



Perspective

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ASP October Luncheon Features Miss Merry Weatherbee, "Observing Life in the Rhyme of Schemes"

By Shirley Mears

A life observer is someone who is able to see past problems to find sheer solutions. Come to meet Miss Merry Weatherbee and learn how to look at life in rhymes. You will be intrigued and delighted at her abilities to see life on a lighter side.



Penny Stephenson

M. Penny Stephenson introduced me to Miss Weatherbee over an aromatic cup of Hazel Nut coffee at Panera Bread. I was so impressed with her wit and wisdom that I offered her a position on my weekly radio show, *45 & Better Radio Show*. Now I am able to enjoy her ditties and share these life observances with my listeners.

Miss Merry Weatherbee will share with us a lighthearted and upbeat slice-of-life presentation consisting of a wide variety of personal observations put to rhyme. For instance, she will

present topics like:

- Sack of Potatoes
- Trash Day
- Life is Yo-Yo
- The Honey Do List
- The Business Man's Plight
- Couch Collectibles
- Weekend Widow

Miss Weatherbee has been a regular feature on *45 & Better Radio Show* for several months. You can learn more about her by calling Penny Stephenson Productions at 722-7101 and you can tune in on Fridays, 1:30 – 3:00 on KTLR AM 890 to hear a sneak peek—so to speak—of Miss Merry Weatherbee.

All members and guests are cordially invited to hear Miss Weatherbee and urged to make their reservations by Thursday, October 7: 405.789.2036. The luncheon, which is held in the Webster Commons on the campus of Southern Nazarene University, begins at 11:15 a.m. and ends at 1:00 p.m.; the cost of the buffet luncheon is \$7.50.



Looking Forward

By Elbert Overholt, ASP Director

After a nice, comfortable (for Oklahoma) summer, are you anticipating some profitable experiences in the Academy this year? A number of the ASP officers and committee chair are planning interesting and educational experiences for all of us. What do you anticipate?

Among the many activities and tasks planned for the 2004-2005 year, I'm anticipating that the Ad Council will take a recommendation of the Strategic Planning Committee to evaluate and revise our Mission Statement. Are we reaching the goals we set out at the Academy's inception?

Paul Tournier in his book, *Learn to Grow Old*, outlines some real food for thought relative to a person's moving through the stages of life. He points out the importance of adequately preparing for a successful retirement. Tournier points to two great turning points in life, passage from childhood to adulthood and passing from adulthood to old age (1). We shouldn't be reluctant to accept the fact that this moving from adulthood to old age is an important phase of living. In fact, we all must go through this phase of life unless we meet some catastrophe.

Tournier says further, "In order to make a success of old age, one must begin it earlier, and not try to postpone it as long as possible." (2)

Our organization has begun to see this important turning point in life. We have several members who are still active professionally but interested in the ageing process and are desirous of helping others travel through this process in a successful manner. They are making a positive impact on our group as they continue professional activities.

Do we want to go further in this direction? Could we make a greater impact on the upcoming generation? Are our present activities, programs and projects as effective as they should be?

We need to evaluate our position and move forward toward the goals that we have established. Your gain from the Academy and our activities will be proportional to your involvement in this process. If you have particular ideas or suggestions please communicate them to one of the Ad Council members.

We have a great year ahead! The future belongs to us. Let's face it realistically and optimistically.

End Notes

1. Tournier, Paul. *Learn to Grow Old*, Harper and Row, New York, 1972. p. 9.
2. Tournier, p. 12.



Your president's point of view:

by Jack David Arnold

The Downs and Ups of Downsizing

After prostate cryosurgery last October and total-knee replacement surgery last April, I decided that I needed to make a significant change in my lifestyle because of the change in my health circumstances. Since I had been considering a move back to Oklahoma as my "final move" for more than a decade, I sold my home in Farmers Branch, Texas, and moved to the Spanish Cove Retirement Village (AKA, the Cove) in Yukon, Oklahoma, in August.

