

MARCH 2019 . FOCUS ON VOCATIONAL WELLNESS

MANOR MIRROR

REFLECTING MANOR LIFE

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BY STEVE DICKIE, CHIEF EXECUTIVE OFFICER

\$500,000 Challenge Moves Campaign Toward Its Goal



Pictured above: Dr. Larry Minnix will be the keynote speaker for the special event on March 25th.

Oklahoma Methodist Manor will open a new chapter in its history on Monday, March 25th at 2 p.m. in the Fleming Center. The kick-off event is focused on raising the remaining funds needed to construct a new Community Life Center.

Recently a group of loyal supporters issued a challenge: If OMM can raise \$500,000 by June 1st, they will collectively

match that amount to help reach the goal. From this time forward, every gift to the campaign will be matched up to \$500,000. The “Quiet Phase” of the campaign has raised \$3.9 million of the \$4.9 million needed.

Dr. Larry Minnix will be the keynote speaker. Larry is former President and CEO of LeadingAge, a nationwide association of nonprofit senior living providers. He served in that role for 15 years before retiring in 2015. He is a United Methodist minister and previously served as CEO of Wesley Retirement Communities in Georgia. His first book, “Hallowed Ground: Stories of Successful Aging” came out last year.

The new 14,000 sq. ft. Community Life Center is designed to accommodate campus-wide events. It will be a place where friends can gather for delicious meals and great entertainment with a place for everyone.

The Community Life Center will be a new hub of wellness experiences promoting new expressions of purpose and meaning. It will open doors of opportunity to new hobbies, skills and educational experiences. It will be a place where new friendships will begin easily, and old friendships will be nurtured.

Proceeds from the first phase of the Generation to Generation Campaign are already helping fund improvements on the campus. Construction is underway on a three-story building that will provide 40 assisted living residences, a new main kitchen and a new dining venue. The building is expected to be completed in August. Later this fall work will begin on the Community Life Center. That construction project will also include two memory care assisted living households that will serve 24 people with a new level of specialized dementia care.



Jesus's Followers REMEMBER

BY DUB AMBROSE, CHAPLAIN

In June, Cathy and I will be heading to our 50th high school reunion. We are so excited to see friends from long ago. We are also finding ourselves enjoying remembering some

of our adventures with these folks when we were all teenagers. Sometimes the memories come easily. Sometimes, not so much.

At Sunday Devotions we have been "Following Jesus" through the Gospels. One of the things we discovered is that Jesus's followers remembered, and the remembering was an important part of their walk of faith.

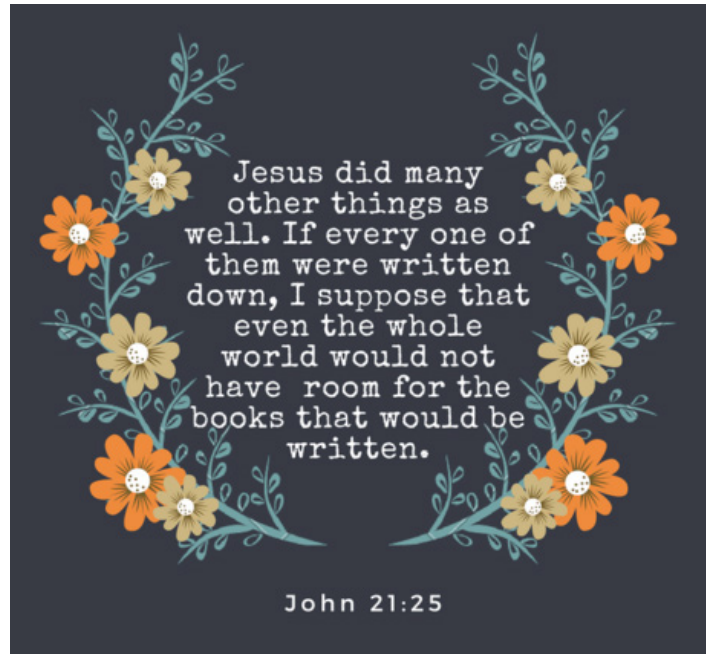
For instance, in John 2 we find that the disciples remembered two things that helped them to understand what they experienced when they were following Jesus. They remembered Scripture, and, in particular, prophecies that pointed to Jesus as the Christ. They also remembered the words of Jesus Himself and His own prophecy about rising from the dead.

As you walk your daily walk of faith, following Jesus, what are some Scriptures, what are some words of Christ that come to mind? Can you remember?

One promise Jesus gave to His followers was this...
If you remain in Me and My words remain in you, ask whatever you wish and it will be done for you.
(John 15:7)

You see, remembering His Word changes your heart. And as your heart is changed, your prayers become more formed to the heart of God and His will. Then, when you pray in harmony with Him, no doubt you will more clearly see His responses to your requests.

