

DEACONESS HOSPITAL: THEN — AND — NOW

By Milton Sonnevik

Deaconess Hospital has served the health needs of Central Oklahoma for over 100 years. It all started with the Home of Redeeming Love, which was organized in 1900 at Guthrie, Oklahoma. Mr. William M. Jenkins and his wife founded the first home for unwed mothers in the State of Oklahoma. Mr. Jenkins was later governor of the territory. In 1910, the Home of Redeeming Love was moved to its present location in Oklahoma City, where a three-story brick building was built in 1910. Continued expansion took place, with another three-story brick building being completed in 1914.

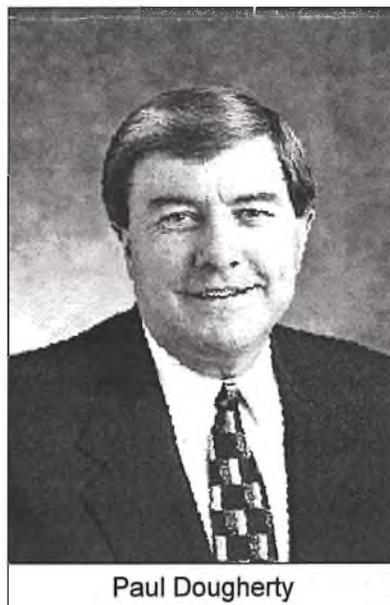
As Oklahoma City grew so did the Home. In 1944 it was decided to open the hospital to the public and to accept private patients. Several additions were added to the old hospital building, and, in the process, it became incorporated as Deaconess Hospital, so named because everyone referred to it as "the hospital that the deaconess ladies ran."

It seems as if Deaconess Hospital has been in a constant building program since then. Great men and women have served their church and community by meeting the health needs of this area, names such as Mr. and Mrs. Ralph E. Butterfield, Anna L. Witteman, Lydia Newberry, Pearl Holmes and numerous other early pioneers.

In 1958 and 1960 Deaconess Hospital received its accreditation certificates from the Joint Commission on Accreditation of Hospitals.

It is currently one of the most modern hospitals in the area.

The current president and chief financial officer of Deaconess Hospital is Mr. Paul Dougherty. He came to Deaconess Hospital in 1996 and is currently serving in that capacity. He has a rich background in hospital administration having served in numerous similar positions throughout the State of Oklahoma. His previous position before he came to Deaconess Hospital was at Stillwater



Paul Dougherty

Medical Center, where he was responsible for the operation of all phases of that hospital.

Mr. Dougherty is a 1968 graduate of Azusa Pacific University, Azusa, California. His majors were psychology and education. In 1972 he earned an M. A. degree in administration from Wichita State University, Wichita, Kansas.

Mr. Dougherty is very active in numerous community affairs, such as Downtown Rotary Club, Arthritis Foundation, United Way, Omniplex, and American Heart Association.

The Academy of Senior Professionals gives Mr. Dougherty a warm welcome to its March 5, 2001, monthly meeting. He will review the hospital's fantastic growth in recent years and also review the management of its newly acquired Deaconess Bethany Hospital facility.



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

**REDUCING CHRONIC STRESS AMONG
SENIOR ADULTS THROUGH PRAYER
AND MEDITATION**

Recent medical research demonstrates that senior adults show a high risk for chronic stress which can trigger harmful physical responses and interact with destructive lifestyle habits.

A research study, published in the *New England Journal of Medicine* and summarized in *The Washington Post*, January 25, 1998, claims that chronic stress "promotes such damaging physiological changes as insulin resistance, heart disease, memory loss, immune system dysfunction, and decreased bone mineral density, and hypertension."