Here are some of the questions that I asked *before* making this lifestyle change:

- Would it be more convenient to live in a smaller place than in my Texas house?
- Would another place bring me closer to facilities, friends, family, colleges, universities, and activity centers that would be available to me regularly?
- Would I be comfortable living in my current neighborhood if I became less physically active?
- Can I keep up with the costs of maintenance and repairs on my house?
- Do I have the strength and mobility to continue the activities of daily living (ADL) in my home?
- Would the Cove make it possible for me to travel with greater ease and home security than before?
- Would a move to the Cove reduce my household expenses?
- Would the sale of my Texas house provide a capital base from which to generate retirement income?
- Would the move simplify my life?
- Would the move to the Cove guarantee life-care?

The answer to all these questions was *yes*. This affirmative answer led me to the conclusion that **moving to a smaller place in a life-care retirement community was a "perfect fit" for me.**

"Life is a journey of changes, large or small," writes author Ute. "To be open to learning, no matter what state of life one is in, is a special blessing. The world around us is continuously changing and to not change and learn with it could cause problems and fears. People who look at change as an opportunity are most likely people who continue to learn about the world and themselves and are more accepting of change that would otherwise feel uncomfortable or even threatening" (*Thoughts*, 1999).

As a Master of Divinity degree student at the New Orleans Baptist Theological Seminary in 1974, I learned in a crisis counseling course that **moving is one of the major crises of life**. I moved three times after 1974, and in each move, I had kept most of my belongings; however, I had a difficult time

Continued next column—Arnold



"Sharing a
Continuous
Flight"

The Academy Perspective

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adjusting to the changes brought about by this move because it was necessary for me to downsize my belongings from a four-bedroom house in Farmers Branch, Texas, to a one-bedroom deluxe apartment here at the Cove in Yukon, Oklahoma.

Since the physical downsizing process is by far the most daunting part of making a later-in-life move, I will offer these tips based upon my experience, consultations, and research:

- Begin downsizing in the areas of the house that you are not currently using because it will be least disruptive to everyday life
- Start with large items in each room and work your way down to small items
- Sort the items in each room as follows:
 - Items that you want to keep as you move forward in the later stages of your time here on Mother Earth; this would include items you are

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ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



Trudy Cargill Hamilton: Married in August to Jack Hamilton, is a strong contributor to many ASP activities. We wish you well, Trudy.



Dr. Lori Hansen-Lane: Outstanding speaker for the May, 2004, ASP luncheon. Her topic was chemical dependency.



Making a special appearance at the ASP May luncheon was Doug Eaton, president of the SNU Alumni Association.



Left—Brenda K. Styers: Brenda is the new Director of Alumni Relations for Southern Nazarene University. Until her appointment at SNU, she was the Marketing Director for Southern Plaza.



Right—Guests at the May ASP luncheon were **Diane Paquette**, Marketing Director for Southern Plaza, and **John Stoddard**, Director for Southern Plaza.

Left—Shirley Mears, Program Chair introduces the luncheon speaker for the May meeting.

Center—Tom Barnard, ASP Vice President, provides capable leadership in the absence of President Jack Arnold for the May luncheon.

Right—Vada Lee Barkley, ASP founding president brings greetings to the Academy and offers the invocation for the May luncheon.





Library Corner

By Bea Flinger

My Faith Still Holds, compiled by Joyce Williams, is a collection of stories written by more than thirty Christian women, including First Lady Laura Bush, Condoleezza Rice, Joni Eareckson Tada, Gloria Gaither, Gracia Burnham, Barbara Johnson, and Kay Arthur.

These stories, written from the heart, reveal heartaches, despair, sorrow, and numerous other situations in which the ladies have found themselves. But ultimately hope, trust, and faith in the Lord have brought them through difficulties and trials, which had seemed insurmountable. They have exemplified the reality that no matter what happens in life, their utter dependence on God will triumph.

