

FEBRUARY 2019 . FOCUS ON SOCIAL WELLNESS

MANOR MIRROR

REFLECTING MANOR LIFE

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BY STEVE DICKIE, CHIEF EXECUTIVE OFFICER

New OMM Board President: Susie Butterworth



Susie Butterworth has been named President of the Board of Directors at Oklahoma Methodist Manor. Her mother, Molly Parker, moved in to in the Lyons Building in 2004 and she lived in the Holliman Assisted Living Center prior to her passing in 2013.

Susie Butterworth has been named President of the Board of Directors at Oklahoma Methodist Manor. Susie has served on the OMM board since 2012, participating on the Human Resource Committee, chairperson of the Governance Committee and in 2018 as Vice President. She succeeds Bob Funk who is stepping down as President after 5 years.

Susie graduated from the University of Tulsa with a BSBA in Accounting and is a Certified Public Accountant. She started her career in Public Accounting and moved to the Williams Companies in 1979. She retired in 2018 as Director of Enterprise Accounting managing the contract for outsourced accounting services.

Susie grew up in Wyoming but spent many vacations in

Oklahoma as her parents often came to visit their families in the Tulsa area. She met her husband, Mark at TU. They have two adult children, Ashley and Parker. Susie and Mark are active members of Boston Avenue Methodist Church and the Maranatha Sunday School Class. Susie has been a member of the administrative board and the budget committee.

Susie has a long history with OMM. She has participated in the care of both her aunt (Ruth Zacharias) and mother at OMM during the later years of their lives. Susie was nominated to serve on the board by her mother, Molly Parker. Molly lived at OMM from 2004 until her passing in 2013, at the age of 99.

Susie brings a valued perspective to the Board as she was on the campus on a weekly basis interacting with employees across the continuum of care.



LET THE FOLLOWING BEGIN!

BY DUB AMBROSE, CHAPLAIN WITH SARAH JENKINS

On Sunday, January 6th, we started a new sermon series for Sunday Devotions.

The series is “FOLLOWING JESUS” and for the next several weeks we are going to follow Him through some of the episodes recorded in the Gospels. We’ll review what the early Followers experienced and consider how we might experience those things as Followers today.

Right after Christ had invited some men to “Follow Me,” we read in Matthew 4:23...

23 Jesus went throughout all Galilee, teaching in their synagogues and preaching the good news (gospel) of the kingdom, and healing every kind of disease and every kind of sickness among the people [demonstrating and revealing that He was indeed the promised Messiah].

As I prayed about this message, a picture came to my mind’s eye. It was one of standing on a beach, looking out into the ocean. And, as I took in the beautiful view, suddenly I saw two men coming up out of the water onto the shore. One was struggling to stand while the other assisted him.

I understood that the one struggling had just been saved from drowning, while the other man was the one who saved him.

After the one who was saved gathered his breath and strength, he was able to stand with the one who saved him. As they looked at each other, the Savior said, “Follow me!” The saved one replied, “Oh no! I want to stay right here. To remember this moment and never leave this shore.”

The Savior replied, “But there’s so much I want to show you, to teach you, and to have you grow in as you learn to help others.”

“No,” said the Saved. “I’ll just stay here.” And so he did. The result was that the extent of the men’s relationship was limited to that shoreline, to that one experience of being saved, and no more.



I was reminded that when we come to Christ, when He reaches out and saves us, it is only the beginning. He is not only our Savior, but also our Teacher, our Comforter, our Shepherd, our Healer, our Guide, our God, and so much more. But...we must do the following!

I invite you to join us as we re-commit to Follow Jesus, to walk through the Scriptures, and to see Christ come alive in fresh and new ways in your daily life.

In other words, as He says to you right now, “Come, follow Me,” you are invited to simply say, “Yes, Lord, I will follow You!”

Do that right now, and then...LET THE FOLLOWING BEGIN!



COMMUNITY OPPORTUNITIES CREATE SUCCESSES

BY JENNIFER RAWLINGS, VP OF WELLNESS

Living at OMM lends itself to not only being a part of a community but to creating friendships. We have a sea of opportunities available to be connected and as we wrapped up 2018, we saw many people and groups come full circle in wellness. Here are just a few of our successes we want to celebrate!

