

The “Rick Said It Would” Weatherman To Speak to May Academy Luncheon

By Milton Sonnevik

The last luncheon meeting of the Academy of Senior Professionals for the year 2001-2002 is scheduled for Monday, May 13, 2002. Please mark your calendars and plan to attend.

It is an honor and distinct privilege to welcome Mr. Rick Mitchell, the chief meteorologist from



Rick Mitchell

KOCO TV, Channel 5, to the Academy. Those of us who watch Channel 5 feel like we know him already.

Mr. Rick Mitchell was born in Omaha, Nebraska. He graduated from Millard High School in Omaha and continued his education at the University of Ne-

braska, graduating with a major in meteorology and a minor in climatology. He frequently comments on television that even as a child, his goal was always to study severe storms and be a weather forecaster.

His first job, following graduation, was to work for a private weather forecasting company in Pennsylvania. That assignment lasted three years. His first television assignment was WOI in Des Moines, Iowa, where his main assignment was broadcast meteorologist. That assignment lasted four years.

He has worked at his current assignment at KOCO TV Channel 5 for nearly eight years. He is a much loved weatherman, who frequently is invited to speak to various civic groups, grade school assemblies, high school assemblies and church groups.

His reports on television regarding these engagements are always very interesting and informative.

Mr. Mitchell is a devoted family man. He is married to his high school sweetheart, Kim. They have two children, who are his pride and joy. Zoe, their daughter, is seven years old, and son, Shane, is five. He tells me he enjoys spending time with his family, occasionally playing golf, watching college football, and, of course, keeping up with the weather.

It is a delight to welcome Mr. Rick Mitchell to the campus of Southern Nazarene University.

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Your president's point of view:
by Jack David Arnold

Gratitude Each Day Is Linked To Health and Well-Being

"Gratitude is not only the greatest of virtues, but the parent of all others," wrote Cicero, the ancient Roman philosopher, orator, and statesman.

While philosophers and theologians have long embraced gratitude as an indispensable manifestation of virtue and an integral component of health, wholeness, and well-being, scientists are latecomers to the importance of the concept of gratitude.

Scientific research on gratitude, which is funded by the John Templeton Foundation, is shedding new light on this important concept by taking a highly focused look at the nature of gratitude, its causes, and consequences.

To date, major findings of this research are showing that grateful people are both happier and healthier than the ungrateful.

In an experimental comparison over a two-month period, people who kept weekly "gratitude journals" reported they made more progress toward attaining their stated personal goals, whether they were academic, interpersonal, or health-based, compared to people who keep journals recording their hassles or their "neutral life events."

Having a sense of gratitude appears to be contagious, when it comes to helping others, too. People who kept the daily gratitude journals were more likely to report having helped others with personal problems or having helped others by offering emotional support.

The gratitude research reflects that while grateful people report that their sense of gratitude enhances pleasant feelings of life-satisfaction, vitality, and optimism, they do not deny or ignore the negative aspects of their lives. They report that while being grateful may lower levels of stress and depression, it does not diminish unpleasant emotions completely.

Grateful people are empathic people, the research shows. People with a strong disposition toward gratitude are able to take others' perspectives and are rated as more generous and helpful by people in their social network.

The research shows that those who regularly attend religious services and engage in religious activities, such as prayers, rituals, and reading religious materials, are more like to be grateful.

Grateful people are more likely to acknowledge a belief in the interconnectedness of all of life and a commitment and responsibility to others.



*"Sharing
a
Continuous
Flight"*

The Academy Perspective

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People who are grateful also tend to place less importance on material goods. They are less likely to judge their own success and that of others in terms of mere possessions accumulated. They suffer less from envy of others' wealth and are more likely to share their own possessions with others, compared to less grateful people.

In closing, I would like to seize this opportunity to express my gratitude to all of the officers, leaders, and members of the Academy of Senior Professionals (ASP) at Southern Nazarene University for their loving, faithful support of me as their President during the past four years. With optimism, I look forward to sharing the ASP's future with you as a strategic partner.

