

“Old Age Ain’t for Sissies: Be Well Preserved” Is the title of Mrs. Eunice Khoury’s presentation at the February 11 Academy luncheon

By
Jack David Arnold, Ph.D.

It was my personal pleasure to meet Mrs. Eunice Khoury when she became a member of the Academy of Senior Professionals (ASP) at Southern Nazarene University (SNU), around 2005. Since that meeting, on Saturday mornings at 7:00 a.m., I have made it a habit to listen to and enjoy her weekly live program, *Well Preserved with Eunice Khoury*, on Newsradio 1000 KTOK; I can also listen to the program live on the Web, KTOK.com or iheart Radio. The Oklahoma Department of Aging awarded *Well-Preserved with Eunice Khoury* the Media Partner in 2005 and again in 2012.



Mrs. Khoury has been an independent insurance agent since 1989. She is licensed in Oklahoma, Arkansas, Kansas, and Texas. Though the years, the Eunice Khoury Insurance Agency has offered several services to make sure her clients’ monies are safe, plan for long-term care issues, and at death, make sure that their estates go to their designated beneficiaries without the State or the Federal Government accidentally becoming their beneficiaries. She is also a board member with the Daily Living Center and Area Wide Aging and presents regular programs with TRIAD through the Oklahoma County Sheriff’s Department and the Oklahoma City Police Department.

In her ASP luncheon presentation, Mrs. Khoury will address three major topics: health, wealth, and the

freedom to live life the way you choose. She wrote in an e-mail message to me on January 13, 2013, “My lifelong learning is to never second-guess God! He will put you in places which help you develop talents that truly make a difference in other people’s lives. Wow, what a life!”

As a bonus to her ASP luncheon presentation, Mrs. Khoury will have handouts and a surprise floral arrangement from New Leaf for some lucky lady; this will be a drawing for ladies only. Her creativity and generosity will be self-evident when she gives away four (4) “Old Age Ain’t for Sissies” T-Shirts.

Concerning her personal life, Eunice Khoury was born in Arkansas and graduated from the North Little Rock High School. She has been involved in professional activities for ten (10) years of finance with Commercial Credit, owned and managed eighty-one (81) rental units in North Little Rock, Arkansas, and owned The Burger Shack restaurant in Conway, Arkansas.

She has two (2) sons: Rob, wife, Aimee; Patrick, wife, Laura, and six (6) “pretty terrific grandchildren”: Mia, Josie, Heath, Ozzie, Riley, and Brannon. She attends Crossings Community Church in Oklahoma City.

Important luncheon reservation information: All members and guests should make their reservations to hear Mrs. Eunice Khoury **by Thursday, February 7.** **ASP members** will be contacted by their designated callers. **Guests** may make their reservations by calling Mrs. Eunice Trent, ASP Director, at 405.961.6311.





Your President's Perspective
by
Renda Brumbeloe

Education Is the Answer

I have been thinking about the challenges and mission of the Academy of Senior Professionals (ASP) and the wide variety of talent and achievement that is found in our membership. It is truly remarkable and offers an immense treasure and potential to our community and to Southern Nazarene University.

The Protestant Reformation taught the world that in order to prevent drift; the Church must be in constant reform, adapting its methods while adhering to its mission and message. Educational institutions and service organizations such as The Academy of Senior Professionals (ASP) are not exempt from this malaise and drift.

Clearly, we believe that education, and particularly Christian education, is our greatest product and the answer to the social, cultural and economic challenges that our students and communities face in a rapidly changing culture.

It is true that education is ASP's greatest strength, and it is the most important product and service we can give to our youth and adults in the community. We must engage this challenge. We cannot exist just for ourselves or we will shrink and die.

The world is in a cultural shift, even a cultural war that is intensifying, bidding for the heart, soul and beliefs of our youth. Our opportunities to bring good in our community and students have never been greater than now.

We must reform and adapt our methods to meet the challenge we face. Simply throwing money into programs is not the answer. However, investing and giving our attention and expertise to the needs of people will pay great dividends.



