

SAC2002 FEATURES DR. TEDD MITCHELL WHO WILL EXPLAIN HOW SENIOR ADULTS CAN LIVE LONGER AND BETTER LIVES

By Jack David Arnold

President George W. Bush and Dr. Ted Mitchell are seen in the photo below “running for their lives” in a park in Austin, Texas earlier this year. Both men, who are totally committed to physical, mental, and spiritual fitness, are members of the world-renowned Cooper Fitness Center in Dallas, Texas where Dr. Kenneth H. Cooper, the world’s premier physical fitness physician, promotes total well-being.

On April 18, Dr. Mitchell, SAC2002 keynote speaker, will explore the aging phenomenon in America with all the participants in three major presentations: “Maintaining Mobility,” “Aging with Attitude,” and “Mental Fitness.”



Dr. Mitchell wrote in *USA Weekend*, March 11-12, 2001, that “the ‘graying’ of America is a simultaneously exciting and anxiety-provoking phenomenon, the like of which we’ve never seen. The excitement stems from the fact that many seniors enjoy lifestyles and health that their parents could only dream of. The anxiety stems from needing to care for an increasingly large segment of the population that doesn’t want to lose its independence.”

The theme of SAC2002 is “Using the Gift of Longevity.” Dr. Mitchell asks, “So, you want to live a long, healthy life? With a little vim and vinegar in the old machinery? Whether you are 35 and feeling great or 75 and feeling the weight of years, here are seven tips to help you enjoy the time you have to the fullest: (1) Exercise, (2) Don’t smoke! (3) Watch your weight, (4) Lower your cholesterol, (5) Treat high blood pressure, (6) Treat diabetes, (7) Get regular checkups.”

Concerning exercise, Dr. Mitchell says, “It’s not just about living *longer*, but about living *better*. I see this all around me in my older patients and friends who exercised consistently through their lives. They all look better, have brighter twinkles in their eyes and take on life with passion.”

On the subject of using your longevity, Dr. Mitchell says, “Engaging in your community is an important part of good health. It helps us to be ‘other-centered’ rather than ‘self-centered’. Two tips: (1) Be kind. — I don’t mean speak kindly. You need to act kindly as well. (2) Find a passion. — Do you like art? Animals? Children? Pick an area that interests you and find ways to help. Give time and money to make your community better. There is no way to help others without helping yourself. If you follow my prescription, I can’t guarantee you’ll live longer, but I promise you’ll live better.”

On Thursday, April 18, 7:30 a.m. to 3:00 p.m. you are cordially invited to hear Dr. Mitchell and to participate in all the activities of the Senior Adult Conference 2002—a day of intergenerational learning sponsored by the Academy of Senior Professionals at Southern Nazarene University. A listing of eight small-group seminars may be found on page 4.

All activities will take place in the excellent facilities of Bethany First Church of the Nazarene (BFC) which is located at 6789 N.W. 39th Expressway, Bethany, OK, 73008. Free parking is available in the BFC west parking lot.

If you have not registered for SAC2002, I urge you to do so *today* by (1) completing the RESERVATION FORM on page 4 and (2) calling in your reservation at 405/491-6312 or mailing in the Form to SAC2002, SNU, 6729 N.W. 39th Expressway, Bethany, OK 73008. You may pay by cash, Visa, MasterCard, Discover, or check. If you pay by check, please make it out to “SNU with a notation “for SAC2002.” Costs: All events pass — before April 6, \$20.00; after April 6, \$25.00. Luncheon only, \$15.00.



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

"USING THE GIFT OF LONGEVITY" FINDS ITS TRUE SOURCE IN LOVE, THE GREATEST GIFT OF LIFE

An ancient story tells how the greatest gift of life was hidden. When the gods were creating mankind, they wondered where to hide this most precious and powerful treasure so that it would not be misused or mistreated by the unwise.

"Shall we hide it atop the highest mountain? Shall we bury it deep in the earth or at the very bottom of the deepest ocean? Or, shall we conceal it in the heart of the thickest, darkest forest?"

After pondering, the gods finally hit on the answer. They would implant the gift within the human beings themselves, for surely they would not think to look there. And just to make sure, they designed human eyes to look only outward, not inward.

And now love, the greatest gift of life, is yours. You can look within to find the treasure, and experience it all you want—by giving it. The sure way to experience love is to give it. Giving love, for example, demonstrates to yourself that you have it.

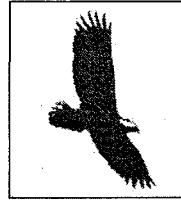
An old friend, who was a member of the Newellton Union Church where I served as pastor in Louisiana in the early 1970s, often reminisced to me about his childhood days. His mother, Sarah, became very skillful at making tantalizing delicious dishes of collard greens, rutabagas, and yams and gave them to people in Ellisville, a small town located in the pine-tree country of southeastern Mississippi.

