

Dr. Roy L. Dorris will speak about “Geriatric Drugs: Their Adverse Effects and Interactions” on January 13, at the first Academy luncheon of the New Year: 2014

By
Jack David Arnold, Ph.D.

I was surprised and intrigued by the following sentence in an e-mail message which Dr. Dorris sent to me last month, “Don’t be disappointed if you do *not* receive a prescription when you visit your physician.”

In his presentation on geriatric drugs, Dr Dorris will make two important points: 1). Drugs have effects other than those for which they are administered; usually these effects are undesirable. 2). Drugs often interact with each other when in the body at the same time; in rare cases, the interaction is beneficial therapeutically, but more often it is not.”



Dr. Dorris became a member of the Academy of Senior Professionals (ASP) at Southern Nazarene University (SNU) about the same time as I did: circa 1996. He served as ASP Treasurer for about ten (10) years, taking the position at the passing of Rev. Bud Cargill. In that year, I recall that the late Dr. Elbert David Overholt was the ASP Founder and Director; the late Professor Vada Lee Beard Barkley was the ASP President.

Dr. Dorris graduated from the following institutions of higher learning:

- B.S. degree, biology major, Bethany Nazarene College, 1959
- M.S. degree, biology major, Peabody College, Vanderbilt University, 1960

- Ph.D. degree, pharmacology major, Vanderbilt University, 1969.

Dr. Dorris served as teaching and research faculty member in the departments of pharmacology at the University of Texas, Southwestern Medical School (6 years) and Baylor College of Dentistry Baylor University Graduate School (18 years).

After retirement from Baylor Dr. Dorris spent two years at the University of North Texas Health Science Center where he aided in the establishment of a Drug Abuse Institute. In 1994 he returned to the place where he grew up and for about 3 years served as adjunct professor in the Department of Chemistry at Southern Nazarene University.

For more than 30 years Dr. Dorris carried out research on the effects of drugs on chemicals that transmit messages between nerves in the brain and published more than 30 manuscripts on research findings in peer-review journals that are located on the shelves of libraries of Schools of Medicine around the world.

His wife, Rebecca, and all three children attended Southern Nazarene University.

Important luncheon reservation

Members: If you have *not* been contacted by one of our telephone callers by Thursday, January 9, then please contact Mrs. Linda Carley, Telephone Committee Chairperson:

405.728.0515 or donlincarley@prodigy.net

Guests: Please contact Mrs. Eunice Trent, ASP Director: NEW office phone number:

[405.491.6602](tel:405.491.6602) or etrent@snu.edu

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Your President's Perspective

by
Emmalyn German

Happy New Year

The ASP eagles are soaring into 2014. Can you believe it? It seems only yesterday we were preparing for Y2K. My father gave me a detailed list of survival techniques in case important computer crashes occurred, leaving us without the basic necessities of life. One of our parishioners in California had set aside so much emergency stuff on some rafters over an old car in his garage, that it collapsed – and he left it that way several years because he just didn't have the will to clean it up. My preparation included buying some paper poppers, New Year's hats, and paper trumpets to bring in the new millennium. A few days later we celebrated our son's sixteenth birthday by trying to make a cake out of his pancakes at breakfast. The only problem with that was that the candles melted into the hot pancakes. We all had a good laugh. How different our world is since then!

Is it so different though? Are you setting aside emergency supplies in case of earthquake, tornado, or some kind of an overseas attack? How about emergency funds in case of health care insurance collapse?

It seems all our lives we are taught like boy scouts to be prepared. So now it is our turn to help those who come behind us to be prepared. Prepared for what you say? We want to be prepared for a good life here and a heavenly life for eternity. We don't want to live in constant fear, so we invest in making the world a better place around us. Let's teach the next generation to be responsible contributors to the emerging societies by influencing and encouraging those around us whose lives we come in contact with. We show love and kindness to our neighbors and those with whom we come in contact. We love the Lord our God with all our heart, soul, strength, and mind, and our neighbor as ourselves.

I'm preparing for art classes with Paulette Woods to be held in February and March. I can hardly wait. If you are coming to these classes too, please check the table for an information and supply list at the January luncheon. I hope that what we do in these classes will leave a legacy for those who follow us. One never knows where our smallest effort might lead.

We keep on with lifelong learning, so that we can share our lives with others. So come on, ASP eagles. Let's take off. Its 2014 and we are soaring into this Happy New Year.

Emmalyn



HAPPY NEW YEARS WISHES

May 2014 be a better year for all of us
May we love ourselves more and be kinder to others.

May we have more so we can do more.
May we be filled with love, fueled with passion
strengthened by faith and hope

May we allow God to work in each of us.
Welcome 2014

Looking back on the months gone by,
As a new year starts and an old one ends,
We contemplate what brought us joy,
And we think of our loved ones and our friends.

