet (Student Artist-In-Residence) seated.

Oklahoma Methodist Manor is partnering with the Theatre Department at Oral Roberts University to launch a Student-Artist-In-Residence (SAIR) program that will incorporate the principles and techniques of Applied Theater in the Healthcare Households. The SAIR internship will enhance social, emotional and intellectual wellness at OMM.

Starting in January, the inaugural SAIR is Seth Bennett, a sophomore at ORU majoring in Drama, Television,

and Film. From Morgantown, West Virginia, Seth's theatre resume includes *Beauty and the Beast*, *Our Town*, *She Loves Me*, *Twelfth Night* and *The Velveteen Rabbit*.

Seth shared with us that his "goal is to engage with people, go the extra mile, and provide excellent service. It gives me pleasure to provide the best experience possible... I enjoy spreading joy and optimism."

Seth will be a present, supportive member of the community. He will spend time observing daily life,

meeting people, participating in community events and planning five theatre workshops for Members living in a Healthcare Household. Every week he will immerse himself in the community: sharing meals, studying in the lobby, engaging in community events and visiting with members of the community. Finally, he will develop and produce a performance to be presented to the entire OMM community in April.

Jennifer Rawlings, VP of Wellness states, "My goal for this program is to enhance the lives of the members in the Health Center by giving them meaning and purpose, providing new opportunities to explore and grow and tap into their history and identity."

During his residency, Seth will live in the Felt House and work in the OMM community. He will analyze Applied Theater techniques, conduct personal interviews and explore how different Applied Theater methods like reminiscence theater and playback theater can improve the quality of life for people living in the Households.

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WHAT IS MOST VALUABLE?

BY DUB AMBROSE, CHAPLAIN WITH SARAH JENKINS

After Sarah shared during Christ Conversations a few weeks ago, I knew I wanted her to share her insight with you...

“Dear Heavenly Father, No matter how long I have to take care of Dwight, please keep him with me. I promise to give him the best care I can possibly give him.”

That was my prayer as his dementia became steadily advanced. I remembered my mother telling me often when I was young that if I prayed hard enough God would listen to my prayers.

I was my husband, Dwight’s, sole caregiver for several years. I never felt taking care of him was a burden. He was the purpose of my life. I felt fortunate to be blessed with good health so that I could take care of him and drive him to all of his doctors’ appointments, refill his prescriptions, etc.

On Christmas Eve, 2014, I kissed him and told him that I was going to church to sing for the two services that night. He nodded yes when I asked him if that’s what he

wanted me to do. That was our last conversation.

I felt my mother was wrong and God did not listen to my prayers which I thought were not selfish prayers. I was disappointed and thought maybe I did not pray hard enough. Four years passed, but it had not been easy.

Then I attended the Christ Conversations series that our wonderful chaplain, Rev. Ambrose, facilitates for us every Tuesday. As we watched Pastor Andy Stanley preach on the topic, “How to Get What You REALLY Want”, I realized it wasn’t God not listening to me, or I didn’t pray hard enough. The truth is that I was praying wrongly. What I was praying for was what I wanted, and not what was best for Dwight or what God planned for Dwight.

What a blessing it was to realize I should not be disappointed in God or myself. Pastor Stanley stated, “We’ll never get what we really want until we discover what is most valuable.” Now I know that the most valuable thing for Dwight and me was not to keep him but to send him back to God so that he will be without pain or suffering. Thank you, Lord!

Jennifer Maji Named Household Coordinator

BY STEVE DICKIE, CHIEF EXECUTIVE OFFICER

At age seventeen, Jennifer Maji thought she had everything figured out. It was 2004, and as a junior in high school, she had started on the path to become a professional caregiver after hearing a presentation about Tulsa Tech’s Certified Nurse Aide (CNA) program. After completing that program, she was offered a position at Oklahoma Methodist Manor and fell in love with nursing.

Of course, Jennifer was no different than most high school students, and she made a decision she would later come to regret: she left high school in her senior year to focus on working full time. She never stopped learning, though, and within two years had completed the training to become a Certified Medication Assistant (CMA). Two years after that, in 2008, she completed the requirements for her G.E.D.

In 2010, encouraged by the nurse leaders at Oklahoma Methodist Manor, she enrolled in college and began

pursuing her Associates Degree in Nursing.