My friend's father was a minister in Ellisville, and the family of this parson was held in high regard in the town and country. A visit to the Reverend and his wife in their modest, white-framed cottage was a rare treat indeed. The moment a knock was heard at the door, Sarah bustled with a flourish to greet her guests with hugs and warm words of welcome.

Always dressed in the traditional clerical suit with a starched white collar, the round Reverend followed her to extend a warm hand and twinkling smile, saying, "The Lord bless you, come in!" Their gentle manner was the same, whether their visitor was a church member, cherished relative, a hobo down on his luck, or the town's mayor.

As time laid to rest Sarah's beloved husband, she elected to move to Biloxi, a port city on the Mississippi coast, to be closer to her son and daughter. As was her custom for fifty years, she arose before dawn, dressed meticulously with a black cloak, black hat with a cluster of red cherries and tiny, black-net veil, and walked to the church.

At the church, she polished the brass candlesticks and silver vessels at the Holy Communion table, put down a clean, heavily starched white linen runner, dusted the pews, and did other menial tasks in the sanctuary. The parishioners knew that Sarah would make sure that the sanctuary was spotless and ap-



"Sharing a Continuous Flight"

The Academy Perspective

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propriately prepared for the next worship service.

Upon finishing her tasks at the church, Sarah went out, walked to the hospital to cheer those who were ill. Afterwards, one by one, she visited the homes of the shut-ins, sharing her joy and kindness and what might be needed of her tiny person.

When news came that Sarah had left this life for the Celestial City, my old friend told me a touching story about his Mother. That day Sarah had made her service offering at the church and visited an elderly, lonely, rich widow in Biloxi.

Returning home, she gathered a few items of hand-washed laundry from the clothesline and laid her black cloak over the back of the sofa. When she was found, she was resting, eyes closed, in her favorite, purple velvet chair, with a gentle, sweet smile on her lips, the black hat with the red cherries, and the tiny, black-net veil still in place.

No sermon or lecture could convey the essence of gratitude and joy as would spending a few hours in the presence of this special lady who used her gift of longevity every waking mo-

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RESEARCH INTEREST GROUP REPORTS

CLINICAL DEPRESSION: A Self-Disclosure

By Bob Emmel

The foregoing are some extrapolations from a research paper presented by the author at the ASP Research Interest Group November 12, 2001. There are currently voluminous amounts of materials from newspapers, periodicals, seminars and books regarding depression, and more specifically clinical depression. More than ever in medical history depression is becoming a critical problem. This writer, having overcome clinical depression, feels the urgency to warn people of the subtleness of this disease coming into their lives. It is a gradual illness that is difficult to detect until it has reached a dangerous state. The American Journal of Psychiatry sets forth the magnitude of instances of depression in the U.S. and it states, "During any one-year period, 17.6 million American adults suffer from depressive illness. The cost in human suffering cannot be estimated."

Some people through the years who have openly attested to their depression are Abraham Lincoln, C.S. Lewis, Norman Rockwell, Eleanor Roosevelt, Ernest Hemmingway, and Mike Wallace to mention just a few. A comment in a recent News-week editorial observes, "In the past ten years it has been noted that scores of doctors, lawyers, and the clergy are coming forth revealing their desperate encounters with clinical depression."

Clinical depression is viewed as an illness in which a person experiences marked change in mood and in the way they view themselves and the world. It is characterized by depth of despair and has an impact on the entire personality. Seldom can one overcome this kind of depression without the aid of a professional who is a trained therapist. Clinical depression may be inherited. Whether inherited or not, it is most often associated with having too much or too little or the free flow of certain neuro-chemicals in the mental make-up of an individual. An interference in the flow of these chemicals is usually caused by a shock to the anatomical and neurological systems, which may be the result of a serious illness, the death of a loved one, financial difficulties, a difficult relationship or other shocks to an individual.

It is time to seek solid professional help if perchance you or a loved one is experiencing five or more symptoms from the following list: (1) feelings of sadness and/or irritability, (2) loss of interest in activities once enjoyed, (3) changes in weight or appetite, (4) changes in sleep pattern, (5) feelings of guilt, (6) inability to concentrate or make decisions, (7) fatigue or loss of energy, (8) restlessness or decreased activity noticed by others, (9) feeling of hopelessness, (10) thoughts of suicide or desire for death.

The prognosis for recovery from clinical depression can be very positive and from this writer's own experience clinical depression is definitely treatable and curable. Authorities give credence to success in recovery from clinical depression: (1) when there has been a careful analysis of the patient by a competent psychiatrist, (2) the therapist working in harmony with

Continued on page 6 (Depression)

ELDER ABUSE PREVENTION

By Bea Flinger

Part 4

Re-victimizing Fraud Victims. "Reloader" scams are done by phone offers to recover money lost by fraud victims.

