

SENIOR LIFE

NEWS MAGAZINE

January/February 2011



DR. ROBERT GUNDERSON...

Performing Medical Marvels!

DR. ROBERT GUNDERSON... PERFORMING MEDICAL MARVELS!

BY PAT VENABLE



Dr. Robert Gunderson is an orthopedic specialist, with Integris, who is performing medical marvels in the field of knee, hip, and shoulder replacement. Gunderson, an Oklahoman from Meeker, has received several awards and accolades including being named Outstanding Orthopedic Resident.

Married to wife (Karen), with 4 children ranging in age from eight to twenty, Gunderson enjoys a very busy life. Yet, his greatest reward is seeing his patients overcome their physical obstacles, and enjoy life with renewed vigor.

We were very pleased to be able to spend a few

minutes to speak with this distinguished doctor about the advances being made in the field of orthopedics.

SL: *When did you decide to become a doctor?*

RG: It was almost too weird; I did not decide until my junior year at OU, where I was working toward a degree in Organic Chemistry. My mom said I wanted to be a doctor sooner than that and she may be right. When my high school senior picture was taken I was wearing doctor scrubs, the only one in the class that was.

SL: *Tell us about your practice at Integris.*

RG: Essentially Integris Orthopedic Specialist is about trauma and adult reconstruction. In preparation I did a 6-month fellowship in trauma & 6 month fellowship in reconstruction. We do total hips, total knees, and total shoulders.

SL: *Explain knee replacement (who is a good candidate or bad candidate)*

RG: A good candidate would be a healthy 65-year-old with end stage arthritis in one joint. A poor candidate would be someone with extensive cardiac disease, pulmonary problems, obesity etc., and a person with diabetes due to slow healing and risk of infection. An active infection rules out surgery completely. The 30 year knee is remarkable. Our knee beats every other knee by 15 years. The knee utilizes a metal that doesn't wear out plastic.

SL: *What are the advantages?*

RG: There are significant advantages!

(1) Once you get over your total knee you don't have to go through it again.

(2) Your cost of doing a single replacement rather than having to do it again saves a lot of money. A knee revision usually costs over twice as much as the original replacement surgery. We now have almost 100 patients in Oklahoma City reaping the benefits of the 30 year knee.

SL: *What are the biggest changes in knee replacement?*

RG: The main changes include the following...

(1) Utilizing a metal that lasts 30 years.

(2) Computer navigated system you do before surgery. It returns the leg to its anatomic alignment. This is patient specific to individual joints. Because it only matches their knee, you don't drill into joints, incisions are smaller, cuts are accurate, and blood loss is less. This accuracy means a one hour surgery time. Balancing the knee helps with back

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Local Nurse Earns State Wide Recognition

OKALA's Outstanding Administrator Awarded to Sky Statum



Oklahoma Assisted Living Association has awarded to Sky Statum; Assisted Living Director of Edmond, Oklahoma's Copper Lake Estates owned and operated by Senior Lifestyle Corporation, this year's Outstanding Administrator's award. Sky was nominated not only by her industry coworkers but also by appreciative residents and families.

Sky's passion for this industry and her residents was reflected with every nomination submitted. One submission from her resident was quoted as saying; "Sky kisses me on the forehead every morning and tells me she loves me. I know she cares for me as she does all others. I am blessed to have her overseeing my care." Others went on to say "Sky has been a major contributor of the Assisted Living community here in Edmond/Oklahoma City area for the past 10 years. Her in depth knowledge of geriatric care and committed concerns for the health and well being of her residents sets the bar high for all to follow."

About Senior Lifestyle Corporation
Chicago-based Senior Lifestyle Corporation, founded in 1985, is a leader in the development, operation and ownership of seniors housing and the implementation of innovative programs that help seniors enjoy healthier, more fulfilling lives. With a portfolio of more than 70 communities, Senior Lifestyle offers independent living for every economic level, from luxury to mid-market to affordable. Daily services and activities are tailored to the needs and preferences of each community's residents. For residents who require additional care, many communities also offer assisted living and skilled nursing care. Long recognized among the industry's top companies by the American Seniors Housing Association, Senior Lifestyle was included as the 12th largest owner of senior's communities on National Real Estate Investor's list of the top 50 companies in 2008. Additional information is at www.seniorlifestyle.com.

Dance Edmond



This year Dance Edmond is relocating to River Oaks Golf Club. The first dance party in 2011 will be Saturday March 19th. The times will be 7:30 to 10:30 p.m. There will be complimentary Martinis, a scrumptious buffet, dancing and entertainment by I Love Sinatra featuring Dave Hallum.

Dave Hallum is a featured entertainer on Carnival and Royal Caribbean cruise lines and travels the country for public and private events. This exciting, entertaining and unforgettable performer gives a stunning tribute to Ol' Blue Eyes!

The cost for this fun evening of dining, dancing and entertainment is \$125 per couple. For more information and/or to make reservations call 405-844-8147 or email dancedmond@yahoo.com.

You are a Truly Inspirational WOMAN

BY LONNIE MOORE



Imagine this. In the last 2 years you've lost your adult son to cancer, your youngest grandson in a dirt-bike accident, your husband had a stroke, you lost a sister to cancer, and have another sister battling cancer. Now someone asks how you are. What is your response?

Ask Elaine Bewley that question and she answers "I am blessed." Oklahoma Woman visited this remarkable woman in her home in Yukon and asked her to talk about these things.