Ladies, each of you will have your life impacted by the "testimony" of these wonderful women who have proven God to be the rewarder of their faith. First Lady Laura Bush said, "In hours like this, we learn that our faith is an active faith—that we are called to serve and to care for one another—and to bring hope and comfort where there is despair and sorrow." It is during these times that our faith must ultimately be our strong dependence on God, knowing that He will lead us, direct us, and guide us through to our heavenly home. (In the SNU library)



Fall 2004 Southwest SENIOR EXPO will be held October 22-23 at The Oklahoma State Fair Grounds

by Shirley Mears

Come and join Shirley Mears and the *45 & Better News* team at the Made-In-Oklahoma Building at the Oklahoma State Fair Grounds for two days at the Fall Southwest SENIOR EXPO. You'll have two days to meet and greet many people who are interested in current issues and answers about aging. You'll receive practical, helpful, and up-to-date information there which will help you make good decisions now and in the future about senior living.

On Friday, October 22, the doors will open at 8:00 a.m. and close at 4:00 p.m. Parking is free, and shuttle buses will be available for front-curb delivery. The Town Hall meeting is scheduled for 10:00 a.m., which will be hosted by KTOK's Mike McCarville—"your learned host." Political candidates will be given equal time to present their visions for the offices they would like to win. The County Music Singers Association will provide Friday's entertainment at 1:30 p.m.

