

MARGUERITE ROSS WILL PRESENT "THE SONG IN MY HEART" AT THE MAY 10, 1999, LUNCHEON MEETING

By James R. (Bob) Emmel



Marguerite E. Ross

Marguerite E. Ross states in her vita resume that her professional objective is to be engaged in "A challenging management position where my skills, expertise, and training in planning, organization, administration and public relations will be effectively utilized." This objective has become a reality throughout her training and professional career.

Ms. Ross holds the Bachelor of Music Education and Master of Education degrees from the University of Central Oklahoma, along with a thorough background in Business Education and post-graduate work in Secondary Administration. Her career for twenty-two years has been in public education in multi-cultural school districts. Her abilities in oral and written communication have been instrumental in presenting proposals for successful funding of the Oklahoma City Job-training Program and for the Mayor's Youth Employment and Training Program.

For fourteen years Ross was director of vocal music and keyboard instructor for the public schools of Oklahoma City. Since 1990 she has been Assistant Principal at the Putnam City Middle School. She has directed numerous workshops in the Oklahoma City and Tulsa vicinities. She is highly involved with the Alpha Kappa Alpha Sorority, Inc. She holds membership in national, state, and city organizations promoting public education.

Those who are associated with Ms. Ross attest to her dependability, creativity, versatility, and an exceptional ability to work with people in a multi-cultural society. Along with her competence as an educator/administrator, she is noted for her singing and testimonial gifts. It is the delight of the Academy to close this year of programs with MARGUERITE AND "THE SONG IN HER HEART."

Persons interested in hearing Ms. Ross should make reservations for the May 10 luncheon meeting, 11:30 a.m. - 1:00 p.m., Heritage Room, Webster Commons, by calling 405/789-2036 or 405/942-5305.

MRS. MARILYN R. OLSON WILL SERVE AS THE FIRST CHAIRPERSON OF THE NEW STRATEGIC PLANNING COMMITTEE

By Jack David Arnold



Marilyn R. Olson

After the Assembly unanimously approved the Revised ASP Bylaws on March 8, the Administrative Council approved the appointment of Marilyn R. Olson as the first Chairperson of the newly created Strategic Planning Committee (SPC).

Mrs. Olson, a dynamic and inspired leader, is the new Regional Director of the Oklahoma City office of The Covenant Group. She has made a great civic contribution locally in the planning, construction, and opening of the Southern Plaza, a new senior living residence in Bethany. She will bring talent, energy, and vision to the ASP as Chairperson of the SPC as we plan for the next century.

Mrs. Olson said, "The work of the Strategic Planning Committee (SPC) will be to identify and articulate future Academy accomplishments in such a way that it will capture the imagination, hearts and minds of its members. The Academy of Senior Professionals has been successful because of its purpose and zeal. Now, the addition of the Strategic Planning Committee will insure an ongoing process for relevant accomplishments into the future. I am honored to be a part of this organization and serve in this capacity."

The other three Standing Committees and their Chairpersons are as follows: Bylaws, Robert Griffin; Membership, B. Kaye and Samuel Stearman; and Programs, J. Robert (Bob) Emmel. They and the members of the Administrative Council will serve on the SPC. The SPC will meet Monday, May 10, 1999, The Royce Brown Building, Conference Room 135, 9:30 - 10:45 a.m.

Editorial

The Past, Present, and Future of the ASP

By Jack David Arnold



**"Look not mournfully into the Past.
It comes not back again.
Wisely improve the Present.
It is thine.
Go forth to the shadowy Future,
Without Fear."**

These immortal words of Henry Wadsworth Longfellow were sent to me recently by a faithful, loving friend in California who is seriously ill. I deeply admire his motivation and faith to "wisely [improve his] Present...and [go] forth into [his] shadowy Future, without fear."

Since I was writing this editorial at the time that I received my friend's letter, I seized on Longfellow's classical words and attempted to find an applied truth there that would speak to our beloved society, the ASP: We should be grateful for our past achievements and serenely accept our shortcomings, wisely improve our present organization, and courageously change the things that we can in the future.

Success is largely a matter of making wise choices. We must make our decisions, and then they make us. That is why every decision has an element of risk in it. We cannot always predict the outcome.

