

The Academy Perspective

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Vada Lee Barkley, Editor

SHOW ME THE WAY TO STAY HOME

by Vada Lee Barkley

What a difference a decade makes. Ten years ago I finished my book SURVIVE AND THRIVE AFTER FIFTY-FIVE. Much of that material remains relevant. The issue of senior housing, however, requires a new look. The focus today--from President Clinton, Former President George Bush, and General Colin Powell, and Medicare to AARP--has shifted in response to the cry of seniors: "Show me the way to stay home."

Medicaid, Home Health Care agencies, Hospice, Eldercare, Geriatric centers, Area-wide Agencies on Aging, the Salvation Army, the American Cancer Society, the Church, and others--all are listening. By combining resources, these organizations provide an answer for most of us.

AARP is assembling a VOLUNTEER TALENT BANK in 19 cities (OKC is not one) to recruit and train volunteers to help seniors live independently. "What has been proven to be effective in prolonging life expectancy and improving your physical and mental well-being?" asks AARP. The resounding answer? "VOLUNTEERING!" That sounds familiar to us followers of Jesus.

In the Academy we have our own Volunteer Talent Bank. We're very much involved. With better organization and more information, however, we can serve more people. By investigating and supplementing the efforts of other organizations, we can help calm a senior's greatest fear--far more terrifying than death--loss of independence. With multiple resources combining efforts, volunteering need not be a burden. The Lord only knows which of us may be among those who find a way to stay home.

FEBRUARY 10 MEETING

We will meet in the Heritage room. Lunch will be served at 11:45 a.m. Bob Emmel has arranged for a program with a patriotic theme. Jack McElrath, ASP member and a retired FBI agent, will be our speaker.

One way to live happily ever after is not to be after to much.

VOLUNTEERS INTEREST GROUP

The first meeting of the Academy Volunteers Activities Corps (AVAC) will be at 10 a.m., February 10, in the Conference room downstairs in the Commons building. We will discuss and complete a record of current activities and a Volunteer Talent Bank form, select a steering committee and chairperson(s), initiate plans for a data base, and decide on a permanent name for our group.

RESEARCH INTEREST GROUP GENERATES MISSION STATEMENT--ELECTS OFFICERS

In their January 20 meeting, RIG members created the following written mission statement, moving to the next level of their organization, before getting specific and practical about strategies to achieve their mission.

"The MISSION of the Southern Nazarene University (SNU) Academy of Senior Professionals (ASP) Research Interest Group (RIG) is to promote, perform, and disseminate the results of research that is germane to the interests of the ASP membership, the alumni, faculty, and students of SNU, and the citizens of the extended community.

The RIG members voted to create two new leadership positions: vice-chair and recorder. By unanimous votes, the members elected Bob Emmel as vice-chair and Elbert Overholt, recorder.

The next RIG meeting will be held Monday, March 10, 9:30 to 11:15 a.m., in Conference Room 130, Royce Brown Building. All interested ASP members and guests are invited to participate in this meeting which will focus on "specific and practical (research) strategies."

ART'S CHUCKLES

If it weren't for the optimist, the pessimist would never know how happy he isn't.

Mincing your words makes it easier if you have to eat them later.

SNU SCHOOL OF NURSING OFFERS HEALTH CARE SERIES OPEN TO ASP

ASP members have been invited to join SNU faculty and staff for a series of 'classes' dealing with topics related to the health care system and how to be an informed consumer. The topics will be developed by the faculty of the SNU School of Nursing.

All Classes: Thursdays from 4 to 5 pm., Science Bldg, Rm 100

2-13-97 (Chloe Findley)

Introduction -- Being in charge of one's own health care -- Terminology of Health Care Providers

2-20-97 (Jude Miller)

Medications: Obtaining information -- OTC meds -- Common instructions and questions to ask.

2-27-97 (Donna Eckhart)

Health needs at Different Ages: Screening -- Exams -- Immunizations

3-6-97 (Kathy Kirk)

Mental Health Issues

3-13-97 (Mary Fairchild)

Community Resources: Home Health Agencies

3-27-97 (Jude Miller)

Patient Rights -- The Patient's Bill of Rights -- Ownership of Health Records (Right and privacy) -- Legal Issues (Power of Attorney, informed consent, confidentiality, privacy, advance directives, organ transplants)

4-3-97 (Chloe Findley)

Economic Issues (Insurance & other financial assistance), Importance and Methods of obtaining information about one's health

4-10-97

Lifestyle Issues (Food, exercise, habits, other) -- Conclusions & questions.

DIE FEIERTAG

by Maurine Dickerson

In the beautiful winter time, the Alpine regions are covered with blankets of snow. So, it was in Arosa where we traveled an hour by horse-drawn sleigh across the snow-covered Alpine slopes in the Swiss Alps, delighting in the jingle of the bells on the horses, the clop-clop sound of the horses' hooves in the crusty snow, and the Swiss-German speech of our driver. The emotional atmosphere was so perfect that we broke out in song: "Vater, wir danken dir!" (Father, we thank you!)