The opportunities are right here under our noses. The people in our community are some of the greatest servants in the world.

Our university has endured hard times in the past when necessary and it is a known distinction that our community stands at the top in compassion, excellence and vision for its students.

We are never better than when we give of ourselves to needs of others. Banding together with other community service organizations gives us synergy and lifts all ships. We have a chance to plan and educate ourselves to live outside the walls where we gather and enjoy our ongoing mission.

Clearly, these are challenging years ahead and talk is cheap unless it inspires. Now is the time for ASP to re-engage our mission by

- interfacing with students and community groups
- do tasks that need to be done
- discover needs we can meet
- explore new methods
- fulfill our mission
- leave a legacy



LUNCHEON SPONSOR



**Mercer-Adams
Funeral Service**



From The Director's Corner
by
Eunice Trent, Director of ASP

Dear Academy members

Here we are in February of 2013 and off to a great start in expanding our footprints with ASP. We are pleased to have our new members and the prospect of many additional members.

I want to share with our new members a couple of items. We meet as a group every month in The Webster Commons. As an ASP member you are allowed access to what The Webster Commons has to offer: Computer Labs, SNU Bookstore (10% discount), Starbucks in Pop's Lounge and much more.



Computer Labs

Computer labs are located in the R. T. Williams Library, the Royce Brown Business Building lower level, and the Webster Commons lower level student lounge, Pop's Place. *Personal e-mail (without print capability) can be accessed by selecting "work station only."* If you need help with printing, please call the Webster Commons Information Desk at 405.491.6321.

Copies

Personal or event copies can be obtained at the Webster Commons Information Desk for 5 cents per copy.

Information

Please feel free to call the Webster Commons Information Desk for any need or question you might have, 405.491.6321.

Security

For non-emergency situations, please call campus dispatch at 405.491.6309.

For emergency situations, please dial 911 and give your exact location on campus or dial the Bethany Police Department at 405.789.2323. If you are calling from an out-of-area cell phone, please use the Bethany Police Department number so that authorities can locate you accurately.

University Bookstore

The University Bookstore offers a variety of SNU logo clothing, basic office supplies, as well as cold drinks, chips and candy.

Monday - Friday 9:00 a.m. - 5:30 p.m.,
Saturday 10:00 a.m. - 2:00 p.m.,

Safety

Last but not least, a suggestion for our safety when entering the Webster Commons.



**THE SAFE WAY IS
THE BEST WAY**

From where the shuttle bus lets the ASP members off, you will find a set of steps and a door on the West side of the Commons Building. The Commons Office requests that the Academy members use this door for entering the Commons for our monthly ASP meetings. This side entrance has fewer steps, and for the most part, a private entrance for our ASP group. If you must enter from the front of the Commons, please be sure to use the ramp.

LUNCHEON SPONSORS

- October 8—Legend of Council Road
- November 12—United Pharmacy in Yukon
- December 10 – Southern Plaza
- January 14– Concordia Life Care Community
- February 11 – Mercer-Adams Funeral Service
- March 11 – Spanish Cove Retirement Village
- April 18 – Southern Nazarene University-Peer Learning Network
- May 13– Hospice of Oklahoma County



MORNING SEMINAR
Helen Southerland

STEPPING FORWARD
Emmalyn German



EATING RIGHT AS YOU GET OLDER

Karen Massey RD/LD has been the Community Nutrition Coordinator for INTEGRIS Health since 1990. Karen's primary role is helping people prevent or delay chronic disease by making healthier food choices.



Karen provides education to a number of INTEGRIS resources plus an array of community programs and organizations that serve populations who may be at risk for developing chronic disease. Karen has been involved in community nutrition since 1983. Karen is a member of the American Dietetics Association, The Oklahoma Dietetics Association, and is a member of the Sports and Cardiovascular Nutrition practice group.

Find out how you can improve your health by making a few key changes in your diet.

Join us at the morning seminar for a value added service to our ASP members.