In order to help maintain and not gain during the holiday season, a four-week machine circuit class was held in the Spann Wellness Center. This class was held twice a week and every person in the class increased their strength on an average of 10 pounds. Consistency is key and it pays off!

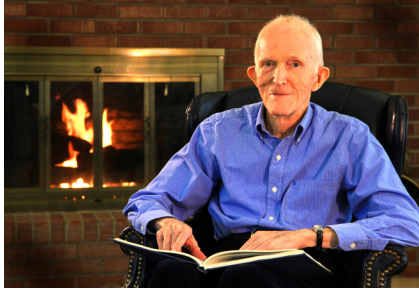
The Wellness Passport has been in place since 2013 and every year members gain a better understanding of the seven dimensions of wellness and how they fit into their lives and this year was no different. This four-month journey took dedication by the participants and they embraced the opportunities and traveled across the campus to participate in programs and events. Emily Wood was the overall winner for the 2018 Wellness Passport by scoring a total of 191.5 points out of a possible 279 points. The Passport gave Emily the opportunities to participate in exercise and mindfulness classes, be more active in OMM programs and has even brought her family closer together.

An eight-week Brain Study was held in the fall on the effects of exercise and the brain. The members took a pre-test and a post-test that tested their cognitive processing, coordination, delayed recall and reaction time and then met four times a week for 45 minutes doing dance aerobics, aerobic games, practicing mindfulness and puzzles. Margie Herndon exceeded the goals of this study and increased an average of 14% in each testing area. Other added benefits Margie experienced were weight loss, improved strength and more social interaction! She reaped the benefit of hard work and determination!

Recently our OMM Chorus (pictured below), under the direction of Dan and Kathy Call, and Manor Players Readers Theatre troupe, under the direction of Warren and Lynette Bennett Danskin, combined forces for a wonderful program of “Regards to Broadway”. Members from all three OMM living areas, some recent arrivals and some long-time residents, rehearsed together for several weeks forging bonds of friendship and camaraderie as they worked toward a common goal: a superb musical gift to the entire OMM community.

All these successes are just a small insight in the programs that OMM offers. These stories not only have enhanced the members lives but they are helping spread the Wellness Culture throughout the whole community!





Grandpa John

REMEMBERS

INHERITED CROWBAR (2006)

BY JOHN C. WESTERVELT

On a mild fall morning, I decided to fix the sticking, wooden door that covers the hot water heater compartment in my garage. When the original hot water heater was replaced about twenty years ago, I removed all the wood trim around the doorway to get the old tank out and the new one in. I nailed the pieces of wood trim together but attached the trim to the frame opening with five 2-½ inch long quarter-inch diameter lag screws for ease of later disassembly.

On this day, I removed the two screws on one side to pull the wood trim away, so I could use my saber saw to trim the sheet rock. My crowbar was a necessity for raising the wood into position to put the screws back in place. A crowbar is a piece of steel one inch in diameter and two feet long. On one end is a three-inch crook like a shepherd's staff. The other end is flat and slightly bent.

Later in the day, nestled in a comfortable chair for thirty minutes listening to Joni Eareckson Tada sing before starting supper, I thanked my dad for my inherited crowbar and continued by thanking him for his character. He had no way of knowing what the seed he planted in a young son would produce.

From about 1910 to 1914, my dad and two brothers had a merry-go-round that operated in Norman, Oklahoma on the Fourth of July. It was taken to nearby towns for various celebrations. My dad had a four-foot long, blue, wooden toolbox partially filled with tools used to assemble the merry-go-round.

My dad and mother were married in the prosperous days of the 1920s and had three children, each a year apart with the last one born the same year as the stock market crash of 1929. My dad came out of the Great Depression of the 1930s with the blue toolbox and no money.

During World War II, my brother Wallace and I went to Oklahoma City's Classen high school at seven in the morning and finished at noon. This let us join the work force depleted by men entering the armed services. Wallace worked at a bank. I worked for the telephone company.

