

February Academy luncheon topic: “Creating Scholarship Funds”

By Milton Sonnevik

The Academy is delighted to welcome Dr. Tom Barnard to our February 11, 2002 luncheon. He is a dear friend to many of us and has served this community with distinction for many years.



Dr. Tom Barnard

The title of Dr. Barnard's presentation is “Creating Scholarship Funds.” He will be accompanied by several Southern Nazarene University (SNU) students who are recipients of the

Academy of Senior Professionals (ASP) related scholarships.

Dr. Tom Barnard is a native of Glendale, California. He earned his Bachelor of Arts degree from Pasadena College, now Point Loma Nazarene University, in 1958. Following completion of the Master of Religious Education from Fuller Theological Seminary in 1960, Tom served Nazarene churches in Upland, San Diego, and Whittier, California before joining the faculty of Bethany Nazarene College in 1966. He taught courses in Christian education and lower division Biblical Studies, being promoted to the full professor rank and granted tenure in 1973.

During his early years in Bethany, Tom also served as part-time minister of education at Bethany First Church of the Nazarene, and for nearly ten years was teacher of one of the largest adult Sunday school classes in the denomination,

with attendance often surpassing 175. His professional work in Christian Education led to his election as President of the Oklahoma Sunday School Association, a position he held for five years. From 1980 to 1983 Tom served on the Adult Curriculum Committee of the denomination, contributing to many of the biblical expositions appearing in Nazarene Adult Sunday School Lessons.

Tom completed two graduate degrees while on the faculty of Bethany Nazarene College; a Master of Arts degree in education at BNC, and a Doctor of Education degree in higher education administration at Oklahoma State University.

In 1972 Tom was appointed to the position of Dean of Students at BNC, an assignment he held for ten years prior to accepting a position on the administrative team at Eastern Nazarene College (ENC) in Quincy, Mass. Following a brief term as Executive Assistant to the President of ENC, Tom was appointed to the position of Dean of Student Affairs, later being promoted to Vice President of Student Affairs. In 1989 Tom was one of 95 senior-level college administrators selected to attend Harvard University's Institute for Educational Management.

In March, 1990, Tom was appointed Vice President for Institutional Advancement at ENC and given the responsibility of building the team of professionals serving in college advancement assignments. In 1994, he was elected to the position of Vice President for Church Relations, his third vice presidential role at ENC. Tom retired from ENC in June, 2001.

Tom and his wife, Madelyn, have returned to live in Oklahoma City. They have two children, Bruce and Gaylene, and three grandchildren.



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

Slower Rhythms Help Life

I remember well one of the last times before her death that Mother, Mittie Estella Cone Arnold, was upset with me. We were in the front room of her little, white house at 2935 N.W. 12th Street in Oklahoma City. Simultaneously, I was working on her accounts, opening her mail, and trying to visit with neighbors. Mother complained, "Jack has always had a frenzied mind!" Some time-management gurus would say that I was "multitasking."

Mother believed that I was missing one of the great gifts of life that comes only when I was willing to give one-hundred percent of myself to a task, a relation, or a moment. She reminded me that the Apostle Paul said, "...Be of one mind...and the God of love and peace shall be with you" (2 Cor. 13:11).

In the years since Mother's death in 1991, I have realized that she and I had an unspoken deal. Hers would be the rhythm of a timeless world; mine was the rhythm of the modern world.

On the one hand, every time I looked at my watch, I had the sense that it was later than I thought. My Mother, on the other hand, lived in a world where there were no impersonal encounters, where a trip to a grocery store or laundromat happily filled half a day, and where there always was enough time for warm, friendly conversations with friends and strangers, or for wonder at how lovely the red roses were in her garden.

Walking through Shepherd Mall in the City, one of her favorite things to do, was like strolling through the Louvre in Paris with an art connoisseur where we could touch and smell those still, small lives in the hallways and stores.

Mother left no large estate, which is not surprising, considering her habit of giving "to a fault." So what she left others and me is the treasure house of her spirit. It is as though certain gifts can be bequeathed only at one's death: that while she was alive, she so embodied the qualities of nurturing, simplicity, unconditional loving, and a connection with the Divine, that I feel today as if those dimensions of life were taken care of for all those blessed to be in her orbit.

Now that she has gone on "to a better country," I know that however difficult, inconvenient, or even unnatural it may be for a time, there is only one way for me to honor her-by living differently, living more like she lived, and bridging the world of the urgent with the world of miracles and wonder.

One world, the world we, senior adults, often inhabit most of the time, is governed by necessities and our appetites: the next appointment, the next trip, the next hot meal. The other is the universe where fishes and loaves can multiply, and we can love our neighbors as ourselves.