In my Annual Report to the ASP, which I presented to the Assembly on April 12, I focused on the favorable outcomes of our decisions in the past academic year, and highlighted some challenges that we have in "the shadowy Future."

Praying for guidance, serving others, involving members, expanding membership benefits, creating the SNU/ASP web page, upgrading *The Academy Perspective*, restructuring the organization, fostering peer fellowship, improving luncheons and programs, and helping the University yielded favorable outcomes in the past year. Improving relations with the extended community, making our presence better known on and off campus, working with the new Southern Plaza Retirement Center and other centers to improve services for senior adults, improving our financial position, creating a new membership brochure, forming new interest groups, and moving ahead with strategic planning are some of the

challenges that we face in 1999-2000 and beyond. In closing, I would like to express my appreciation to each ASP member for giving me the opportunity, privilege, and honor to serve as the second ASP President.

You were great in 1998 and shine in 1999 because God is great, and He shines through you!!!

**"To God be the glory...give Him the glory,
great things He hath done."**



*"Sharing
a
Continuous
Flight"*

The Academy Perspective

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A LOOK AT A BOOK

By Wini Howard



The Teacher Who Couldn't Read by John Cocoran with C. C. Carlson.

This is a "true confession" why one man never learned to read until he was well into adulthood. It is both interesting and enlightening to learn from "learning to read." No teacher seemed to be interested enough in him to try to help him. He was always in the poorest reading group. The many moves his family made were certainly a contributing factor to his problem. Fortunately, his participation in sports kept him from complete isolation.

It is incredible that he was able to finish high school and then go on the college. Ironically he majored in education. How did he do all of this? By many devious ways--he cheated a lot. But he also devised other strategies to compensate for his inability to read.

And how did he teach? Again, he used a variety of tactics and was seemingly quite successful.

He married a very fine young lady, who was willing to read and write for him but when he couldn't read to his little daughter, he suffered. After years of frustration -- at age 48 -- he finally gave in and went to the Literacy Center of Carlsbad where he lived. Yes, he learned to read. Basically, phonics was the answer.

He has gotten very involved with literacy programs. The book includes some very worthwhile suggestions as to how to deal with illiteracy in our society.

(Focus on the Family is the publisher of this book.)



Art's Chuckles

- *Too many people cast their bread on the waters and expect a chocolate cake in return.*
- *He who takes but never gives may last for years but never lives.*
- *Josh Billings said: "I've had a lot of trouble in my time, but most of it never happened."*
- *Most people can't stand prosperity, but then most people don't have to.*

The Library Connection

By Shirley Pelley



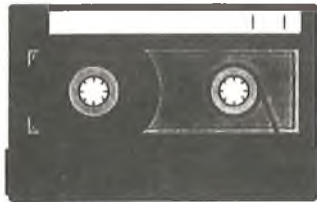
Our topic this month is nutrition. The first three books are newly purchased with ASP Project funds. They are processed and ready to check out. Enjoy!

- WB 400 .C777a 1996
Cooper, Kenneth H.
Advanced Nutritional Therapies
- WB 400 .B259F
Barnard, Neal
Foods that Fight Pain: Revolutionary New Strategies
- WG 113 .074d 1996
Ornish, Dean
Dr. Dean Ornish's Program for Reversing Heart Disease
- WB 400 .W727n 1993
Williams, Sue Rodwell; Anderson, Sara Long
Nutrition and Diet Therapy
- TX 553 .V5 S57
Somer, Elizabeth; Health Media of America (Firm)
The Essential guide to Vitamins and Minerals
- QP 141 .H183 1990
Haas, Elson M.
Staying Healthy with Nutrition: the Complete Guide to Diet and Nutritional Medicine
- TX 551 .F577 1992
Finn, Susan Calvert; Kass, Linda Stern
The Real Life Nutrition Book: Making the Right Food Choices Without Changing Your Lifestyle
- TX 551 .C755 1991
Cooper, Nancy
The Joy of Snacks: Good Nutrition for People Who Like to Snack
- Media TX 535 .F28
Cambridge Career Products
The Fast Food Caper [videorecording]: What's In It for You?

Members Elect Three Officers for Two-Year Terms at the Annual Business Meeting

At the April 12, 1999, ASP Annual Business meeting the members re-elected Don Beaver as Vice-President and George Cargill as Treasurer. June Phillips was elected as the new Member-at-Large.