My dad died suddenly in 1943 from a perforated ulcer. As a schoolteacher, Mother had no discretionary money, so she accepted the offer of my brother and me to pay the \$150 funeral expense with savings from our part-time jobs. On that day, two teenage boys became men. And you know, I am completely satisfied with my inheritance - my dad's character and his well-worn crowbar.

BY PHYLLIS RHODES

Our MM Book Club will be meeting on February 19 at 7:00 PM in the Crestwood Theatre Room.

Our Book of the month is “The Little Old Lady Who Broke All the Rules”, by Catharina Ingelman-Sundberg.

79-year-old Martha Anderson dreams of escaping her care home and robbing a bank. She has no intention of spending the rest of her days in an armchair and is determined to fund her way to a much more exciting life-style. Along with her four oldest friends - otherwise known as the League of Pensioners - Martha decides to rebel against all of the rules imposed upon them. Together, they cause an uproar with their antics: protesting against early bedtimes and plastic meals. As the elderly friends become more daring, their activities escalate and they come up with a cunning plan to break out of the care home and land themselves in a far more attractive Stockholm establishment. With the aid of their



walkers, they resolve to stand up for old aged pensioners everywhere - Robin Hood style. And that’s when the adventure really takes place.

This book was very amusing; after the first 2 pages that I read I was already laughing and knew the rest of the book would be light hearted. It was a joy to read.

FEBRUARY BIRTHDAYS

Norman Dietert.....1	Toni Bartz 14	Viola Brown22
Hubertina Searcy.....2	Vic Hairston 17	Richard Hedger23
Mary Ann Kirk.....3	Marjorie Kolker 17	Anne Johnson23
Nevin Loerke4	Richard Brown 18	Stella Schwartz23
Hazel Spaulding.....4	Bill Kirwin..... 18	Judie Coles.....24
Jeannette Foster5	Dorothy Maples..... 18	Martha Niceswanger25
Renea Hudson6	Sally Percy..... 18	Helen Blankenship.....26
Cecil Smith8	Carol Speirs 18	Mike Williams.....26
Pete Stamper.....8	Rosie Hall..... 19	Shirley Carle27
Becky Neuhaus..... 13	Beth Dunkin.....21	Mel Pearson.....28

ANNIVERSARIES

David & Claudia Thomas..... Feb. 2, 2016	Tom & Evelyn Porter..... Feb. 18, 1949
Tom & Anna Freeman..... Feb. 14, 2014	Jim Grant & Marge VilvenFeb. 24, 2001

In Memory of:

Frank Slane..... Jan. 10	Jack Watzke..... Jan. 14
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OMM NEIGHBORS



Ken & Leota Johnson

Ken was born and raised in Ohio. He attended the University of Cincinnati where he earned a degree in Mechanical Engineering. He served in the Army as a Corporal and was a manager of Gas Control with Oklahoma Natural Gas prior to retiring. Leota was born and raised in Fayetteville, Arkansas. She moved to the Tulsa area after her first husband graduated from the University of Arkansas many years ago and was employed with Yale Cleaners for over 15 years.

Having both lost a spouse in 2000, Ken and Leota's love of square dancing brought them together. They are both avid square dancers and met at a square-dancing event in the area. They were married in 2003.

In addition to their weekly square dancing, they are members of St. Paul United Methodist Church. Leota also enjoys walking and playing cards and Ken is a devoted volunteer of the American Red Cross. Since 1951 Ken has donated 27 gallons of blood! And after retirement, he delivered blood to several hospitals throughout northeast Oklahoma. The Johnsons have a total of 5 children, 7 grandchildren and 4 great grandchildren. They now make their home in Crestwood.

America Revealed Through the Art and Archives of Gilcrease Museum

On the 4th Thursday of every month at 1:30 p.m. the Gilcrease Museum sends out one of their "Gillys" to present a different topic in the Holliman Assisted Living Center. February's presentation will be "Revealing America Through the Art and Archives of Gilcrease Museum." Some of the earliest stories of America are often about people on the move, often searching for opportunities and freedoms not available to them in their homelands in Europe. These movements of people

produced collisions of people from Europe and Africa with Native people living in the Americas. As the nation grew, tensions grew between American colonist and the British Empire that led to a new American nation.