According to an article in *The North Texas United Methodist Reporter*, January 12, 2001, a research study from the University of Florida (UF) and Wayne State University (WSU) cites five causes of chronic stress among senior adults:

1. Deteriorating health
2. Chronic illness
3. Pain
4. Multiple losses from the death of family and friends
5. Need for acceptance of possible imminence of death

UF College of Nursing Associate Professor Ann L. Horgas and WSU doctoral student, Karen S. Dunn, interviewed 50 people in 1999 at six community senior centers and one church in Detroit. The average age of the participants was 74, and their sexes, races, and religious preferences were as follows:

- Women, 70%; Men, 30%
- White, 48%; Black, 52%
- Catholic, 48%; Protestant, 46%; Other, 4%

Horgas and Dunn reported the following research results:

- Prayer and meditation was used by 96 percent of the respondents to specifically cope with stress
- Prayer was the most frequently reported alternative treatment used to feel better or maintain health in general
- Prayer was used more than exercise, heat, relaxation techniques, humor, or herbal remedies to maintain over-all health
- Prayer was used more by women and blacks than by men and whites to cope with stress
- Prayer, meditation, and other spiritual treatments gave the respondents more positive and self-reliant coping strategies

These studies are supported by earlier research done on senior adults at the world-renowned Cooper Aerobics Research Institute in Dallas.

In his book, *Regaining the Power of Youth at Any Age*, Kenneth H. Cooper, M.D., writes, "Scientific research is increasingly demonstrating a strong link between emotional physical health on the one hand and spiritual disciplines, such as prayer, on the other (70)."

continued page 6 — Arnold



**"Sharing
a
Continuous
Flight"**

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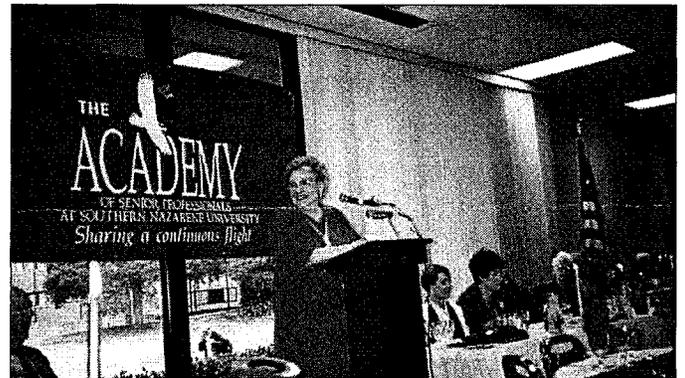
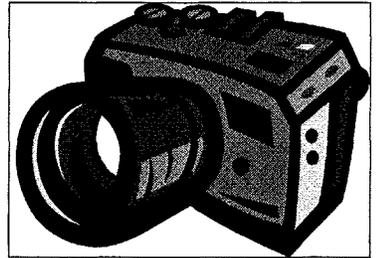
Please take note:

- **March Meeting:** The March meeting is March 5, the 1st instead of the 2nd Monday of the month. This is necessary due to the fact that SNU's Spring Break is scheduled for the 2nd week in March.
- **ASP Contributions:** Contributions (tax deductible) to the ASP will be appreciated and will help our financial picture in terms of our ability to plan for programs and activities. Checks should be made out to SNU with the notation "For ASP" in the appropriate space. Thanks.
- **Audiotapes for Sale:** For a tape of the featured part of an ASP luncheon program for 2000-2001 please contact Roy Dorris. Tapes are \$2.00 each



ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



President Jack Arnold presides over the February Academy luncheon and keeps things moving with his wit and wisdom.

Mabel Sonnevik entertains the Academy valentine luncheon with a delightful rendition of the love song, "Always."



The Academy welcomed new member Pat Beck who has retired from public school teaching and is now involved in real estate.



Luncheon speaker Lt. Col. "Chuck" Garrison gave the Academy luncheon an excellent word and visual presentation of plans for the Oklahoma Centennial Celebration scheduled for 2007.



Not a stranger to the Bethany scene is new Academy member Jonathan Gassett. Welcome, Jonathan!