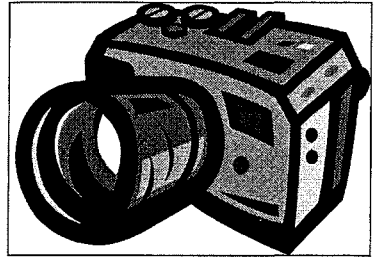
*Have a Happy Summer!*

# ASP

SENIOR ADULT  
CONFERENCE 2002

# PICS

PICTURES BY EDITH SONNEVIK PAYNE



Dr. David Alexander, SNU VP for Institutional Advancement, welcomes the SAC 2002 Conference to Southern Nazarene University.



Roy Dorris, ASP treasurer, and Marjorie Brown, enjoy the refreshments provided in the Chapel in the Round vendor setting.



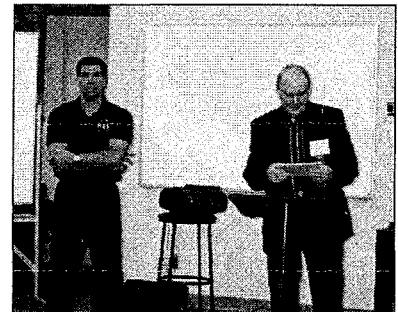
(l-r) Dr. Bob Emmel, Dr. Tedd Mitchell (keynote speaker), Dr. Jack Arnold (ASP President), and Dr. John Bumpus discuss professional aspects of the SAC2002 conference.



Dr. Mitchell (left) gets acquainted with Dr. Leo Mayfield, long-time educator and former superintendent of the Putnam City schools.



Darlene Overholt, ASP secretary, provides Jack Arnold, ASP president, with his conference badge and ribbon.



Bob Griffin (right) introduces the seminar in Tai Chi lead by Ricky Laturia (left).



Howard Hendrick speaks to his seminar group on the topic "Graying with Grace and Greatness"



Luncheon guests were entertained by the artistry of duo-pianists Pat Bolerjack (left) and Evelyn Keeton.



Don Beaver sings and leads the luncheon group in singing "God Bless America."

More pictures on page 6.

## Reports from a successful SAC2002 conference

### Keynote Speaker—A Dynamic Centerpiece

By Carol Spencer

Dr. Tedd Mitchell, M.D., Medical Director of the Wellness Program, Cooper Clinic of Dallas, Texas, was the keynote speaker for the first Gift of Longevity Conference. He enthusiastically imparted a wealth of information and advice to the participants on healthy living. He stressed that aging well is a reasonable expectation; it is never too late to begin.

His first address was "Maintaining Mobility," a vital part of healthy aging. Aerobic exercise is important, and when accompanied with strength training, the benefits of both are maximized. Exercising smarter, and not harder is best for seniors, according to Dr. Mitchell.

The second session, "Aging with Attitude" emphasized that many risk factors associated with cardio-vascular disease are under the individual's control. Current statistics indicate that obesity is a national health crisis with resulting potential for multiple life threatening health problems.

Dr. Mitchell's final lecture was "Mental Fitness." He gave sound advice and reassurance that aging is not automatically coupled with mental decline. He suggested several ways to lessen mental decline: keeping physically fit, maintaining healthy self-esteem, and developing new learning activities. He closed with counsel from scripture, Proverbs 17:22 — "A cheerful heart is good medicine, but a downcast spirit dries up the bones."

### Seminars Offered Wealth of Information

By Evelyn Downs

(Note: Eight seminars were available. Reported here are the two that Evelyn attended.)

#### Long Term Care: Presented by Kaye Love

People tend to underestimate their need for long term care, reported Kay Love in a workshop on this subject. The fact is that 45% of all persons 65 or over will eventually enter a nursing home, with an average stay of 2.4 years. In addition, four people are being cared for at home for every one in a nursing home.