On Saturday, October 23, the doors will open at 9:00 a.m. and close at 4:00 p.m. The Yellow Rose Dinner Theatre of Moore, Oklahoma will provide the 10:00 a.m. entertainment. You will see and hear the likes of Sammy Davis Jr., Dean Martin, Frank Sinatra, and Marilyn Monroe!



~~~INTRODUCING~~~ VALERIE MORRISON Chair, Research Interest Group

The newly appointed chairperson to lead the Research Interest Group (RIG) for 2004-2005 is Mrs. Valerie Morrison. You will want to know her better and support her efforts this year.

Valerie is a native of Oklahoma. She grew up in Harrah and has lived in Oklahoma City most of her adult life.



Valerie Morrison

For fifteen years Valerie worked in the wireless communications industry and then headed the marketing department of a home health agency. Since 2003 she has been employed by Majors Medical Supply company where she serves as Diabetes Care Coordinator. It is her responsibility to discover and determine the best ways for her company to deliver diabetes and medical supplies to clients. She visits regularly with care professionals who are responsible for decisions affecting the lives of Senior Oklahomans.

Diabetes Discussion Topics Kick Off October 11 Meeting of the Research Interest Group (RIG)

Valerie Morrison, (see above article) new chairperson for the Research Interest Group, has announced the subject of Diabetes for the first meeting of the 2004-2005 year.

Following are aspects of the subject of Diabetes which will be addressed in this initial session:

- **What is Diabetes?**
 - Type I—Body destroys insulin-producing cells
 - Type II—Inability of body to use insulin efficiently
- **Risk Factors of Diabetes**
 - Genetics
 - Obesity, Age and Lifestyle
- **Causes of Diabetes**
 - Insulin producers and non-producers
 - "Lock and Key" cells
- **Diabetes Statistics**
 - Men, women, minorities, etc
- **Symptoms of Diabetes**
 - Relation to high blood sugar
- **Complications of Diabetes**
 - Eye, Kidney, Cardiovascular, Neuropathy, Foot
- **Treatments and Prevention**
 - Eyes, Heart, Feet, Overall

RIG will meet October 11 at 9:30 a.m. in the SNU Webster Commons Conference Room. All members and visitors are invited to attend this session.



Writers' Workshop

Contributor

"Seek What?" by June Phillips

"What d'you mean? A "sitting"? What's that?" we asked our Mama one morning. "We've never ever heard of a sitting!"

"Oh, that's what the conservative Quakers call their daytime "prayer meeting", Mama explained.

Our neighbors, Will and Mandy Osborn, were coming to have a "sitting" at our house this morning. They had requested it. Because my dad worked the afternoon shift at the Riverton Power Plant, my folks had told them the morning would be a good time to come.

You would need to know the Osborns to appreciate them properly. They never used names of the days of the week or the month. For example, it would be 4th day, 10th month to designate a Wednesday in October. Also, their speech was called "plain" speech, using "thee," "thou," "thine," instead of "you," "yours," etc.

Not only were the Osborns plain Quaker formers, but also they wore plain clothing without lapels or buttons. Mandy wore the traditional Quaker bonnet, long sleeves, long skirt, high neckline, and absolutely no jewelry. Always sensible shoes without ornamentation made walking easy for them. We were all called by our given names, without the Mr., Mrs., or Miss—regardless of our ages.

I had met them at the Old Quaker Academy, where we attended when my parents celebrated their wedding anniversaries. The church building had a high ceiling and was equipped with unpadded pews. Attendance was sparse. All the men sat quietly on the right side of the center aisle, and the women with their children sat just as mute on the left side of the center aisle. There was no singing, just sitting and praying silently. Once in a while the Holy Spirit moved someone to rise and speak to the group.

As a child I remember sitting on the hard pews, swinging my feet. I watched the huge wall clock's pendulum swing back and forth, back and forth. It seemed like forever! In due time, someone would stand to exhort the people. This was interesting to me because the person didn't just talk normally but with a "singsong" lilt. That tone of voice really charmed me.

The Osborns came on time for the "sitting" that morning, so we all sat in the living room quietly praying. I believe we kids fidgeted some of the time, too. We were just waiting until someone felt inspired to speak.

At this point in my life, I was old enough to know there were decisions I should make in my life. I wondered if Will, the Quaker leader, would speak words that would impact my life. Mama had earlier told us that if there were anyone with a question about anything, God would impress the speaker to say something to give the answer to whatever was the question. However, the obedient speaker would not necessarily know he was answering anyone's question.

Sure enough, Will did get up and in his singsong way preached about Jesus' words to his followers. His singsong lilt

was so fascinating to me! I'll never forget one verse he quoted, which stood out from everything else he said. And was that the answer to my question about what I should do with me life?

"Seek ye first the kingdom of God and His righteousness, and all these things shall be added unto you." Oh yes! That was my answer! Yes, indeed! It had a tremendous impact on my life, because I knew right from wrong. At that moment I decided to seek God's way first for my life!

Later, when I was 11, my Sunday School teacher, Ruth Coyle, asked me in a revival service if I wanted to be "Jesus' girl."

"Yes, oh, yes!" I replied.

She went with me to the altar to pray that I would be a good Jesus' girl! God heard my prayer of repentance and I found forgiveness, which made me feel so clean inside. I was indeed sorry for my fussing and bad attitude in the home with my family. After all, that was not pleasing to the Lord who has told us to "Love one another."