What if someone were to say to you, "I know you follow Christ. What are some things Jesus said and did?" How would you respond?



John 21:25 tells us...

Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written.

I believe that if you and I can only remember one thing Jesus said, it would be this...

For God so loved the world,
that He gave His only begotten Son,
that whosoever believeth in Him
should not perish,
but have everlasting life.

And may we never forget.



READING THE NEW LABEL

BY JENNIFER RAWLINGS, VP OF WELLNESS

March is National Nutrition Month and what better time to help you choose your foods wisely, learn about the new label and to know what you are getting with the foods you are eating!

The FDA recently announced updates to the Nutrition Facts label to reflect the latest scientific information linking diet and chronic diseases like obesity and heart disease. Updates include a new design that highlight these key parts of the label.

Calories and Serving Sizes:

Servings per container, serving size and calories are now in larger and/or bolder type. Serving sizes have also been updated to reflect what people eat and drink today. Servings per container shows the total number of servings in the entire food package or container. How much people eat, and drink has changed since the previous serving size requirements were published in 1993. For example, the reference amount used to set a serving of soda is changing from 8 ounces to 12 ounces.

Daily Values:

The Daily Values for nutrients have been updated based on new scientific evidence. The Daily Values are reference amounts of nutrients to consume or not to exceed each day (for adults and children 4 year of age and older) and are used to calculate the % Daily Value.

Nutrient Updates:

Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Vitamin D and potassium are also required on the label because many Americans do not get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today, but these nutrients can be voluntarily disclosed by manufacturers.

To learn more about the details of the new label or to see these resources, you can visit www.fda.gov and search “Changes to the Nutrition Facts Label.” You can also stop by the Wellness Bulletin Board in the Spann Wellness Center to see other Nutrition news or pick up handouts to help you choose your foods wisely.

NEW LABEL / WHAT'S DIFFERENT

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg 10%	
Calcium 260mg 20%	
Iron 8mg 45%	
Potassium 235mg 6%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

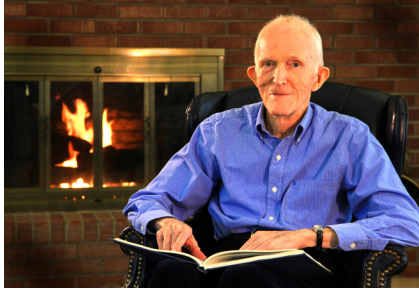
Updated daily values

Actual amounts declared

New footnote

New: added sugars

Change in nutrients required



Grandpa John

REMEMBERS

FOURTEEN-YEAR-OLD BOYS

BY JOHN C. WESTERVELT

I was fourteen when the Japanese bombed Pearl Harbor. I thought I sacrificed during the war. Then I met Case Boshuizen in exercise class at Oklahoma Methodist Manor.

Case, who turned fourteen soon after I did, was living in Delft, Holland with his father, mother, brother, and sister.

On May 10, 1940 Case's father woke him up, saying, "The Germans are attacking." Out the front window Case watched a German transport plane on fire. A paratrooper jumped out. Living near the airport, Case's family was surrounded by gunfire. On May 14th the gunfire ended with the start of German occupation.

In September 1941 Case started high school. This was college preparatory with many foreign languages including Latin and Greek. Most young people went to trade school. For the summer of 1942, Case and his classmates went to a farm or a village. Case harvested rye, dug potatoes, churned butter, and took the horses to the pasture. Jews were hiding out nearby. Case's father had told him to always remember to keep his mouth closed.

Back in Delft, RAF bombers came over during the night and US planes by day. The German flak was heavy. In August 1944, as the war came closer, Case was told to go to an area where there were wheat fields that the farmers

had harvested. Just like Naomi's daughter Ruth, he gleaned the fields for grain.

In early December of 1944 the Germans surrounded Delft to get forced laborers. Soldiers went from house to house to look for men. Case's older brother hid under the floor in a space below the stove. Any men found were led away to dig trenches east of the Rhine River.

December and the first four months of 1945 were known as the Hunger Winter in Holland. Twenty thousand people died of starvation. Case and his brother went to the eastern part of the Netherlands to look for food to no avail. In January 1945 Case went north of Amsterdam to an address he received from a family member to get some potatoes. Fighting snow, it took Case two days to get home. In February he went east across the Yssel River and returned with several kinds of food including 30 eggs packed in straw.

In March Case took a cousin and his young daughter to her grandmother's in Friesland, a three and half day trip. On the way home, he was questioned by soldiers at one point and strafed at another.