Costs of all three types of long term care (custodial, intermediate and skilled) are escalating. At the present in the state of Oklahoma home health care costs \$80 per visit. Nursing care here averages \$200 per day, and assisted care runs from \$2,000 to \$5,000 per month. Costs tend to rise 5% per year, so that average costs could reach as much as \$80,000 by the year 2008.

If one does choose to invest in long term protection, Love suggests great care should be taken in choosing one's provider. The chosen company should have the following: strong financial reserves, a history of timely payment of claims, at least 50,000 customers, a track record of ten or more years in the business, a history of rate stability, and coverage in all 50 states.

Mrs. Love made a strong case for the purchase of long term care insurance as a good business decision for many. However, the choice to buy such a policy is a very complex individualized decision, on

which depends upon many factors, including a person's age, physical insurability, and financial ability.

#### The Spiritual Adventure: Presented by Dr. Dudley Powers

Dr. Dudley Powers referred to the later period in a person's life as the "backside" of life, a period just as impacting to a person as are the earlier periods. Life's backside may contain many widely divergent elements—rewards, disappointments, periods of contentment, and periods of turbulence—and yet goal setting remains extremely important. To help one set goals, dependence upon the Holy Spirit is vital.

Noting that loneliness and a sense of abandonment may be present in the backside of life, Powers reminded his listeners that "God has promised never to leave us or forsake us."

Challenging listeners to make the most of the adventure, Powers suggested each person make a list of ten things he/she wants to accomplish in the next twelve months. "Prioritize and revise this list each year," he advised, "as you search for God's will on your journey; don't let your years just slip by."

### Vendors—Entertaining, informational

By Mary Smith

The vendors at the SAC2002 Conference very adequately covered a wide range of topics of interest to the senior adults present. There were thirteen in all with presentations ranging from finances to housing to funerals.

The housing hopefuls consisted of three possibilities. Epworth Village, Spanish Cove, and of course, our own Covenant Group. We were given information about long term insurance from General Electric Financial Assurance Corp. Our health concerns were covered by Saint Anthony Health Care and McBride Clinic. Continuing education was addressed by Oklahoma State University and our own Southern Nazarene University. The media presentations consisted of Sooner Media, and the interesting looking (and free) 45 and Better Newspaper. Finally the funerals were covered by Mercer-Adams, with Banc First on hand to tell us where to invest our savings.

Most of the vendors had handouts, along with some nice door prizes. I found all of them well worth checking out.

### A Post-Conference Reflection

By June Phillips, Strategic Planning Committee Secretary

Hi, to all you SPC committee members! Aren't you glad our day went as well as it did today? I believe Marilyn's enthusiasm really paid off with a great start for the "record-breaking" Senior Adult Conference-2002. I observed many happy people in attendance, and the ones I talked with felt the day had been a profitable one!

Jack's keynote speaker was indeed everything Jack had said of his ability to hold our attention, and I'm sure we all learned things we needed to know in order to live longer and better lives. Now all we have to do is "JUST DO IT!"

As a college music major, I especially appreciated the lovely music by Pat and Evelyn, to add to the day's beauty. I wonder if you noticed the fervor with which we sang "God Bless America" following Don's beautiful solo?

(Ed.Note: I agree with June. It was indeed a GOOD DAY!)



### "If you ask me"

By Vada Lee Barkley

When Abraham, Isaac, and Jacob died, each gave up the ghost and was gathered to his people. Some say they were gathered to their fathers. (Surely, that suggests a family reunion).

When Jesus died, He yielded up the ghost, or dismissed His spirit. We prefer the word spirit. To us, ghost has a negative, even spooky, connotation.

Upon seeing Joseph's blood-stained coat, Jacob said, "I will go down into the grave unto my son mourning." "In this case," writes Dr. Hough, "the word 'grave' means sheol" which described "the unseen world to which we go at death." The Greek word, hades, also covers the unseen world, both good and bad.