We also want to welcome Helen Jamison as a new member to the Academy. Helen has roots in the Oklahoma City area from some of her "early days." Welcome, Helen!

Genealogy Workshop to be presented

By Bea Flinner

Would you like to locate information about your ancestors? Are you curious to "meet" your long-lost relatives, or even discover who they may be? Genealogical research has become a favorite project for many people.

Come to the *Genealogy Workshop* and be introduced to methods for successful research, including how to begin, places to visit, questions to ask, specific guidelines, internet links, and other important aspects of searching. Also, receive excellent handouts to guide you through the processes of profitable search strategies.

Last year a workshop was offered by Mrs.



Glorene Brown

Glorene Brown on the same topic, and it was a profitable and enlightening time. She will be presenting another workshop on Genealogical Research, sponsored by RIG (Research Interest Group), and will be giving additional information. It has been suggested that each participant bring the following items: (1) A notebook; (2)

If possible, the names, birth dates, marriages, etc., of parents, grandparents, and great grandparents.

The GENEALOGY WORKSHOP, open to all interested persons, will be held on Monday, March 5, from 1:15-3:15 p.m., following the Academy of Senior Professionals luncheon, in the conference room of the Commons (downstairs). Again, the presenter will be Glorene Brown, who has done extensive work in genealogical studies by traveling to special libraries, visiting gravesites and courthouses, contacting relatives, using the internet—and any other available sources. Excellent charts, guidelines, and additional information will be provided for each participant. **THERE IS NO CHARGE!**

Interest Group Report Memoirs Writing Project

By Vada Lee Barkley

The Memoirs Writing workshop (MWW) met February 12, in the Faculty Lounge. Vada Lee Barkley, Darlene Overholt, Mary Smith, Bea Flinner, Carol Spencer and Jack Arnold attended.

Vada Lee Barkley distributed a helpful handout listing, "I'll never forgets..." as memory "sparkers." These were gleaned from her *A Tale of Tears and Triumphs*. She challenged the group to use their own list of memory sparkers, and write a memoir for the next meeting.

Three members read memoirs. Jack Arnold read "After School Lunch Tragedy"; Mary Smith, "A Trip to the Mailbox", and Carol Spencer, "Jack goes off to War."

Vada Lee Barkley offered further help in memoirs writing at her home.

The next meeting will be March 5, 2001, at 10:15 in the Commons Faculty Lounge.



Memoir Writing Group Participants at the February meeting are (l-r) Mary Smith, Bea Flinner, Jack Arnold, Carol Spencer, Vada Lee Barkley, and Darlene Overholt.

Note: the essay "A Trip to the Mailbox" by Mary Smith, appears on page 6.



- The services we render to each other is really the rent we pay for our room on this earth.
- Don't always give your wife credit; she appreciates a little cash too.
- Letting the grass grow under your feet may get you into mower trouble.



"If you ask me"

By Vada Lee Barkley

Of all Jesus' teachings about human relationships, the one that floors me most is turning the other cheek, giving more than required, and going the second mile (Matt. 5:39-41).

Let's apply that to our society. If a rapist attacked your spouse, would you say, "Here's my daughter too?" If a hijacker took your Lincoln Town car, would you say, "Come by the house; you can have my Cadillac too?" If a hitchhiker forced you to drive him to St. Louis, would you say, "Let me get some gas and I'll take you on to Chicago?" If a Christian lived by that principle, he couldn't protect himself, his family, or his country.

Jesus says, "Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven" (Matt. 5:19).

If all this means what it sounds like on the surface, heaven will be populated with a lot of little people. At least, we won't be excluded.

Our only consolation is that God will not let us be tempted beyond what we can bear; "but will with the temptation make a way to escape, that ye may be able to bear it? (I Cor. 10:13).