Come join us in the Holliman Living Center on February 28th at 1:30 p.m. as we experience our American history through this local treasure that we have in the Gilcrease Museum.

Featured Wellness Events



FOOLS ON STOOLS
Thursday, February 7
7:00 p.m. in Fleming Center

Rod Ruthrauff, Phil Pack, and Scott Meeker have been performing together for over 20 years. Enjoy their laid back, interactive mix

of ragtime, blues, rockabilly, and classic country. Buckle up and enjoy the ride! Seating will be in-the-round and we'll have homemade hot apple cider available as soon as you arrive so you can savor it at your seat while you enjoy the music. No reservations necessary.



VALENTINE'S CELEBRATION OF FRIENDSHIP, LOVE, AND COMMUNITY
Thursday, February 14, 2019

Two seatings available:
4:30 p.m. Dinner in Charter Oak & 5:30 p.m. Program in Fleming OR
6:00 p.m. Dinner in Charter Oak & 7:00 p.m. Program in Fleming

OMM Members - \$11 per person; Guests - \$13 per person (billed to the reserving member's OMM account.)

RSVP on the Wellness Reservation Form by February 4.

Gourmet dinner in Charter Oak: Arugula & Greens with Mandarin Oranges in a Parmesan Cheese Cup, Petit Filet and Sausage-Stuffed Shrimp with Tri-Colored Orzo, Spinach & Cheese Stuffed Portobello, Poached Pears with Sabayon.

Special Program in Fleming Center:
Janet Rutland Sings Gershwin

Popular Tulsa chanteuse Janet Rutland, along with topnotch musicians, pianist Scott McQuade, bassist Nathan Eicher, and drummer Jared Johnson, bring their star power to beloved favorites by George & Ira Gershwin.

OMM'S OWN TALENT SHOW
Thursday, February 28
7:00 p.m. in Fleming Center

You will be amazed at the array of talent right here at OMM! Enjoy a wide variety of acts from singing to instrument playing to comedy and more, all performed by your very own neighbors! Come cheer them on and be entertained. And, of course, you'll get to congratulate them over refreshments after the show. Don't miss this great evening shining the spotlight on some of the many gifts of our Members. No reservations necessary.



MYANMAR (FORMERLY BURMA)

By some estimates, upwards of 7,000 Zomi people from Myanmar make up a thriving community in south Tulsa, having come here to escape poverty and to gain religious freedom. It is believed to be the largest community of Zomi people in the U.S. You have two opportunities this month to learn more about Myanmar and our Zomi neighbors.

Around the World Culinary Adventure:
KAI Burmese Cuisine

Monday, February 11, departing OMM at 12:00 noon
RSVP on the Wellness Reservation Form by February 3. Burmese cuisine is strongly influenced by its neighboring countries India, Thailand, China and Vietnam but has a distinctive flavor all its own. We will sample the national dish, La Phe Tot (tea leaf salad), as well as a delicious soup, and more. Cost of this outing including lunch is \$20 charged to your OMM account.

Travels with Tulsans: Myanmar

Wednesday, February 20, departing OMM at 11:15 a.m.
RSVP on the Wellness Reservation Form by Feb. 14. In this week's edition of the long-running travelogue series, Tulsan Barbara McCrary takes us to Myanmar, which was only recently opened to tourists. This program at Central Library's Aaronson Auditorium lasts from 12:10 - 12:50 p.m. We'll arrive early so that you have time to take a quick look around the Library or grab something at the Library's Starbuck's. Cost of this outing is \$6 charged to your OMM account.



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needs of each member.

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Melanie Fugatt
918.346.6651

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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



NEW ASSISTED LIVING CENTER SIGNED I-BEAM

Board Members, staff members and the people who live at Oklahoma Methodist Manor joined in signing their names on a steel I-beam that will top the new Holliman Assisted Living Center.