Now if anyone asks me, I know the right answer to his or her troubling problems. "Seek ye first the kingdom of God and His righteousness and all these things shall be added to you."

Our wonderful Savior has never failed anyone who comes to Him with a repentant heart. Hopefully, my life is a witness to the truth in this wisdom from above. God has blessed me and provided all my needs since my life has been His to use wherever He wishes!

(From memories of June's early childhood in "Quaker Valley" near Riverton, which is located on Spring River in the extreme S. E. corner of Cherokee County Kansas.)



Poet's Corner

By Jack Pischel

I Am A Senior Citizen

I am a senior citizen.

My face, it needs a lift.

My cheeks and arms are sagging,

And my midriff's in a drift.

My nose is growing larger,

And my ears are full of hair.

But where the stuff had ought to grow,

It's getting awfully bare!

My hands are getting spotted.

I am a speckled bird!

And if I argue with my wife,

I always finish third.

My legs are getting wobbly.

I must walk with a stick.

But at the dinner table

I seldom miss a lick!

I spend a lot of time in bed,

Though I really do not sleep.

But I can tell you, my good friend,

I've counted lots of sheep.

Continued from column 2, page 2—Arnold

not currently ready to part with, or items that you definitely know you will want to move with you to your new home

- Items that will be passed on to family or friends
- Items that will be sold in a garage sale, estate sale, or auction
- Items that will be given to charity
- Items that need to be thrown away
- Keep a list of your decisions, and separate items into separate piles, or mark items with stickers
- Consider using a moving specialist to help with sorting, packing, moving, unpacking, and decorating the new place
- Allow plenty of flexibility and time for sorting and downsizing
- Trust the process

I spent approximately two or three hours at a time working through the sorting process. I could not do this task for long periods of time. Many emotions and memories were stirred up in me because, in essence, I was sorting through the years of my life. I tried to take time to recall memories, to shed a tear, to smile and chuckle, and to share stories with others, but I did experience dark clouds of grief and times of utter frustration in the process.

For me, starting the sorting and decision-making process was as difficult as walking out in my yard piled with leaves in the fall and deciding where to begin raking. The task appeared to be *overwhelming!* My only choice was to start somewhere and to approach it as a step-by-step, pile-by-pile process until the job was finished.

I came to the realization that I did not need to get rid of everything. I just had to pare down my years of accumulated belongings (1) to key and important things, (2) to favorite things I wanted to have around, and (3) to those things that I would need or enjoy using in my new home. When I thought about the things that I was actually using in my home in Texas on a day-to-day or week-to-week basis, I found that they amounted to a fraction of what I had to have there.

Sorting and downsizing one's belongings may be viewed as a natural process of completing and releasing—like leaves falling from a tree in autumn.

Who I was a year ago is most likely not the person that I am today. My life changes with every day, with every experience or interaction. Hopefully, as I mature, I will become more aware of the spiritual part of my being, even in physical moves. **With every sunrise, I change, and, as my body changes in a way leading to death, my mind and spirit change, leading more and more to life.**

You Know You've passed the 20th Century When

- You just tried to enter your password on the microwave.
- You have a list of 15 phone numbers to reach your family of three.
- Your daughter sells Girl Scout via her web site.
- Your grandmother clogs up your e-mail in-box asking you to send her a JPEG file of your newborn so she can create a screen saver.



ASP Calendar

Monday: ~~May 10~~ **Oct 11**

- 9:30-11:00 Research Interest Group, Commons Conf. Room
 9:00-11:00 Shuttle: Sawyer parking lot to The Commons
 11:15-1:00 Luncheon/Annual Assembly-Heritage Room-Commons
 1:00 p.m. Shuttle: Commons to Sawyer parking lot
 1:15 p.m. Administrative Council--Faculty Lounge



REMINDERS

*If you look for a parking space on October 11, don't forget to **consider using the Sawyer parking lot.** (North of the Sawyer Center—41st and Donald)

*For those interested in the **Writers' Workshop**, the next meeting will in conjunction with the November 8 meeting. It will be included in the calendar for November.



AARP 55Alive Driving Course Offered in Fall Session

**Saturday, October 23 - 9:00 a.m. to 4:00 p.m.
SNU Business Building, Room 125**

The AARP 55Alive Driving course will be offered by the Academy of Senior Professionals member, Dr. Gerald Knutson, on Saturday, October 23, from 9:00 a.m. to 4:00 p.m., Room 125, in the Royce Brown Business Building, on the SNU campus.

Dr. Knutson is a certified AARP instructor and volunteers this service to our members and friends in the community. Most insurance companies will give a rate discount to those who complete the course. For the \$10 fee, which you may pay at the door, you will receive a notebook and a certificate of completion.

Enrollment is limited to a maximum of thirty-five (35) individuals in each class. This class is now open to our friends in the community as well as the SNU faculty and staff.

Call Sue Eccles in the SNU Alumni Office (491-6312) to make your reservations.

- You pull up in your own driveway and use your cell phone to see if anyone is home.
- You chat several times a day with a stranger from South Africa, but you haven't spoken with your next door neighbor yet this year.