Updates On RIG

By Bea Flinger

REPORT OF THE RIG MEETING FEBRUARY 12, 2001

The RIG (Research Interest Group) was privileged to have two special guests. Our forthcoming Genealogy Workshop leader, Glorene Brown, presented new information and dialogued with the group relative to the workshop, which will be presented March 5.

Our other guest, who attends each of the RIG meetings, was Sue Ann Lively, who is pursuing her doctorate for an Ed.D. degree at Oklahoma State University. Her project is the conducting of a study of the ASP (Academy of Senior Professionals) and the respective groups of the Academy. She presented, and explained a copy of the Preliminary Data Analysis for her doctoral dissertation, which covers four major topics. The last topic, "Life Long Learning," encompasses three major areas: (1) Learning is to be pursued (2) Learning is spiritual; and (3) Learning is life.

The next RIG meeting is scheduled for April 9.



A look at a book

By Wini Howard

My American Journey by Colin Powell with Joseph E. Persico

Reading *My American Journey* has been a most interesting journey. Colin Powell has opened up his heart and mind in a most unusual way. This is not a sentimental journey in any sense of the word. It is the revelation of a life that has accomplished far more than could ever have been expected.

Powell's parents were poor immigrants from Jamaica. They settled in New York City and went to work. They lived with the poor folk in Harlem, and worked hard to take care of their family. It seems to me that it was Colin's enlistment in ROTC, while he was in college (along with a personal friend who mentored him), that motivated him to succeed. After graduation he headed straight for the army.

Powell's accomplishments and his advancement are spectacular. He tells his story in such a disarming way that your admiration for him continues to grow as you read the book. It is so interesting to learn about his experiences on several different battle fronts. He must have kept detailed journals or diaries to have available so many fascinating details. He spent time in Germany and in Vietnam as an advisor. In the next review we will look at the furtherance of his career.

Once or twice I thought Powell's writing was too detailed, but then he would catch my attention again and I would hurry on. It is a thrill to know that such a man is one of our highest government officials.

It is a long story, but you will remember, along with Colin Powell, many things from our past of which we were a part. This book is worth reading for his reactions to the way racism has been dealt with in our country. He has been a positive force all along the way. — To be continued in the April issue of *The Perspective*.

Academy's New Web Site Ready for Viewing

You may now log onto the internet and view the Academy of Senior Professionals new web pages. To see the new pages you will need to follow the procedure:

1. Type the SNU web page address : www.snu.edu
2. Click on the link "Alumni and Friends"
3. Click on the link "Community Relations"
4. Click on "Academy of Senior Professionals"

Don Beaver, content manager for the ASP, will be responsible for changes, additions and corrections of the ASP web site which will permit regular up-dating of the web content.

Included is general information about the Academy, Members' information, application form and a calendar of important dates. **Try it out!** Suggestions are welcome.

Continued from Page 2—Arnold

In a Yale project, funded by the National Institute on Aging, scientists kept in contact with 2,800 elderly subjects over a 12-year period. The researchers found that the participants who attended religious services regularly were more likely to have better physical, functional ability later in life. They also discovered that the religious people had stronger support systems, more optimism, and fewer symptoms of depression than non-religious people. (See: *Journal of Gerontology B, Psychological Sciences and Social Sciences*, Nov. 1997: 56(6): pp. 233-50).

These recent scientific and medical research studies support this claim: **Senior adults will find prayer and meditation to be helpful as means of reducing stress, enhancing their spiritual lives, and infusing themselves with youthful energy.**

As a nine-year member of the Cooper Fitness Center in Dallas, I have gained a huge appreciation for the life and work Dr. Kenneth H. Cooper, a 70-year old physician, and a man of ethos—character, competence, and good will. He writes:

“I try to start off every day with at least fifteen minutes to a half hour for some quiet prayer, devotions, and Bible reading. At the end of the day, I set aside a time for solitary reflection. This end-of-the day ritual is designed to quiet my mind just before I go to sleep. Reading one of the Psalms has often worked for me” (*Regaining* 139).