A cable car ascent to the top of Weisshorn gave a wonderful panoramic view of the surrounding country - magnificent, majestic mountains all in white. Then to a mountain inn for a typical Alpine lunch.

A "must" at Christmas time is a visit to Herblingen Castle, about three miles from our college. It's a wondrous fairy tale world. Beautiful trees sprayed white with hundreds of twinkling lights decorate the entrance to the castle. Inside we enjoyed Schwarzwald cake and coffee, along with the special Swiss feeling of warmth and friendship.

Although the Matterhorn was shrouded with fog, the trip to Zermatt was not a complete disappointment. The next morning beautiful snow flakes were softly falling to the already snow-covered ground and resting lightly on the Evergreen trees. It was an enchanting sight. When we moved out to the patio, we could feel the silence which comes with the snow, for it muffles sound. This is particularly true in the mountains.

At Ennenda is a chocolate factory whose owner is my friend. Jurg inherited the "sweet" place from his father who is retired. A visit to his family is always special. After lunch in his home, where a bog bowl of chocolates was the dessert, Jurg took Nelly and me through the factory, picking up boxes of chocolates along the way. As we were walking around, I noticed an employee stirring raspberry filling for the chocolates from a huge steel mixing bowl. Another employee was spooning a huge steel bowl of whipped cream into this bowl of filling. I said: "Is this real whipped cream?" The answer was "Yes it is." Their chocolates are made with pure butter and pure cream. When we left that day, the chocolates Jurg had "found" in the factory were given to us!

Traveling to beautiful scenic areas by train, by bus, or by car is delightful; however, visiting friends and former students and sharing precious moments of the past and present has its own reward. There is a bond of love and understanding that words cannot express. Dinners, coffees, Fondue, breakfasts with my Swiss friends Emil and Nelly Bernath; with Maya Wold who lived with me a year in Olathe, KS, and went back to ENBC as the librarian for

four and one-half years; with Uliand Beate Bartsch, who were at SNU for a year before going to Seminary; with Tom and Hedi Findlay who pastor the State Church in Andelfingen; with Linda Brader, wife of the Field Director of Southern Europe, who just happened to be at ENBC and was leaving the day after I arrived; with Maylou Cook, wife of Franklin Cook, Eurasia Regional Director; with former ENBC student Harald Biesenbach, Director of Radio Communications in all of Africa, and his wife Helen who just happened to be on furlough and stopped over for a week in Busingen; and with former ENBC student, Nikolaj Sawatzky who is in charge of Radio Communications to Russia, and his wife Lydia.

These relationships will always be a part of my life. It was a memorable holiday!

WHERE ARE OUR LOYALTIES?

by James R. (Bob) Emmel

(Reprinted from the *Perspective*, Feb., 1996)

February takes us into the month of Presidents' Birthdays. We especially honor Washington and Lincoln, men to whom we attribute as having unusual character traits. Perhaps the trait they exhibit that is most admired was their loyalty-loyalty to self, loyalty to country and loyalty to God. It has been cited that Churchill made a statement to Britain's troops during World War II, "Tell me what your loyalties are and I can predict this war." Not all of us demonstrate our loyalties in the same manner, but they do show through.

When visiting the Lincoln memorial in Washington, D.C., I stood galvanized at the feet of Mr. Lincoln's statue and whispered to myself, "Oh that I could demonstrate my loyalty to my country as he did." Then in an instant I realized that my loyalty to my country is demonstrated in another manner. Those of us who pay taxes, demonstrate good citizenship and are honorable people are showing our loyalties in as great a measure as the greats heretofore mentioned. Without the loyalty of the mass of citizens of integrity, those we consider great would have never become the notables they are.

A number of years back my government used my services as a communications consultant for our armed forces in Europe. My loyalty was again tested as my professional abilities and training were used to resolve problems related to communication in the educational processes for the military. While headquartered in Germany for two years as a civilian employee of the government, I attempted to demonstrate my loyalty by being the very best Christian gentleman possible.

While the presidents cited above demonstrated their loyalties in a differing type of job, questions might be asked, "Is one person's

loyalty any more demanding than another's?" "Is a president's loyalty demonstrated more fully than the men and women fighting in a foxhole or attempting to keep the Peace in Bosnia or in some other area of the armed forces?" Perhaps the answer to these questions is, "No, it is just a difference in the jobs at hand, and our deepest loyalty is demanded in whatever status of life we find ourselves." It is LOYALTY to SELF, to COUNTRY and to GOD that makes all of us the bearer of greatness.

FYI: LONG TERM CARE INSURANCE

Who needs it?

- Couples (\$100,000 minimum in assets)
- Singles (\$50,000 minimum in assets)
- Those who can afford it

Things to Consider

- Cost--too high if premiums exceed 6-7% of income
- Coverage
 - Nursing home
 - Assisted Living
 - Home
- Exclusions
 - How long before it begins? 20 days, 100 days, etc
- Term: 365 days or longer?
- Optional increased benefits at 5% interest per year (a good idea)
- Qualifications

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Anyone who doesn't worry about the world situation these days ought to have his television set examined.

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If you want a place in the sun, you must expect to get blistered.

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People who live in glass houses might as well answer the doorbell.

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