Two years later, you can imagine her pride when she could add “RN” to her credentials after graduating with the Highest Honors and a 3.85 GPA! She was also delighted to point out to her brother, who had teased her for not finishing high school, that she was the first in her family to graduate from college.

Despite loving the years she had spent working in the Health Care Center (2004 – 2009) and Holliman (2009 – 2012), she felt called to seek other aspects of nursing and took a position at St. John’s Medical Center. For the next three years, she served in the Operating Room and as a Med/Surg Nurse, gaining both confidence and competence. In October 2015, when Oklahoma Methodist Manor



Above: Jennifer Maji visits with Joyce Taylor

called with an opportunity to serve in the Health Care Households, she knew she was ready to come home.

Not only has OMM been Jennifer's professional home, she met the love of her life here! She and Japhari Maji, who is a member of the Buehler Place Household team, were married in 2006 and together they have a young son, Eli.

Jennifer shared, "I can't picture my life without being a nurse. It's my passion to help people." It is our great privilege to announce that Jennifer Maji has been named as the Household Coordinator for our two short-stay,

rehabilitation Households: Hopson Lane and Mabee Pointe. We are honored to have played a role in the life transformation of a painfully shy high school dropout into a confident nurse who now leads and teaches others with excellence and passion.



NEW YEAR! NEW OPPORTUNITIES!

BY JENNIFER RAWLINGS, VP OF WELLNESS

The New Year brings new things, new adventures, new goals, new focuses, new friendships, or maybe it brings rekindled relationships, sticking with the hobbies and adventures you love, refocusing your life and your perspective or just being the you you want to be. Here are two events we hope you'll take part in to help you accomplish your goals!

SENIOR FITNESS TEST:

Have you ever told yourself that "you are too old to exercise?" The reality is we are all too old not to exercise. The average life expectancy continues to increase, and you are living proof of that! So, your ability to enjoy those years will depend greatly on how well you maintain your physical dimension of wellness.

One way to measure your physical dimension of wellness is by taking the Senior Fitness Test. The Senior Fitness Test (SFT) is a series of seven test that assess the functional fitness of older adults. Taking the Senior Fitness Test helps to set physical and personal goals. Did you know the SFT is not only about the physical component of wellness? The whole Wellness Team will look at the results and will plan programming and classes based on the functional ability and the interests of the members. So, taking the SFT is beneficial for everyone involved!

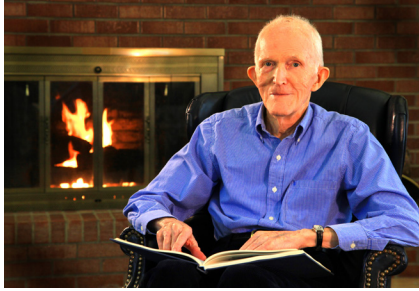
Please join us on Thursday, January 10 as we shoot for 60% participation in the 2019 Senior Fitness Test! Call Kyle Baker at 918-346-6682 to sign up!

DEMENTIA FRIENDLY TULSA:

In 2015 the White House Conference on Aging began efforts to foster dementia friendly cultures and improve opportunities for those with dementia, families and care partners. Dementia Friendly America's volunteer driven, free training resources and tools help combat the social stigma and lack of public awareness of people living with dementia and encourages earlier diagnosis. The program has already been successful in the global community in areas such as Japan, Belgium, France, Netherlands and Australia as well as the UK. Tulsa is the first city in Oklahoma to embrace the program. Oklahoma Methodist Manor could also be the first community of its kind to embrace the program; the OMM's Board has already been trained.

You may feel dementia doesn't affect you, but odds would be against it. You likely know someone who has been diagnosed with early onset dementia or know their caregiver. For every person diagnosed with dementia there are 3 others who are affected by their increasing needs. Dementia's progression can take from 4 to 20 years, and during that time those diagnosed are able to handle business transactions, participate in community activities, worship, play, shop and live social lives for much longer than society acknowledges. Dementia affects every one of us and our perceptions may need to change, and it begins with education.

Join us for this great education opportunity with Dementia Friendly Tulsa's, Susan and John Dornblaser, on January 22nd at 1:00 p.m. in the Fleming Center. You won't want to miss it!