ASP Calendar & News Briefs
—March Meeting—

- SUNDAY, MARCH 4**
 3:00-5:00 p.m. Administrative Council (SNU Alumni House)
- MONDAY, MARCH 5**
 9:00-10:15 a.m. Strategic Planning Committee
 General Conference Room (Commons-Downstairs)
- 10:15-11:15 a.m. Memoir Writing Workshop
 Faculty Lounge/Commons
- 10:45-11:15 a.m. Shuttle from BFC West Parking Lot to Commons
- 11:15 a.m.-1:00 p.m. Luncheon Meeting—Heritage Room/Commons
- 1:00-1:30 p.m. Shuttle from Commons to BFC West Parking Lot
- 1:15-3:15 p.m. **Genealogy Workshop:** Commons Conf. Room.
- 4:00 p.m. Book Discussion Group—*How Now Shall We Live*
 Second Floor South Sitting Room—Southern Plaza

News Item 1: Dues

Margaret and Vernon Dawson will be collecting 2000-01 dues for those persons who have not paid this academic year's dues at the March 5 and April 9 meetings; they will be collecting 2001-02 dues beginning at the May 14 meeting.

News Item 2: Annual Business Meeting

Members will cast their votes for the ASP Vice-President, Treasurer, and Member-at Large the April 9 Annual Business Meeting, and the President will present his Annual Report. The Program Committee will present a short entertaining and educational program.

News Item 3: ASP Web Site

Please note article in this issue about how to access the new SNU and ASP web sites.

A Trip to the Mailbox

By Mary Louise Smith

(Written for the Memoir Writing Workshop)

The trip to the mailbox on the hot midsummer day that I will tell about was different. That day Mary Sue (my cousin) got a package! Now we went to the mailbox every day. Since there was never much happening in our part of the country, we found entertainment in the small routines of our lives, one of these being that daily trip to the mailbox. We hardly ever got any mail, and didn't expect to, but there were other aspects of the trip that made it worth our while.

For instance, the trip itself, about a block, was interesting. We might see a bluebird's nest in a fence post on the side of the road. There was the pleasure of the hot, powdery dust spurring up between our toes as we walked. We could look up and see the buzzards lazily circling in the brilliant sky. Then when we got to the row of four or five mailboxes, we could while away the time sitting in the shade of the great sweet gum tree growing nearby. At certain seasons we could even gather some of the thickened sap that flowed from a wound on the tree, and chew it. Sweet gum trees don't have that name for nothing!

Occasionally, a box turtle would wander by and we would enjoy teasing it and watch it close up, then wait to see it peek out to try to make its getaway.

The highlight of our trip to the mailbox, however, was Mr. Campbell's dusty black car pulling up to our boxes and stopping. Mr. Campbell's car had a unique smell that I suppose was a mixture of newsprint, and the letters and packages that were in his back seat. I loved to breathe in the aroma standing there waiting to see if any of us got any mail. And on the day in question our excitement knew no bounds when Mr. Campbell reached into the back seat and handed out this large oblong package to Mary Sue.

I, being the next of kin, naturally had the honor of helping her carry the package to my house, and ran in with great excitement to tell Mother. Also, since I had to know what was in that package, I wanted permission to go on to Mary Sue's house with her, ostensibly to help her carry the package. Mother didn't want to make the decision so she sent me down to the barn to ask Daddy. We found him drawing water out of the well and pouring it into a trough to water the horses. Daddy looked dubious when I expectedly presented my plea. After all, Mary Sue lived about a mile further down the road, it was midday and hot, and I was small. However, we were so excited that he finally relented, but only after he protested.

“Doll, I don't want you to do that. But go ahead.”

Well, we struggled and tugged and finally got the package to Mary Sue's house. They opened the package. I hate to tell you that I don't remember what was in it, its contents being so uninteresting to me at the time. I trudged back home, and that was the end of one exciting trip to the mail box.