In April of 1945 Case returned to school. In May 1945 the war was over. In September Case graduated from High School and entered college to study engineering in Rotterdam.

Many years later Case was using his engineering degree to work for A B Steen, manager of T D Williamson's European office.

A B shared with me that besides his excellent work as an engineer Case's speaking Dutch, English, German, and French proved to be invaluable to the company.



BY PHYLLIS RHODES

“New of the World” written by Paulette Jiles will be our Book Read for March. We will be meeting in the Crestwood Theatre Feb. 19, at 7:00 PM.

It is 1870 and Captain Jefferson Kyle Kidd travels through northern Texas, giving live readings to paying audiences hungry for news of the world. Kidd is an elderly widower who has lived through three wars and fought in two of them, and he enjoys his rootless, solitary existence.

In Wichita Falls, he is offered a \$50 gold piece to deliver a young orphan to her relatives in San Antonio. Four years earlier, a band of Kiowa raiders killed Johanna’s parents and sister; sparing the little girl, they raised her as one of their own. Recently rescued by the U.S. army, the ten-year-old has once again been torn away from the only home she knows.

Their 400-mile journey south through unsettled territory and unforgiving terrain proves difficult and at times dangerous. Johanna has forgotten the English language, tries to escape at every opportunity, throws away her shoes, and refuses to act “civilized.” Yet as the miles pass, the two lonely survivors tentatively begin to trust each other, forging a bond that marks the difference between life and death in this treacherous land.

Two of these books have been purchased and are in the Book Club section in the Crestwood Library.



MARCH BIRTHDAYS

Julia Couch.....1	Clarice Salstrom..... 16	Florence Ehrenman25
Sarah Sievert1	June Cleary 17	Linda Pinion25
Dale Carson.....4	Betty Giebel 17	Mary Paull.....26
Dick Beauchamp.....7	Bill Kirberger..... 17	Marg Vilven27
Mardell Campbell.....8	Mary Button21	Patty Eaton27
Georgia Lawless8	Merna Jo Robinson22	Tommie Watzke 30
Gregg Layman.....8	Wayne Tremble.....22	Ramon Vandegogart 30
Donald Dufford9	Iva Sellers23	Jim Davis31
Helen Pummill 15	Jo Stall24	

ANNIVERSARIES

Earl & Alene GriffithMarch 11, 1960	Bob & Sherry Hyer..... March 21, 1980
Tom & Betty Simmons.....March 19, 1954	

In Memory of:

Edward FinchJan. 17	Richard Carpenter..... Feb. 14
Mary Poling..... Jan. 30	Joyce Taylor..... Feb. 15
Sam Mabry.....Feb. 5	T.C. Pemberton Feb. 17
Glen Brumbaugh Feb. 11	

OMM NEIGHBORS



Ken & Charlotte Frazier

Ken was born in Lubbock and raised in Brownfield, Texas. He attended McMurry University where he obtained his BS in Biology. He also studied at Abilene Christian University where he obtained his MS in Wildlife Biology and Texas A&M where he obtained his MS in Wildlife and Fisheries Sciences. He enjoyed a prosperous career as a Fish and Wildlife Biologist. Charlotte was born in Fort Worth and raised in Brownwood, Texas. She and Ken met while attending McMurry University where she obtained her degree in Secondary Education. She furthered her education at OU receiving her MS in Library & Information Studies. Charlotte was a librarian and retired as Deputy Director of Collection Management & IT for Tulsa City-County Library.

The Frazier's have been married 47 years this June. They have one daughter and two beloved grand dogs. They are members of Christ UMC where Charlotte serves on the Board of Trustees and is President of UMW. They have similar interests such as reading, exercising and volunteering. Ken at the Tulsa Zoo and Charlotte at St. Francis. They also lived in Montana for five winters!

STARS Employee Recognition

BY MELANIE FUGATT, DIRECTOR OF MEMBER SERVICES

The Red Carpet Customer Service training is an exciting, fun, and interactive training program that has been initiated at OMM for all staff. There is quite a bit of excitement around Treating our Customers like STARS. First, we want each employee to literally experience what it feels like to be treated like a STAR!

The day-long training sessions have been conducted in the "staged" Crestwood theater, including a long red carpet that all participants walk down upon entrance into the room, being greeted with wild applause and smiling faces of managers and trainers!

We've learned how to:

- S - Sincerely Welcome
- T - Take note and adjust
- A - Act with Urgency
- R - Respond and React
- S - Surprise and Delight

At the end of the day-long training we close with a graduation ceremony where each receives a diploma, STARS pin, and have their photo taken for the STARS bulletin board near the employee break room as well as displayed on the TV screens in Crestwood.