The Jews called the abode of the righteous after death "Abraham's bosom." It is also called paradisos. When the beggar Lazarus died, he "was carried by the angels into Abraham's bosom" (Luke 16:22).

The rich man, however, went to gehenna, the place of torment at his death. "Uncle Charley" (Dr. C. A. McConnell) explained all of this to our Christian Doctrines classes at BPC. He said, —if I remember correctly; (it's been a few years)— that before the Crucifixion, the saints went to paradisos. When Jesus died, he went to preach to them. After His death and resurrection, those spirits were released. Many of those saints were seen on the streets of Jerusalem.

Since Jesus' death and resurrection, death is a conquered enemy. Christ took the sting out of death. "Death is no longer the jailer of the grave, but the porter that opens the gate of paradise," says Dr. Hough.



### Research Interest Group

By Bea Flinner

The last meeting of RIG (Research Interest Group) for this academic year is scheduled for MONDAY, MAY 13, from 9:00—11:00 a.m. in the CONFERENCE ROOM of the Commons, lower level.

The purpose of the meeting will be to brainstorm about possible topics for research during the academic year 2002-2003. The results may be presented through research papers to be read by RIG members, guest speakers, workshops, and articles published in TAP (The Academy Perspective).

One of the major broad categories to be pursued will be "Longevity"—the topic of the Academy Conference which was held in April. Subtopics under this heading are innumerable, and may include some of the following: Nutrition, Spirituality, Life Attitudes, Finances, Physical Exercises, Housing, Nutritional Supplements, Discount Plans, Counteracting Disease, Burial Plans, Eldercare, Senior Adult Ministry, Depression, Prescriptions, Hospice, Health Problems Finances, Medicare Costs and others. These are only examples of some possible interests to be researched.

RIG is desirous of reaching new participants, as well as anyone else who would like to visit the meetings. We are ALWAYS open to new folks!



### A look at a book

By Wini Howard

#### GOOD GRIEF

*The Story of Charles M. Schulz*  
By Reta Grimsley Johnson

The title should say to you, "Charlie Brown." This is his creator's biography. Schulz's career as a cartoonist started around 1950, but he had been drawing since he was very young. It seems that he always wanted to be a cartoonist.

The author has written a fascinating account of someone who was less than fascinating himself in many ways.

He seems to have fought some form of depression most of his life. He never felt secure and well-liked. The little red-haired girl in "Peanuts" that is talked about, but never drawn/seen, is a reference to the girl he loved and hoped to marry. His contender for her hand won out and apparently Schulz never fully recovered from this rejection. He and his first wife had five children, and after a divorce he re-married.

As has been said, humor does not derive from joy. It often comes from great pain. Black Americans seem to prove this, along with other nationalities that have suffered much. It was the same for Charles Schulz; he seemed to live on the border-line between depression and pain much of the time.

An interesting fact about the strip "Peanuts" is that Schulz didn't name it and apparently never liked the name. He wanted to call it "Lil' Folks" but he was over-ruled. The popularity of "Peanuts" was and is beyond anyone's expectations — especially Schulz's.

He undoubtedly is the "king of cartoonists" to this day—at least, according to the author of this book. I am inclined to agree with her.

This book is available in the Metropolitan Library System.

### On the Lighter Side



- A Sunday School teacher began her lesson with a question, "Boys and girls, what do we know about God?" A hand shot up in the air. "He is an artist!" said the kindergarten boy. "Really? How do you know?" the teacher asked. "You know—Our Father, who does art in Heaven ... "

### Luncheon Dates for 2002-2003

| 2002        | 2003        |
|-------------|-------------|
| October 7   | February 10 |
| November 11 | March 10    |
| December 9  | April 14    |
| January 13  | May 12      |

SAC2002 CONFERENCE VENDOR PIX



ASP Calendar

Sunday: May 12

3:00 -4:00 pm Administrative Council: Alumni House

Monday: May 13

9-11:00 am Research Interest Gp.: Commons Conf. Rm.