Yet, we have been sacrificing the important on the altar of the urgent for so long that our lives have lost their balance, and we have lost our center. And, of course, we have massively re-defined the urgent in this materialistic, technological information Age.

It no longer is just dealing with a blazing fire; rather, it is worrying about the probability of a fire starting. Some of my



*"Sharing
a
Continuous
Flight"*

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most beloved friends feel only alive when they are living life on the brink, dealing with a half-dozen crises, wallowing in the drama of it all, and having to drug themselves before they can go back to sleep when they wake up in the middle of the night.

In order to move the important to the center of our existence and tend to our souls, we need to bring timelessness into our lives. And that means rediscovering the Sacred in even our most mundane daily tasks.

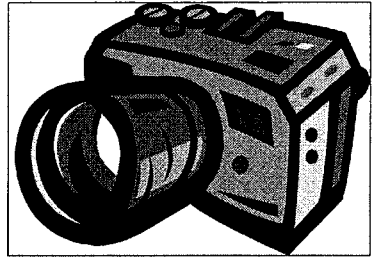
It also means, as my Mother would urge, putting an end to the frenzied-mind approach to life, or, multitasking. It will redeem our spirit, imagination, and energy that have been crushed under the pressure of contemporary living.

My Mother used to say, "The goal of life isn't to see what we can make of it, but what it can make of us." We don't have to go to Walden Pond or Mt. Everest for that, but we do have to get off the whirl of the merry-go-round of life and find its truth, beauty, and wonder in slower rhythms.

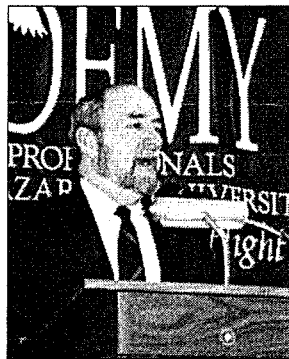


ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



(Below Center) Russ Urquart, speaker for the January Academy Luncheon, talks about the Oklahoma faith-based initiative and the role the Academy members are playing in the Bethany after-school program.



(Left) Enjoying the Academy luncheon are guests Eldean and Dot Sauer.

(Right) Newly appointed chairperson of the membership committee is Bobbie Steele.



Chairperson of the Strategic Planning Committee and Coordinator of the up-coming Senior Adult Conference on April 18 is Marilyn Olson who encouraged Academy members to be active partici-



Pat Bolerjack, accomplished pianist, provides inspiring music for the January Academy luncheon.

Using the
GIFT OF LONGEVITY

SENIOR ADULT CONFERENCE 2002

Thursday, April 18, 2002

Bethany First Church of the Nazarene
 8:00 a.m.—3:00 p.m.

FREE: Parking — Exhibits — SNU Campus Tours

FREE: Travel/Lodging Information

FEATURING:

Keynoter Tedd Mitchell, M.D.,
 Director, Cooper Wellness Center, Dallas, TX

FEES:

Adults—\$20 (workshops + luncheon)
 students—\$5.00 (workshops)

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Resignations and Appointments in ASP are Signs of Change

By Jack David Arnold

“There is a time for everything, and a season for every activity under heaven,” writes the Teacher in Ecclesiastes 3:1 (NIV). In the Academy, this is a time of resignations and appointments.

With deep regret, I received resignations from the following persons: Vada Lee Barkley, Chair of the Memoir Writing Workshop; B. Kaye and Sam Stearman, Chairs of the Membership Committee; Glendena Adams, Obituary Columnist; and Evelyn Keeton, Luncheon Pianist.

With sincere appreciation, I would like to thank:

*Vada Lee for serving so creatively as the first chair of the Memoir Writing Workshop.

*B. Kaye and Sam for increasing our membership to a record-breaking high under their leadership.

*Glendena for her faithfulness, along with her late husband, Gene, in writing the obituaries of the beloved members for publication in The Academy Perspective (TAP).

*Evelyn for providing our members and guests with beautiful music during our monthly luncheons.

It is my pleasure to report the following appointments to “stand in the gap” created by the above resignations:

*Carol Spencer, Chair, Writing Workshop

*Bobbie Steele, Chair, Membership Committee

*Billie Harrison, TAP Obituary Columnist

*Pat Bolerjack will provide the piano entertainment at the February luncheon.

Serving as your President, I am in a unique position to see how much talent we have in the ASP. Moreover, I am very grateful to these leaders who served so brilliantly in the past, and for these new ones who will lead us to new heights.



ELDER ABUSE PREVENTION,

Part 2

By Bea Flinner*

*Check the internet for the entire article.

http://da.co.la.ca.us/_text/seniors/crimes.htm

Personal-Relationship, Caretaker Fraud

A short-term Secret Loan request may be risky; Romance/Friendship Fraud involving a younger person; Caretaker isolation to misappropriate money.