What you can do.

- Be on the lookout for someone who offers to recoup your fraud loss.
- Don't be pressured to enter into an agreement. If you suspect a problem, notify the Department of Consumer Affairs.
- Notify your attorney.
- Consult someone in whom you have confidence before agreeing to have someone reclaim a fraud loss.

Part 5

Living Trust Frauds. Watch out for fraud artists who say they are trying to help you avoid probate. Only an attorney or certified financial planner who knows the senior's financial situation should be contacted.

1. Pressure to create a living trust. This may be done by an ad, telephone or a door-to-door salesman.
2. Pressure to invest trust assets in a plan with hidden costs or penalties. Secondary fraud may enter here.

What You Can Do

- Don't be pressured into creating a living trust by a stranger or representative of a company you do not know.
- Consult with people you trust: family members, friends, your attorney, or a certified financial planner before agreeing to a living trust.
- Take your time to make important decisions!
- Don't be pressured into converting trust assets into an annuity or other form of investment. Take time to investigate!

Part 6

Repair Frauds. Senior citizens often fall victim to having unnecessary, costly repairs made by fraudulent repair services,, particularly auto or home repairs.

1. Fraudulent repair people often misrepresent that a serious problem exists and use scare tactics.
2. A dishonest plumber might warn of rusty pipes that are about to burst, offering to make a special deal to replace all the pipes, when in fact only a minor repair is needed.
3. An unscrupulous auto mechanic might frighten a senior citizen with a claim that, "It's lucky you made it into the shop because your faulty brakes need to be replaced before they cause an accident and kill someone," when all that is needed are new brake pads.

What You Can Do

- Obtain a second opinion for any repair that will cost more than \$200.
- Obtain a written estimate for the cost of repairs. Don't be bullied into paying extra amounts for repairs that should

Continued on page 6 (Elder Abuse)



"If you ask me"
By Vada Lee Barkley

Will we know each other after death? Definitely. Our names are written in heaven. Speaking of the resurrection, Jesus quotes God as saying, "I am the God of Abraham, and the God of Isaac, and the God of Jacob." He adds, "God is not the God of the dead, but of the living (Matt. 22:32). Abraham is still Abraham, Isaac is still Isaac, Jacob is still Jacob. Each has his identity and distinctiveness.

In the parable of the rich man and Lazarus, they evidently recognized each other and Abraham. Paul obviously expected to recognize his converts in Thessalonica (I Thes. 2:19-20). Believers recognized Jesus after the resurrection. He was changed, but His identity was not destroyed: His name, His face, His voice, His hands, the very nail prints. Just so, we will be changed, but we will still have our identity.

Although Jesus states (Matt. 22:30) that in heaven there is no marriage nor giving in marriage, many stories of near-death experiences picture loved ones, especially mothers, coming to meet their dear ones. The thought of enjoying heaven with our family and friends is not unscriptural. The main attraction, of course, will be Jesus, and we know we'll have fellowship with Him and other saints.

We can imagine whatever we want to about what heaven is like. If it doesn't turn out the way we imagined, when we get there it won't make any difference then.



A look at a book
By Wini Howard

THAT'S JUST THE WAY IT IS
The Amazing English Language
By Sue Coffman.

Reading this book has been an interesting pursuit. Our language-wise leader (Jack Arnold) is the one who made this book available to me. My only concern is that I'm sure I cannot begin to recall all I've been exposed to about our English language. Some of the information I have learned in my growing-up student days.. The many rules of English grammar can be overwhelming to say the least. These are discussed at length in a very unique and interesting way. The humorous insights are a tremendous plus as she deals with rules and more rules.

Recently I spent some time with a person who is capable in several languages. I was amazed to hear this person say that English grammar is quite simple. I didn't respond, but neither did I agree. I have studied Latin, French, and some German. My memory is that all three were much more consistent than our English grammar rules.

It seems to me that the problem lies in the fact that English has adopted many words/terms from several other languages; thus the spelling and pronunciation are both affected by the language from which each word comes. Attempts have been made, or at least talked about, to standardize both spellings and pronunciations—but it is just too huge a task.

The other interesting facet of her approach is that she is very flexible in her application of the rules of grammar. She is very aware of our changing culture and what it is doing to our language. Change is inevitable. She is ready and willing to adapt to it. So be it.



Meet Harold Dozier — Volunteer
"Using the Gift of Longevity"
By Shirley Posey

The Academy of Senior Professionals has many men and ladies who are willing to give themselves and their time to those who need help.

The one we want to thank today for his generous volunteering to help others is Harold Dozier. Harold's volunteer activities are with the Oklahoma Blood Institute (OBI).