10:30 am Shuttle: West BFC Parking Lot to Commons

Please Note: Arrivals before 10:30—Go to Faculty Lounge

11:15-1:00 pm Luncheon

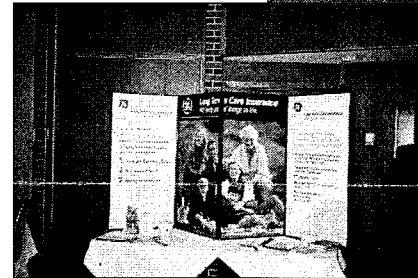
1:00 pm Shuttle: Commons to West BFC Parking Lot



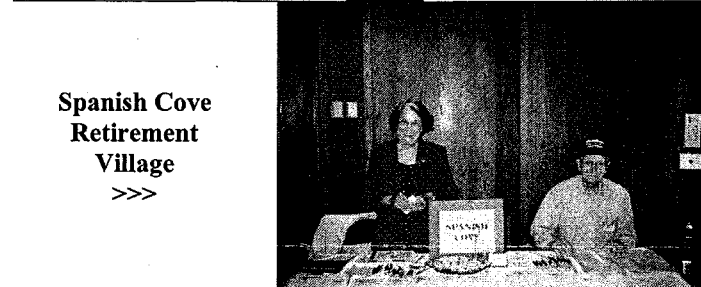
The Covenant Group & Southern Plaza <<<



Mercer-Adams Funeral Service >>>



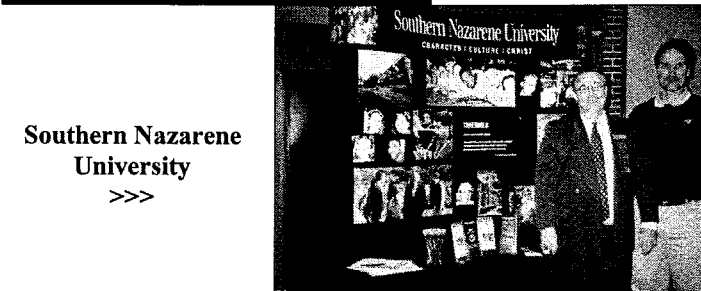
GE Long Term Care Insurance <<<



Spanish Cove Retirement Village >>>



Seniors Real Estate Consultants Keller Williams <<<



Southern Nazarene University >>>



News Briefs

•THE ASP WEBSITE needs your participation and input. You may access it on your computer: www.snu.edu>Alumni & Friends>Community Relations>Academy of Senior Professionals. Please send your comments and input to Don Beaver dbeaver@snu.edu.

•ANNUAL ACADEMY BUSINESS MEETING is scheduled for the May luncheon meeting on May 13. The change was made to accommodate the Senior Adult Conference, April 18. The President's Annual Report will be read, and an election will be held for the offices of President and Secretary.

•DUES REMINDER: The dues for this calendar year are being received by Margaret and Vernon Dawson at the May luncheon meeting.

Academy Director Reports Pledges, Challenges Members

By Elbert Overholt

The Luncheon Program led by Dr. Tom Barnard was successful in obtaining \$3,300 in pledges toward the approved ASP Endowed Scholarship. The pledges are to be paid in the next three years. Thanks to all who participated. I'm sure there are additional decisions that will be made.

Hand your pledge cards to one of the Academy officers or send them directly to Mike Crabtree's SNU office. With the 45 cash gifts that have been given to the fund totaling \$4,797.98 I believe we can endow the Scholarship within the next three years. You may continue to use the memorial card to continue to contribute to the fund.

Please give this challenge your prayerful consideration. Thank you.

NEW ADDRESS?? NEW TELEPHONE NO.??

NEW E-MAIL ADDRESS??

To Correct or add, Please Contact Don Beaver:

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