What You can Do

A Senior Citizen—learn about frauds; Tell a person if you are concerned; Ask a trusted individual family member, friend or advisor for financial help; Don't commit a large sum of money without financial or legal advice; Get to know a lawyer or accountant quickly; Consult two people to avoid fraud by one; Be careful of anyone who tries to steer you away from your lawyer or accountant.

A friend or family member of a senior citizen—make routine and unscheduled visits; Warn the person about fraud and keeping financial secrets; Flag accounts if there is any concern; Volunteer to help; Stop any attempt at isolation; Terminate the relationship with anyone who attempts to isolate; Warn others about isolation such as the mail carrier or meal-deliverers.

(Continued on page 6: Elder Abuse)

**USE THE GIFT OF LONGEVITY IN THIS
 NEW YEAR AND PLAN TO PARTICIPATE IN
 SAC2002 ON APRIL 18!**



"If you ask me"
By Vada Lee Barkley

Common elements of a typical near-death experience taken from Reflections of Life After Life, by Raymond A. Moody, Jr., M.D., pp. 14-15.* I have paraphrased the list:

1. Is dying
2. Is pronounced dead
3. Hears a loud ringing or buzzing
4. Moves through a long tunnel
5. Finds himself outside his physical body
6. Still in the immediate physical environment
7. Sees his body from a distance
8. Watches the resuscitation attempt
9. State of emotional upheaval
10. Becomes more accustomed to his condition
11. Still has a "body" but with a different nature and powers
12. Others come to meet him
13. Glimpses spirits of relatives and friends already dead
14. Loving, warm spirit—a being of light
15. Being asks questions, shows panoramic view of his life
16. Approaches a barrier or border
17. Must go back to earth
18. Resists going back
19. Overwhelmed by feelings of joy, love, and peace
20. Reunites with his physical body and lives
21. Tries to tell others; can't describe episodes
22. Others scoff; stops telling other people
23. Life, especially views about death and its relationship to life, profoundly affect his life.

It seems that those who survive such experiences lose their fear and dread of death.

*Dr. Moody's Life After Life and Reflections on Life After Life are based on personal interviews of several hundred patients who survived a near-death experience.



Library Connection

By Esther Schandorff

Intergenerational Relations

A topic which is of some concern to all of us in our age bracket has some interesting coverage in the SNU library. I think most of the volumes which I located at the library, are addressed to the children of aging parents which you might want to share with your children.

1. Adult Intergenerational Relations: effects of societal change, (Springer, 1995). The edited proceedings of a conference held at Pennsylvania State University in 1992.
2. Aquarius Healthcare Videos. Communication: the heart of the matter. Offers suggestions for the sandwich generation.

3. Clair, Jeffery, ed. The gerontological prism: developing interdisciplinary bridges. (Haywood, 2000)
4. Greenberg, Vivian KE. Your best is good enough: aging parents and your emotions. (1989) Greenberg is a clinical social worker with 14 years experience specializing in geriatrics.
5. Hawkins, Melissa, ed. Preparing participants for intergenerational interaction: training for success. (Haworth, 1999) Co-published simultaneously as "Activities, adaptation and aging." Vol. 23 # 1, 2, & 3. Hawkins is Research Associate in the Retirement and Intergenerational Studies Laboratory at Clemson University.
6. Kuehne, Valerie, ed. Intergenerational Programs: understanding what we have created. (Haworth, 1999) Co-published simultaneously as "Child & youth services" Vol. 20 # 1 & 2.
7. Mancini, Jay A., ed. Aging parents and children. (Lexington Books, 1989) Mancini is Professor & Chair of the Family and child Development Department at Virginia Polytechnic Institute & University.
8. Rushford, Patricia H. The help, hope, and cope book for people with aging parents. (Guideposts, 1985) Rushford is a registered nurse at Bess Kaiser Urgency Care Clinic in Portland Oregon.
9. Smith, Gregory C., et al, ed. Strengthening aging families: diversity in practice and policy. (Sage, 1995)
10. Steinmetz, Suzanne K., Duty bound: Elder abuse and family care.



A look at a book

By Wini Howard

Three from Galilee by Marjorie Holmes

Some time ago I suggested that you would enjoy reading "Two from Galilee." Many of you have recently enjoyed seeing the musical by the same name, again. It seems to me that you would also enjoy reading "Three from Galilee." This is, of course, a sequel to "Two from Galilee." Obviously there is no Biblical basis for this book. We often wonder what Jesus' life was like during his years growing up in Nazareth. There are almost 30 silent years. We wonder what he experienced.