Recalling all the happy times,
Remembering how they enriched our lives,
We reflect upon who really counts,
As the fresh and bright new year arrives.
And when we ponder those who do,
We immediately think of you.
Thanks for being one of the reasons
We'll have a Happy New Year!

anonymous

LUNCHEON SPONSORS

October 14 - Legend of Council Road
November 11 - United Pharmacy in Yukon
December 9 - Southern Plaza
January 13 - Concordia Life Care Community
February 10 - Mercer-Adams Funeral
Service
March 10 - Spanish Cove Retirement Village
April 17 - Southern Nazarene University
Peer Learning Network
May 12 - To Be Determined



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

Dear Academy members,

On **Thursday, February 6, 2014**, 8:00-11:00 a.m. you are invited to the Peer Learning Network session with Mike Hingson, Author & International Lecturer. The location will be announced at the January luncheon.

Michael Hingson is a *New York Times* author and international lecturer. Michael, blind since birth, survived the 9/11 attacks with the help of his guide dog Roselle. This story is the subject of his best-selling book, *Thunder Dog*. Hingson gives over 100 presentations around the world each year speaking to influential groups such as Exxon Mobile, AT&T, Federal Express, Scripps College, Rutgers University, Children's Hospital, and the American Red Cross to name a few.



In countless TV and radio appearances, newspaper features and magazine articles, Michael Hingson does much more than recount his 9/11 story; he continuously explores the broader lessons of his life and experiences as a blind person in today's world and shares these lessons to educate, inspire and empower audiences world wide. Michael has appeared on *Larry King* five times, and other major national broadcasts such as the *Today Show*, *Fox and Friends*, *the 700 Club*, *Joy Behar*, *Discovery Channel*, *Animal Planet*, and the Hallmark Channel.

Hingson is Ambassador for the National Braille Literacy Campaign for the National Federation of the Blind and also serves as Ambassador for the American Humane Association's 2012 Hero Dog Awards. Prior to becoming the National Public Affairs Representative for Guide Dogs for the Blind, Michael was district sales manager for Quantum Data Protection Division of Irvine, California, overseeing a sales force and field operations. He has a master's degree in physics from the University of California at Irvine. He is a former member of the California State Guide Dog Board, and is a member of the National Federation of the Blind. Michael lives with his wife, Karen, in Novato, California.

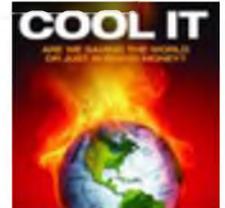
Please contact me at 491-6602 with any questions or to make your reservations.



Book Review
By
Arlita Harris

The January Book Discussion

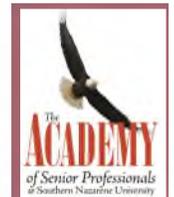
The January Book Discussion will be held in the President's Dining Room at Webster Commons at 9:30 a.m. Don Carley will lead the discussion of Bjorn Lomborg's *Cool It: the Skeptical Environmentalist's Guide to Global Warming*.



The summary reads: "A groundbreaking book that transforms the debate about global warming by offering a fresh perspective based on human needs as well as environmental concerns.

Benefits of Membership

- Intellectual stimulation
- Informative luncheon programs
- Interactive small group discussions
- Lifelong learning on the SNU campus at a discounted senior-adult tuition rate
- Cultural enrichment through arts, humanities, and multicultural events
- New discoveries of knowledge and experience through research and sharing
- Emphases on total well-being through physical, mental, and spiritual wellness
- Community volunteer opportunities in hospitals, museums, educational institutions, and service organizations
- Opportunities for tax-free donations to help financially with worthy ASP projects



ASP Identification Card used for many of the following activities:

- Leisure services include access to the SNU gymnasium, swimming pool, weight and exercise room, and walking track
- Members can check out library materials and have free access to the SNU Library databases with their ASP Identification Card.
- Discounts for SNU fine arts and athletic events
- Discounts at the SNU bookstore
- Dining at the SNU cafeteria
- Free parking in SNU lots
- Free shuttle service to and from the ASP luncheons



Our gifts of service to others, large or small, are perpetual and cannot be fully measured. That is why we commit to do what we can do.

Last month we urged our Academy members to recall (write down) the many ways they have connected in eclectic ways of service to our community, schools and University.

Much of what ASP members have contributed is public knowledge. However, our service to people is something we do not easily talk about or make public. These decisions are made mostly in private and are evidenced in the workplace of people's lives. But still, we all need to know what is happening in our service to others.

I want to share some general knowledge about three long standing Academy families who have given years of service in the mission of the Academy of Senior Professionals. Their service and contributions give past, continual and future influence on thousands of lives. Talking about connectivity . . .

First, **Tom and Madelyn Barnard**

Years ago, as the ASP Scholarship Program was developing, Tom and Madelyn Barnard

- Funded a separate academic scholarship for students in the name and honor of his parents.
- Tom taught O.T and N.T. for sixteen years in the Religion Department of SNU. When appointed Dean of Students, his last ten years of classroom teaching continued free gratis to his administrative office. He just could not leave the classroom.
- These last ten years of beloved character developing (Dean of Students) continue now to receive deep praise and appreciation from former thankful students.
- Tom and Madelyn concluded a twenty-year tenure at Eastern Nazarene College where he served as Vice President. Then they came home to us and now continue as loved Sunday School teachers.