Grandpa John

REMEMBERS

AN EXHILARATING FEELING (2006)

BY JOHN C. WESTERVELT

On a Friday evening, I had eleven guests for bridge at my house. Now in my late seventies, I have often felt fatigued after preparing for and entertaining this many people. This Friday was different. An hour after my friends had departed, I stepped into the shower. With warm water coursing over tired muscles across my back, I felt a sense of exhilaration.

Come back with me to 1968, when Asbury was young. Bill and Jayne Mason were a part of a group of Asbury couples that decided to get together once a month to play bridge. From the beginning, it was more about conversation than about cards.

I remember well when bridge was at our house. I would come home from work on a Friday, and Nelda would still be cleaning house. The good china and silver would be sitting on the kitchen counter top. Nelda would have prepared a fancy dessert that morning. I knew to expect a frozen chicken potpie for supper. When Nelda went to the bedroom to freshen up and dress up, I put regular coffee in the thirty-cup pot. (No decaf for these folks!)

When Nelda died nineteen years ago, I didn't want to miss the conversation around the bridge table, particularly with the women. My good friend, Jim Grice, had lost his wife Wanda several years earlier, so I asked Jim to be my bridge partner.

In recent years, I have had a cleaning lady come once a month. Still, my energy for entertaining was a little less each year. While losing energy, I was gaining wisdom. I came to understand that part of the fatigue was stress from trying to impress my friends.

Jesus said, "Ask and you shall receive." So I asked for more faith. This time I applied faith to my preparations for bridge club. On Thursday afternoon I set up card tables and brought the folding chairs in from the garage. On Friday afternoon, the coffee maker was filled with water and decaf coffee. (Only decaf for these folks!)

On my new faith-based schedule, I had time to sit in a den chair and listen to Joni Eareckson Tada sing for twenty-five minutes before my first guest arrived. In a quiet moment, the Holy Spirit said, "Don't try to impress these friends; just love them." And so I did. As each guest arrived, I had a verbal greeting, but flowing through my mind was, "I love you, I love you."

During the course of the evening, I discovered that my friends were not touched by good china and silver, but rather by my love for them. Now you can understand how I could stand in the shower late on a Friday night and feel a sense of exhilaration.



BY PHYLLIS RHODES

OMM Book Club will be meeting January 15, 2019 at 7:00 PM in the Crestwood Theatre.

Our Book review will be "The Feather Thief:" Beauty, Obsession, and the Natural History Heist of the Century by Kirk Wallace Johnson

Though entirely non-fiction, *The Feather Thief* reads like a novel. While the crime around which the story revolves is one related to fly fishing, you definitely do not need to be a fly fisher to enjoy this book.

The Feather Thief tells the story of Edwin Rist, a modern young man obsessed with the art of tying Victorian salmon flies - - flies using feathers which are almost impossible to get. In the late 1800's and early 1900's, the Victorian obsession with feathers for fashion created

the greatest mass extinction of species in human history, as countless birds from the world over were harvested in order to feed England's insatiable thirst for feathers. To solve this problem and finance his education, in 2009 Rist, who was then a 20-year-old American student at the Royal Academy of Music in London, stole hundreds of skins of rare and extinct birds from the Tring Natural History museum in England. The low-tech, almost naïve, ease with which he took the 299 skins is interesting in itself. Rist then blatantly sold them online, on various fly-tying sites and eBay although these skins were rare and many extinct. A fascinating true story of a young man's obsession and how he was finally caught.

JANUARY BIRTHDAYS

Frances Baber.....1	Diane Williamson.....7	Junella Simmons..... 19
Emily Capehart.....1	Mary Boucher8	Judy Marquis20
Vicky Langston1	Ken Weston8	Gerry Randall.....22
Phyllis Dotson2	Dorothy Gibbons.....9	Anne Belt.....24
Margie Herndon2	Barbara Westervelt.....9	Elaine Renning.....24
Robert Robinson2	Gina Gwartney10	John Crowell.....25
Dorothy Edmondson3	Hal Bockelken.....12	Rev. Guy Langston25
Joan Stafford3	Jill Hoilien12	Ann Kenny25
Mike Reynolds4	George Kiser12	Scott Sollars.....25
Betty Nelson.....5	Pat DeLong.....14	Gordon Nesbit26
Mary Pearson.....5	Mary Alice Claybaugh15	Pat Stamper.....27
Myrna Dahlstrom.....6	Bob Graf.....15	Mary Maher 30
Rev. Carl Cartwright7	Opal Douglass.....17	
Frank Slane7	Calvin Swindell 18	