NEW DIRECTORY/HANDBOOK

We are hoping to have the new Directory/Handbook ready for February, so if you have not already paid for yours please remember to bring an extra \$5.00 for each book you have ordered. We are still working out some of the details, but I am sure you will be excited about all that will be included in this new publication. It will be loose-leaf so that you can add the monthly Perspectives you receive in the mail, and fliers we bring to you at the luncheons."



ASP "Trek" Time
By Pat Perry



Happy Valentine's Day ASP Members,

Your response to the Devon Tour was wonderful; we now have two full tours of 20 each on March 14th, with a "Waiting List". If you find that you cannot make either tour, please let me know so that others may take your place. Details regarding transportation will be announced when the arrangements are finalized.

We still have plenty of room for the Panama Canal Cruise and the British Isles Tour, several members have signed up and we would love to have more members join us. Please contact me as soon as possible so that we don't lose the space.

I will be out of town for the next month, but can be contacted by email, www.pattperry@sbcglobal.net, and I will contact you by phone or email. Blessings to you all,

Pat Perry
(405) 627-3996 - Cell

RENDA BRUMBELOE REVIEWS C S LEWIS
SCREWTAPE LETTERS—MORNING SEMINAR



CHERI
WELSH



EVELYN KEETON AT THE PIANO

CHARLES AND RUTH BOWMAN
NEWLY WEDS!





*“Sharing a
Continuous
Flight”*

2012-2013 Officers and Committees

Officers

Eunice Trent, Director
 Renda Brumbeloe, President
 James Long, Vice President
 Emmalyn German, Immediate Past President and
 President Elect
 Joan Dozier, Secretary
 Gary Lance, Treasurer
 Miltonette Brasher, Member Representative
 Darlene Overholt, Member Representative

Standing Members

Eunice Trent, Strategic Planning
 Harold Dozier, By Laws and Organization
 Jack David Arnold, Programs
 Emmalyn German, Publications
 Bobbie Loper, Membership

Special Committee and Activity Leaders

Linda Carley, Calling Chairperson
 Madalyn Shannon Long, Historian
 Jack David Arnold, Book Discussion Group
 Helen Southerland, Morning Seminar Interest Group
 Pat Perry, Travel Club
 Shirley Mears, Get Acquainted Moments



Where's Shirley

Listen to Shirley Saturdays,
 11-12 on KOAG 1640 AM.
 She will be interviewing the
 ASP speakers. Shirley is
 looking for interesting guests
 connected in some way with
 ASP.



ASP Calendar

Monday February 11, 2013

9:00-11:00 a.m. Shuttle Service from the Sawyer Center lot
 (41st and Donald) to the Webster Commons

9:30 a.m. Morning Seminar

11:00-a.m. to 1:00 p.m. Luncheon Meeting in the Heritage
 Room

1:00—1:30 p.m. Shuttle will return to parking lot

1:15-2:15 p.m. Administrative Council Meeting

The Academy Perspective

- - -Publication Board- - -

Production Editor Joan Dozier

- - -Columnists- - -

President's Column	Renda Brumbeloe
ASP Director	Eunice Trent
Book Discussion	Jack David Arnold
Morning Seminar	Helen Southerland
Obituaries	Madalyn Long
Photography	Dale German
Travel Club	Pat Perry

- - -Communications Policy- - -

We value messages from our readers.

By mail: *The Academy Perspective (TAP)*,
 Southern Nazarene University, 6729 N.W. 39th
 Expressway, Bethany, OK 73008

By fax: (405) 491-6381

By computer: www.snu.edu —Alumni &
 Friends—ASP

- - -Newsletter Subscription Information- - -

Annual subscription *The Academy Perspective*:
 Non-members—\$10.00 per year
 Members—Included in membership

- - -Contributions- - -

To make tax deductible contributions to the
 Academy of Senior Professionals:

Mail to: Gary Lance, Treasurer
 5904 N. College, Bethany, OK, 73008