You may have heard us talking about this great and awesome Red Carpet Customer Service training; we are truly excited about it!

As of the end of January 2019, 100 employees have been trained in how to treat customers like STARS! This year we are expanding to add employees from the Health Center as well as all new hires to experience this awesome training.

We are providing an ongoing full-day training and half-day refresher course to be sure this service is focused on as a part of the OMM culture.

In order to recognize and reward employees who provide STARS treatment, we are placing boxes and cards strategically around the community so that you, as Members, or staff may write down and submit a moment where you observed an employee providing STARS treatment.

Each month, these names will be taken out of the boxes and a panel will recognize one or two employees that have provided exemplary customer service. Their names and photo, along with a brief article about each, will be included in the monthly Manor Mirror.

Our goal is for Oklahoma Methodist Manor to be known as a provider of exceptional customer service... make that, Red Carpet Customer Service!

Featured Wellness Events



**MARGARET SINGER
PIANO CONCERT
Tuesday, March 12,
7:00 p.m. in Fleming Center**

Margaret Singer returns by popular demand for another spectacular concert of classical music. A native of

Crescent, Oklahoma, Ms. Singer received a Fulbright grant to study at the Royal Academy of Music in London. Since then, she has appeared at New York City's Carnegie Hall, Alice Tully Hall, and Town Hall and performed extensively in Europe, as a professional pianist and collaborative artist. No reservations necessary.



**BEST OF BARTLESVILLE TRIP
Wednesday, March 13, 9:15 a.m. - 4:15 p.m.**

OMM Members - \$11 per person; Guests - \$13 per person (billed to the reserving member's OMM account.)
RSVP on the Wellness Reservation Form by March 5.

Price Tower, Frank & Lola's, the Frank Phillips Home, and more! We'll spend the day exploring this unique city just an hour from Tulsa.

Architects, engineers and students come from all over the world to tour and study Price Tower, the engineering marvel in the middle of the prairie. A National Historic Landmark, it features Wright's signature Cherokee red accents, triangular light fixtures, sharp odd angles, embossed copper and cantilevered overhangs that seem magically suspended. The Price Tower Arts Center's impressive permanent collection features Wright's original furniture and textiles. Its current temporary exhibition, *Material Pulses: Seven Viewpoints*, focuses on the art of quilt-making. Our 60-minute guided tour will include a visit to the restored 19th floor executive office and corporate apartment of H.C. Price Company with their

original Wright interiors, as well as a visit to the Art Center.

Since it opened in 2008, Frank & Lola's has garnered rave reviews for great made-from-scratch American fare, urban atmosphere and excellent service. Choose either a Cheeseburger with fresh ground local beef or Homemade Honey Pecan Chicken Salad Sandwich plus chips or fries. Then we'll indulge in their famous bread pudding served family style.

After lunch, we'll step back in time, and explore the beautiful, Neo-Classical home of oilman Frank Phillips which remains almost entirely unchanged since he lived there. Our 90-minute tour, led by a trained docent, will include the interpretive center and all three floors of the home, as well as stories about the Phillips family, the architecture of the home, history of Bartlesville, and more

In addition to these stops, we'll drive by some of the other visual wonders of Bartlesville: the LaQuinta Foster Mansion; the original Union Depot with its restored trains; Bruce Goff's Redeemer Lutheran Church; and the Bartlesville Community Center designed by Wesley Peters, chief architect of Taliesin West-The Frank Lloyd Wright Foundation.

It will be a wonderful day in a fascinating town! Please note that you will be on your feet for most of both tours and the Frank Phillips home requires 6-7 steps with railing to enter. (There is an elevator once you are in the house.) Also, if you use a walker you may need to fold it and walk through some of the narrow entryways at Price Tower. Cost of this delightful day, including lunch, is \$50 charged to your OMM account.



**VOCAL AUDACITY
QUARTET
Tuesday, March 26,
7:00 p.m. in Fleming Center**

Vocal Audacity Quartet is an award-winning member of Sweet Adelines International and a part of the Talk of Tulsa Show Chorus.

The lively quartet is made up of Jan Fisher, Teresa Totty, Shayna Stubblefield, and Audra Nite. They will present an eclectic program of musical favorites that will have you smiling and tapping your feet. No reservations necessary.



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In the spirit of Christ,
Oklahoma Methodist
Manor improves the
quality of life for seniors
by providing housing,
nutrition and health
care services that meet
the physical and spiritual
needs of each member.

.....

Steve Dickie, CEO
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



VALENTINE'S DAY 2019 AT OMM

OMM members enjoy Valentine's Day dinner in Crestwood Charter Oak Restaurant followed by an entertaining evening of Janet Rutland and her musical combo performing Gershwin.