Marjorie Holmes has done an excellent job of imagining how He might have lived as a child, teen and young man in a rustic Jewish village. Although we have heard stories of miracles He performed as He was growing up, Holmes is much more practical in her presentation. She has His mother asking for miracles that He says He cannot do—not because He is not able, but because it is not yet the right time. Holmes also tells a story about the death of Joseph that seems very realistic, because we assume that he was no longer living during Jesus' public ministry. Reading this book can bring a realism into your concept of Jesus' life here on earth. The great realization is that He really does know what life is like for us as human beings. He lived with family and experienced many of the heartaches that we have.

Marjorie Holmes has given us some interesting ideas of Jesus' earthly life to think about.



A Fresh Start

By Shirley Posey

I am Shirley Posey. Today is Wednesday, January 2nd. It is the first time I have had the opportunity to become involved in the Academy of Senior Professionals as a new member.

This is a time for a new beginning for all of us!

Today, the prayer on the front page of *THE DAILY OKLAHOMAN* read: "We turn to you today Lord for a new lift and a fresh start. Thank you for listening to our prayers as we feel your love, surrounding us. Amen."

During Christmas celebrations we heard from ASP members, Rev. Leon and Mabel Jennings. They had lived in seven church parsonages from 1944 to 1986. Then they came to Bethany where they have lived for 15 years and were active in Bethany First Church of the Nazarene. Mabel served as NWMS president and Leon served as one of the founding chaplains to the homebound. Mabel had two strokes and her health began to decline.

Their sons, Dwight and Dennis, suggested that their parents move closer to them. So, October 26th the Jennings moved to Boerne, Texas. They now live in a beautiful house and their children are wonderfully caring for them.

They wrote to all of us: "God bless each of you. May He give you and your family a happy, healthy and blessed new year."



RIG to Hear Dr. Paul Gresham Speak

By Bea Flinner, RIG Chair

Dr. Paul Gresham will be the guest speaker at the February meeting of RIG (Research Interest Group). He and his son, Dr. Loren Gresham, have co-authored the book "*From Many Came One, in Jesus' Name: Southern Nazarene Looks Back On a Century: A Pictorial and Synoptic History of SNU.*"

A manuscript will be read by our speaker based on the many aspects of his extensive research in preparation for the publication, to be followed by a question-and-answer period.

Dr. Gresham was born in Portales, New Mexico, in 1911. His half-century career in education has included a degree from Bethany-Peniel College, an M.A. from the University of Oklahoma, and the Ph.D. degree from Vanderbilt University. Both he and his wife Martha (deceased) devoted many years to teaching and serving in academic institutions.

The RIG meeting will take place on February 11, 9:00-11:00 a.m. in the Conference Room of the Commons. *You are welcome!*

NOTICE: Annual Academy Business meeting is scheduled for the May luncheon meeting (May 13).



ASP Calendar

Monday: February 11

9-11:00 am Research Interest Group: 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

1:15-2:30 pm Administrative Council: Faculty Lounge

Tuesday: February 12

1:15 pm Strategic Plan. Comm: Commons Conf. Rm.

Focus: Senior Adult Conference 2002—April 18



News Briefs

By Elbert Overholt, ASP Director

- **THE ASP SCHOLARSHIP FUND** is an appropriate way to honor deceased relatives and friends. Checks should be made payable to "SNU" with a notation "ASP Scholarship Fund" on the check.
- **THE SENIOR ADULT CONFERENCE 2002: USING THE GIFT OF LONGEVITY (SAC2002)** needs your personal and financial support to make it a success. If you wish to make a contribution, please make your check payable to "SNU" with a notation of "SAC2002" on the check.
- **THE WRITING WORKSHOP** will be held on Monday, March 11, 9:00-11:00. Carol Spencer, the new Workshop Chair, invites you to write memoirs, poetry, fiction, and/or non-fiction and participate in the Workshop which will be held every other month on a regular basis.
- **2002 MEMBERSHIP DUES** the amount of \$15.00 will be collected at the February 11 luncheon meeting.
- **POSTPONEMENT OF THE APRIL LUNCHEON:** Since SAC 2002 will schedule a luncheon in its program of activities, the Administrative Council voted to postpone the regular ASP luncheon from the second Monday, April 8, to Thursday, April 18.
- **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. Kindly send your comments and input to Don Beaver dbeaver@snu.edu.

(Continued from Page 4—Elder Abuse

Telemarketing Fraud

Attempts to fraud elderly people with retirement savings and time for telephone conversations offering prizes or premiums; Phone prizes or "rewards"; 900-number toll calls to collect a prize or premium; Bargain sales; Goods and services.

What You Can do:

Courteously, hang up and tell them not to call again; Never be pressured; Be wary of an offer that will expire soon or is offered to only a few people; Ask for a written contract and sales literature; Never give information about a credit card or bank account; Do not give payment to a stranger.