According to the Revised Bylaws, adopted by the Assembly on March 8, 1999, "each officer will be elected for two-year terms. The Vice-President, Treasurer, and Member-at-Large will be elected at the Annual Meeting in odd-numbered years beginning in 1999. The President and Secretary will be elected at the Annual Meeting in even-numbered years beginning in 2000."



AUDIOTAPES OF FIVE SPEAKERS ARE AVAILABLE FOR PURCHASE

One of the new membership benefits is the ability of members and guests of the ASP luncheon meetings to purchase audiotapes of our luncheon meeting speakers.

Persons interested in purchasing one or more of the audiotapes may order them from Roy Dorris, Audiotape Coordinator, at one of the luncheon meetings or by writing to the Academy of Senior Professionals, SNU, Bethany, OK 73008. The cost of each tape is \$2.00.

Five audiotapes are now available:

1. November 9, 1998, James N. Posey
"Legal Matters Involving Senior Adults"
2. January 14, 1999, Marilyn Olson
"Hope and Options for Seniors"
3. February 8, 1999, Wanda Rhodes and Kathy and Larry Bredings
"Diet and Exercise for Mature Adults"
4. March 8, 1999, Jean and Forrest Ladd
"Tales of a Genealogical Detective"
5. April 11, 1999, Steve Stearman
"Southern Nazarene University and Adult Education"



Now under construction, SOUTHERN PLAZA is an Independent Retirement Community owned by Southern Nazarene University. Although it began as a dream by members of the Academy of Senior Professionals, the community should be a reality in September, 1999. For a monthly fee residents have "freedom living" including delicious meals, weekly housekeeping and maid service, transportation, activities and graciously appointed common areas. The unfurnished apartments all have microwaves, refrigerators, and vary in size and cost.

PLEASE MAKE A NOTE OF THESE 1999 ACADEMY OF SENIOR PROFESSIONALS (ASP) CALENDAR DATES*

May 10

9:30 a.m.	Strategic Planning Committee	R. Brown 135
11:00 a.m.	Shuttle to Commons	BFC Parking Lot
11:30 a.m.	ASP Luncheon Meeting	Heritage Room
1:00 p.m.	Shuttle to BFC Parking Lot	Commons

*For reservations, call 405/789-2036 or 405/942-5305

ASP LUNCHEON DATES FOR 1999-2000

1999	2000
October 11	January 10
November 8	February 14
December 13	March 13
	April 10
	May 8



ASP VOLUNTEERS CONTINUE TO SERVE THE EXTENDED COMMUNITY IN MANY WAYS

"To serve, and not to be served." -- Ethel Percy Andrus

This is the fourth and final listing of leaders and volunteers since September, 1998. The information below is taken from four completed copies of the goldenrod QUESTIONNAIRE: ASP SERVICE OPPORTUNITIES and represents interests and activities in the following areas of service. The words in parentheses are examples of what might be done in those areas of service.

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|---|---|
| <ul style="list-style-type: none">• Accounting (financial record-keeping): Naomi Tidwell• Calling (ASP telephone brigade): Jeanne Cypert• Carpentry (home repairs): Eli Cypert• Clerical (ASP mailings): Naomi Tidwell• Committee (Strategic Planning): Marilyn Olson• Community Work (U. S. Naturalization Ceremonies at Oklahoma City): Trudy Cargill• Docent (Governor's Mansion, Goodhold House, Oklahoma State Fair): Trudy Cargill• Food Service (church and funeral dinners): Naomi Tidwell• Hospitals (visitations): Naomi Tidwell | <ul style="list-style-type: none">• Intergenerational (forums): Marilyn Olson and Elbert Overholt• Leading (interest group): Marilyn Olson• Meals on Wheels: Eva May Harper• Officer (Daughters of the American Revolution): Trudy Cargill• Planning (building and environmental projects): Naomi Tidwell• Reading (for blind seniors): Jeanne Cypert• SNU (Excel Auction): Trudy Cypert• Speaking (Speaker's Bureau): Marilyn Olson• Tours: Eva May Harper• Tutoring (reading): Jeanne Cypert |
|---|---|

Adverse Drug Interactions: An Iatrogenic Potential

By Roy L. Dorris, Ph.D.