The National Marrow Donor Program (NMDP), located in Minneapolis, MN, maintains the registry of possible marrow or stem cell donors. They are responsible for matching the donor and the recipient. NMDP also makes travel arrangements for the couriers and establishes guidelines for handling the product harvest and transit.

OBI acts as the coordinator. When a donor match is made in Oklahoma, Harold's job is to assist the prospective donor by guiding him or her through the OU Medical Center Clinic for blood work, X-rays and a physical.

Most donors are from out of town and he enjoys visiting with the donor and their family.

They are always surprised when he shares the fact that he is a cancer survivor and has had a stem transplant.

The bone marrow is processed by the laboratory, packed in

an ice chest and Harold is off to the airport. When he arrives at his destination, his first event is to deliver the product to the recipient's hospital. After delivery is made, he spends one night there and then returns to Oklahoma City. Since he began volunteering for courier duty, Harold has made six trips for OBI.

He has traveled to both coasts and other points in between. Because of NMDP regulations, Harold cannot tell where he has traveled. But he does say that his work with OBI has been very fulfilling and there is great satisfaction in being part of a process that saves lives.

He also tells us: "God has been so good by allowing me to stay in remission so long. "I was diagnosed fifteen and a half years ago and I am still chugging along."

Harold is a 1971 graduate of SNU, is married to Joan, received one of the outstanding alumni awards in 1985, is retired from the Oklahoma Tax Commission where he served as director of the sales tax division, and has been a member of the Academy since the fall of 2001.

The Academy salutes Harold for his service to OBI!

(continued from page 2— Arnold)

moment to instill or perpetuate a bit of happiness in someone's life.

Mother Teresa reported in some of her interviews that she found the greatest poverty and desolation among the wealthy of the world today. She noted that there is a stark need for people to offer love and nurturing to the barren of heart.

When one seeks to fill a need in humanity, the opportunities are limitless. Within three blocks of one's own home or less, anyone can find desperation and helplessness among senior adults. Often those most pained cannot discern for themselves the source of their anguish.

By looking within ourselves, we can find valuable assets, special resources, and unique talents that can be shared. When our thoughts are turned outward in search of *usefulness*, we can bring joy and comfort into the lives of others, and loneliness melts and disappears.

Beginning with one effort, such as spending an unselfish hour with someone less fortunate, produces a miracle for the giver and receiver. If these two, the giver and receiver, should remember another friend in need and go together to him or her, then three agents of caring are now in action. This loving, positive force multiplies in energy, which moves joy and love and sustenance in the wilderness of this world, to dispel sorrow and lack. Sharing these priceless gifts of caring, encouragement, appreciation, and praise from a loving heart can fill our day with rich purpose.

"There are those who have little and give it all.

*These are the believers in life and the bounty of life,
And their coffers are never empty."*

— Kahlil Gibran, *The Prophet*

(Continued from page 3 — Emmel)

(2) the therapist working in harmony with a psychopharmacologist from medications, (3) an implicit religious faith, (4) meaningful physical exercise, (5) a well-balanced diet and (6) the support of loved ones and friends. Any attempt at self-therapy is very unfruitful and the services of a licensed psychiatrist and/or therapist are vital to recovery.

(Continued from Page 3 — Flinner)

have been known to the repair person at the time the estimate was given.

- Deal with licensed repair persons.
- Check on the repair person's business reputation with the appropriate licensing board.
- When parts are to be replaced, ask ahead of time for the damaged part that was removed.
- Compile a list of trustworthy repair services. Share experiences with friends to make a list for all types of repairs. This will help prevent fraud when an emergency arises and avoid the need to turn to a stranger for repairs.
- For more advice on avoiding repair fraud, visit the Los Angeles County District Attorney's Consumer Tips webpage and Consumer Website.



ASP Calendar

Thursday: April 18
7:30 am—3 pm SAC 2002 Conference



News Briefs

•**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.

•**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.

•**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.



Writer's Workshop
(Formerly Memoir Writing Group)
By Carol Spencer

All writers contend with the "getting started" syndrome. And this challenge was part of the discussion at the first meeting for the writing workshop. With two hours for the meeting there was adequate time for all those present to talk about their writing. Each person in attendance had had a variety of writing experience, but some wished to change directions and pursue a new genre, while others wanted to continue with their current type of writing. Encouraging one another is an important part of the writing workshop, and this was evident after each reading.

Some of the members read from their completed works. Mary Smith read an essay, "For the Love of a Dog," Vada Lee Barkley, an inspirational essay/devotional, and Carol Spencer a memoir, "Crisis of Faith"

The next meeting will be in the fall, when new and past members will be welcomed, so please come and be a part of the writing workshop experience.

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