ANNIVERSARIES

Gary & Dorothy VanFossenJanuary 1, 1959	Terry & Marcia Seba January 17, 1969
Ken & Leota JohnsonJanuary 3, 2013	Bill & Versa BaileyJanuary 20, 1951
T.C. & Nancy Pemberton.....January 8, 1960	John & Judy Marquis.....January 24, 1959
Paul & Shirley Hockett.....January 14, 1955	

In Memory of:

Olin Boyer Nov. 22	Barbara Gay..... Dec. 11
Paul Johnson Nov. 23	Jerold Blair..... Dec. 12
Mary Turner..... Nov. 26	Georgia Rainwater Dec. 12
Mildred Greenstreet Dec. 1	Rosemary Gates Dec. 18
Joyce Hasty..... Dec. 8	Marietta Tankersley..... Dec. 19
Della Blankenship..... Dec. 9	

OMM NEIGHBORS



Ron & Marjorie Kolker

Ron is from Lawton, OK and Marjorie was born in Illinois, but has lived in many states. They met while attending the University of Oklahoma and have been married over 55 years. Ron obtained a degree in accounting while at OU and Marjorie obtained her bachelor's degree in Psychology at NSU and her master's degree at TU. Ron has not quite retired yet and still practices as a CPA in a firm partnered with his son. His retirement has become a running joke with his family as he mentions it often, but not quite taken the plunge. Marjorie was a licensed counselor and marriage and family therapist in community health and private practice for many years prior to retiring. She is an avid painter and member of the Focal Point Artist Studio and Gallery. She and Ron are also members of the Episcopal Church. The Kolkers love spending time with their family and have 2 sons, 4 grandchildren and 3 great grandchildren. They also enjoy travelling. They have been to all 50 states with Alaska being their 50th where they traveled 350 miles north of the Arctic Circle! The Kolkers now live on Pittsburg Court.

Len & Patty Eaton

Len and Patty were born and raised in New York. They were both born in New York City and then their respective families moved to the suburb of Bronxville. They met while attending school together and have been married over 60 years. Len attended Cornell and Harvard, studying Economics and Government. He was also a member of the Army's Chemical Corps. Patty attended Smith College where she studied Mathematics and Dance. They moved to Tulsa when Len was recruited to run a bank here. The Eatons are known to many of us through their leadership roles, Len in banking and Patty in numerous elected and appointed public offices throughout Oklahoma. They also once owned a travel agency. Len and Patty are members of All Souls Unitarian Church. Patty enjoys reading, yoga and outdoor exercise and Len loves walking their dog, Bleu. The Eatons are world travelers, having visited all continents and almost every country! They have 3 children, 5 grandchildren and are anxiously anticipating great grandchildren. They live in Crestwood.



Student-Artist-in-Residence COVER CONTINUED...

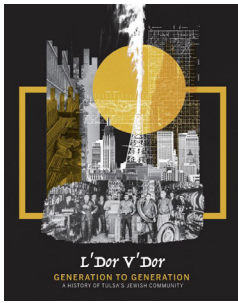
Through conversations and interactions with the Elders and the staff, Seth will develop monthly workshops that will allow the Elders to enhance their sense of wellness by telling their stories, expressing their feelings, and creating a platform for identity, growth and connectedness. The workshops will be based on the interests of the elders. They may include acting, improvisation, comedy, writing, and storytelling/reminiscence theater techniques. They may also

include aspects of documentary filmmaking.

“Our Elders have much to teach us,” said Matthew Loyd, Vice President of Health Services, “and we have much to learn from them. My excitement for hosting the Artist-in-Residency within the Households is to bring teachers and learners together in new ways that will create a deeper sense of belonging for all.”