It is a fact, the older we become, the greater becomes our likelihood of needing medical attention. This attention, more often than not, includes treatment with a drug or even several drugs. It can reasonably be assumed that the readers of this article are taking, on the average, as many as three different prescription drugs each day and perhaps some additional ones that are purchased over-the-counter. Some are taking a drug (or drugs) to lower blood pressure, another drug to relieve pain associated with arthritis, another to treat an underactive thyroid, another to reduce clotting ability of the blood, another to control hyperacidity of the stomach and on and on.

Without question, the elderly have benefited considerably from the recent explosion in the number of drugs available for treatment of physical ailments. However, this multidrug therapy or polypharmacy, as it is sometimes called, has become an iatrogenic (treatment caused illness) potential in and of itself. As the number of drugs one takes increases, so does the likelihood that one drug will affect the action of another (a drug interaction). When multiple drugs are taken, the incidence of drug interactions rises exponentially. Fortunately, not all interactions are serious and can be tolerated when weighed against the therapeutic benefits derived from the offending drugs. However, there are cases in which the remedy becomes more of a threat or discomfort than the disease that is being treated.

EXAMPLES OF DRUG INTERACTIONS

It should also be mentioned that some foods can alter the actions of drugs, and a couple of these are included in the list. Here are some specific examples of drug interactions:

- **Over-the-counter cold remedies** (e.g., Sudafed, Dimetapp) with drugs taken to control blood pressure. Pseudoephedrine, phenylephrine and penylpropanolamine are agents in these preparations that can offset the actions of antihypertensive drugs. A person who experiences hypertension (high blood pressure) should never take a cold remedy containing one of the above drugs.
- **Antacids** (e.g., Rolaids, Tums, etc.) and also milk products with tetracycline antibiotics (e.g., Doxycyline). The calcium and magnesium in antacids and milk products bind to the tetracycline antibiotics, disallowing their absorption from the intestines.
- **Phenothiazines and related drugs** (e.g., Compazine, Thorazine, Haldol) with antiparkinson drugs (e.g., Dopar, Sinemet and other dopamine forming drugs). The former drugs are primarily used in the treatment of psychoses. However, they are sometimes used to treat nausea. They block the action of dopamine at critical sites in the brain, negating actions of the antiparkinson drugs.
- **Tricyclic antidepressants** (e.g., Amitriptyline, Nortriptyline, Doxepin) with drugs used in surgery - including dental surgery - to reduce bleeding. These antidepressants - which are also sometimes used as pain relievers - can greatly potentiate (increase the action) drugs used to reduce bleeding and in so doing dangerously increase blood pressure when in the body at the same time.

Continued on page 6--"Drugs"

"Drugs" (Continued)

- Combinations of central nervous system depressants. Several different drugs have the ability to depress the central nervous system, producing drowsiness, slowed breathing, etc. When two or more of these are taken, they have additive effects and can seriously interfere with routing activity and even the ability to stay awake. They can also dangerously depress respiration (breathing). These drugs would include: Vicks Nyquil (10% alcohol); various so-called muscle relaxants and sleep aids (e.g., Zanax, Valium, Dalmane); the antihistamines (e.g., Benadryl, Bropheniramine, Chlorpheniramine).

The above are only a few examples of a long list of possible drug interactions. Whereas it is not the patient's primary responsibility to see that dangerous combinations of drugs are avoided, s/he can certainly play a role. Foremost, if seeing more than one physician, one can be sure that each knows what drugs are being prescribed by the other physicians. Also, attempts can be made to be informed concerning the drugs taken and their potentials for adversely interacting with each other. One way this can be done is by asking the pharmacist who fills the prescription for a printout of information regarding interactions with other drugs one might be taking.

PEOPLE AND SCENES FROM THE MARCH 8 ASP LUNCHEON MEETING

Milton Sonnevik, Member-At-Large, asks for contributions to support the Centennial Society project.



Sam Stearman gives the invocation.

Jean Ladd gives an account of her genealogical research on her family history.



Forrest Ladd introduces the topic of the day. "Tales of a Genealogical Detective."



New ASP members (left to right); Casey and Eunice Robinson, Dorothy and Art Evans.



New ASP members (left to right): Marilyn Olson, Blanche Moon, Dallas McKellips, and Ruth Craddock.