Next, **Irwin and Arlita Harris**

The Harris's are now back at home in Bethany. Arlita is retired from SNU and Irwin was the Director of Development. They are still active in community, church and school. Irwin has served as President of ASP and Arlita is now President Elect.

- They founded the Bethany Improvement Foundation, resulting in Bethany Centennial History Book (volume 2 now underway),
- They worked to develop the Bethany Murals Project, Bethany Depot Performance Venue and Billboard Museum, and continue work toward enlarging and renovating the Bethany Public Library.
- Serving as President of Nazarene Missions International for Western Oaks Church of the Nazarene, they helped organize four mission trips to Ethiopia and Cuba. They served on the church and Sunday School boards.
- They have begun a scholarship fund for future SNU Library staff in Master's Degree programs to replace retiring staff.

And last, **Robert and Beverly Parker.**

Robert and Beverly Parker are very successful and greatly loved business people.

- They are highly esteemed charter members of the SNU Foundation and their spiritual sensitivity and contributions to religious education is well known in the Church of the Nazarene.
- It is public knowledge the Parkers have established multiple scholarships in the Schools of Natural Sciences, Business, and of Music down through the years at SNU.
- Lesser known is the fact that Robert's father was the architect of the Old Student Union and as a student, Robert helped to build and brick the building.
- Beverly directed the student cafeteria employees in those days.
- This past summer, because of their love for the fine arts, the newly renovated building has been named in their honor, The Robert and Beverly Parker Fine Arts Center.



Epiphany

Also known as "Three Kings Day" and "Twelfth Day," it is a Christian holiday commemorated on January 6. It falls on the twelfth day after Christmas. Today, among both Eastern Catholics and Eastern Orthodox, the feast is known as Theophany—the revelation of God to man.

The word *epiphany* means “manifestation” or “revelation” and is commonly linked in Western Christianity with the visit of the wise men (Magi) to the Christ child. Through the Magi, Christ revealed himself to the gentiles. Epiphany originally celebrated four different events, in the following order of importance: the Baptism of the Lord; Christ's first miracle, the changing of water into wine at the wedding in Cana; the Nativity of Christ; and the visitation of the Wise Men or Magi. Each of these is a revelation of God to man: At Christ's Baptism, the Holy Spirit descends and the voice of God the Father is heard, declaring that Jesus is His Son; at the wedding in Cana, the miracle reveals Christ's divinity; at the Nativity, the angels bear witness to Christ, and the shepherds, representing the people of Israel, bow down before Him; and at the visitation of the Magi, Christ's divinity is revealed to the Gentiles—the other nations of the earth.

Eventually, the celebration of the Nativity was separated out, in the West, into Christmas; and shortly thereafter, Western Christians adopted the Eastern feast of the Epiphany, still celebrating the Baptism, the first miracle, and the visit from the Wise Men. Thus, Epiphany came to mark the end of Christmastide—the Twelve Days of Christmas, which began with the revelation of Christ to Israel in His Birth and ended with the revelation of Christ to the Gentiles at Epiphany.



Obituaries Madalyn Long

LAWANA ISAACS SHELLENBERGER

Lawana Isaacs Shellenberger died December 6, 2013. She was born in Wichita, KS to Clyde and Leta Loughmiller.

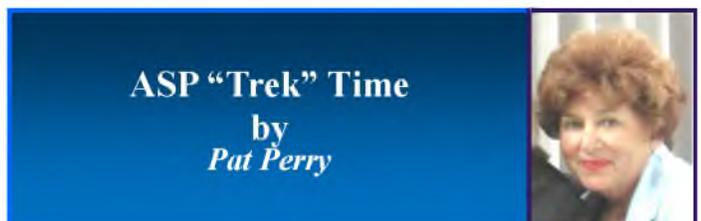


Her survivors include her husband, Dr. Elmer Shellenberger, and daughters, Shelley Isaacs Nichols (Athens, Ga) and Jamie Isaacs Horowitz (Henry), (Greenville, SC). She had 5 grandchildren and one great grandson.

Besides her husband, she is survived by his family, Dr. Kent Shellenberger (Stephane) and Susie Shellenberger; plus 3 step-grandsons.

She was preceded in death by her first husband of 48 years, Raleigh Hamilton Isaacs.

She will be remembered as a lady who leaves a rich and beautiful Christian heritage. Funeral services were held December 14, 2013, at Bethany First Church of the Nazarene, Bethany, OK.



Happy New Year ASP Members

Have a Blessed and wonderful New Year. See you in January.

**Pat
373-4157**





*“Sharing a
Continuous
Flight”*

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ASP Calendar

Monday January 13, 2014

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

9:30 a.m. Book Discussion

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 Sawyer Center lot

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

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Book Discussion

Arlita Harris

Morning Seminar

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Madalyn Long

Photography

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Travel Club

Pat Perry

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