Featured Wellness Events

TWO GREAT PROGRAMS CELEBRATING TULSA:



OMM PREMIERE OF L'DOR V'DOR: GENERATION TO GENERATION
PRESENTED BY MICHELLE PLACE, EXECUTIVE DIRECTOR OF THE TULSA HISTORICAL SOCIETY

Thursday, January 10
7:00 p.m. in Fleming Center

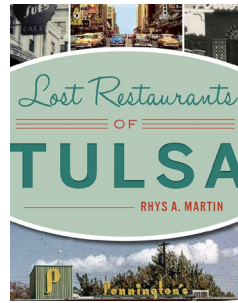
A one-hour film commissioned by the Tulsa Historical Society, *L'Dor V'Dor: Generation to Generation* tells the story of Tulsa's Jewish community from its arrival in America, to its settling in Indian Territory, to its contemporary commitment to our city. Highlights Jewish-owned retail businesses, oil and related industry pioneers, and local philanthropies that have helped Tulsa to grow and prosper. A history lesson as well as a testament to the many contributions to Tulsa by its Jewish citizens, this film explores the human condition of our city's collective history.

Michelle Place was named Executive Director of the Tulsa Historical Society & Museum in 2012. She is a 2016 Emmy winning writer and technical advisor for the documentary, *BOOMTOWN: An American Journey*. In 2018, she was named as one of thirty-five Global Women Drivers for Peace. Michelle is a member of the Rotary Club of Tulsa, the DAR, Women in Communication and the Boston Avenue Church where she sings in the Chancel Choir. No reservations necessary.



METROPOLITAN BAPTIST CHURCH TULSA CHOIR
Thursday, January 17
7:00 p.m. in Fleming Center

The dynamic and inspiring choir of Metropolitan Baptist Church (The Met) will be here to sing for and with us as we mark Martin Luther King Jr. Day. Since 1917, The Met has served as a beacon of light shining in north Tulsa and beyond. Their choir will share soul-stirring traditional and contemporary gospel music in this very special program. No reservations necessary.



LOST RESTAURANTS OF TULSA
PRESENTED BY AUTHOR RHYS MARTIN
Tuesday, January 22
7:00 p.m. in Fleming Center

In the early twentieth century, Tulsa was the "Oil Capital of the World."

The rush of roughnecks and oil barons built a culinary foundation that not only provided traditional food and diner fare but also inspired upper-class experiences and international cuisine. Tulsans could reserve a candlelit dinner at the Louisiane or cruise along the Restless Ribbon with a pit stop at Pennington's. Generations of regulars depended on family-owned establishments such as Villa Venice, The Golden Drumstick and St. Michael's Alley.

A native Tulsan, author and photographer Rhys Martin's love of travel was born in 2009 when he sold all of his possessions and left the country. He lived out of a backpack for ten months exploring southeast Asia and Europe. After returning home, Rhys started visiting the back roads of Oklahoma and quickly understood the significance of historic Route 66 to the greater American story. He has traveled all 2,448 miles of the Mother Road and continues to explore the quiet Main Streets of the Midwest.

Join Rhys on a gastronomic journey through time in Tulsa, from the Great Depression to the days of "Liquor by the Wink" and the Oil Bust of the 1980s. It will be a great night of good memories! No reservations necessary.

SAVE THESE IMPORTANT DATES:

VALENTINE CELEBRATION OF FRIENDSHIP, LOVE, & COMMUNITY FEATURING CHANTEUSE JANET RUTLAND
Thursday, February 14, 2019

ANNUAL LADIES LUNCHEON FEATURING THE HONORABLE KATHY TAYLOR
Thursday, May 16, 2019



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918.346.6613

Health Services
Matt Loyd
918.346.6625

Member Services
Melanie Fugatt
918.346.6651

Contact us about living at
Oklahoma Methodist Manor

Residential Living
Homes & Apartments
Cari Owens
918.346.6684

Assisted Living
Jacob Will
918.346.6630

Skilled Nursing
& Health Center
Debby Blair
918.346.6623

OMM Care Line
918.346.6668



2019 MEMBER COUNCIL REPRESENTATIVES

Back row: President: Wayne Tremble, Mike Reynolds; 2nd row: Bob Hyer; Carol Tobler; Hal Bockelken; Front row: Lorraine Goodson; Dolores Hedger, Secretary: Stella Schwartz; Vice President: Sharon Geis and Carl Cartwright, Past President. Members not present are Bill Kirwin, and Judy Marquis.