Our son, David, was divorced, he had 2 sons and was living in Odessa, Texas. His 17 year old son called and said his dad was hurting really bad and he didn't know what to do. I talked to David and insisted he allow Anthony to take him to the Emergency Room. He was admitted to the hospital and they quickly determined he had pancreatic cancer. He had felt bad for several months, had stomach pain, but didn't know what it was.

I immediately started to Odessa, flew to Dallas and had to change planes to Midland. In Dallas, waiting for my flight to Midland, I was reading my bible. A man came and sat beside me, asked me what I was reading. We started visiting then sat together on the flight to Midland. He gave me his name and cell phone number and asked me to keep him posted as to how my son was doing. We kept in touch and in the 6 months before David died, I flew between OKC and Midland 7 times and that gentleman paid my airfare every time.

David was a cabinet maker; he did beautiful work! He never advertised; all his work was by word-of-mouth. Self-employed, he had no insurance and, because he had not felt well for several months, he didn't have much money. But each time we had a need, miraculously someone was there to help. The

social worker who helped get the Texas equivalent of food stamps, the Hospice worker knew someone at the Social Security office and that person expedited paperwork so that David could get SSI.

David died June 12th 2 years ago. I was administrator of David's estate and was feeling overwhelmed by all that was before me. The Lord spoke to my spirit and very clearly said "I knew this day in your life before time began. I will bring those across your path to show you the way you need to go". And right away He began to do that. The Lord has shown us in so many ways that He knew right where we were.

Attorneys recommended to me were too busy to help me, referred me to another then another until one said "I knew David; he made some cabinets for me. I just had a cancellation. Can you be here?" He helped me deal with all of that.

David's youngest son, David Lee, was killed in a dirt bike accident on June 9 before he would have been 14 on the 25th. One phone call I will always remember: David Lee called to tell me he had asked Jesus into his heart and said "If we had a wreck on the way home and I got killed, I'd go straight to Heaven!"

Last November Dean had a stroke but is recovering nicely. He worked for Conoco and we moved 40 times in 28 years. For most of those years we lived in a mobile home which added some stability as we moved our home with us. There have been so many challenges, opportunities, and problems, but it took all those moves, all those problems, and seeing God solve them, to make me what I am today. And, except for wanting a closer walk with the Lord, I like me.

Elaine Bewley, you are a truly inspirational woman – and we like you too!

WE GOT MAIL

HOME REMEDIES



Use empty toilet paper roll to store appliance cords. It keeps them neat and you can write on the roll what appliance it belongs to.

For icy door steps in freezing temperatures: get warm water and put Dawn dish washing liquid in it. Pour it all over the steps. They won't refreeze.

To remove old wax from a glass candle holder, put it in the freezer for a few hours. Then take the candle holder out and turn it upside down. The wax will fall out.

Crayon marks on walls? This worked wonderfully! Use a damp rag, dipped in baking soda. Comes off with little effort.

Permanent marker on appliances/counter tops? Use rubbing alcohol with a paper towel.

Whenever I purchase a box of S.O.S. Pads, I immediately take a pair of scissors and cut each pad into halves. After years of having to throw away rusted and unused and smelly pads, I finally decided that this would be much more economical.

Blood stains on clothes? Not to worry! Just pour a little hydrogen peroxide on a cloth and proceed to wipe off every drop

of blood.

Use vertical strokes when washing windows outside and horizontal for inside windows. This way you can tell which side has the streaks. Straight vinegar will get outside windows really clean. Don't wash windows on a sunny day. They will dry too quickly and will probably streak.

Place fabric softener sheets in dresser drawers and your clothes will smell freshly washed for weeks to come. You can also do this with towels and linens.

Candles will last a lot longer if placed in the freezer for at least 3 hours prior to burning.

To clean artificial flowers, pour some salt into a paper bag and add the flowers. Shake vigorously as the salt will absorb all the dust and dirt and leave your artificial flowers looking like new!

To easily remove burnt on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on stove top.

Spray your TUPPERWARE with nonstick cooking spray before pouring in tomato based sauces and there won't be any stains.

The Liberal Media...

More Liberal, More Speculation, Less News

BY C. C. MOORE



AP article described Loughner as “an ardent atheist.” Furthermore, his YouTube Channel includes a video in which he posted the words, “No! I won’t trust in God!”

Loughner’s political ramblings included the phrase “In God We Trust” being on our nation’s currency. He also had a favorite video of a flag burning. These traits hardly fit the typical Tea Party supporter. In fact, these traits more nearly fit some members of the Anti-Tea Party.

A closer investigation of the real facts shows Jared Loughner was a troubled young man who led a very radical life. Loughner appeared to be dissatisfied with every area of life, and had a history of using mind-altering substances, including marijuana and alcohol.

Loughner’s erratic behavior caught the notice of fellow students, and the faculty and staff of Pima Community College. A fellow student, Lynda Sorenson, had written an email about Loughner describing him as “a mentally unstable person in the class that scares the living crap out of me...”, Loughner had been kicked out of school until such time that he could “obtain a mental health clearance indicating, in the opinion of a mental health professional, his presence at the college does not present a danger to himself or others.”

The Liberal Media should not have rushed to judge the Tea Party for this horrible, horrible event. They could have waited until they interviewed Caitie Parker, a classmate of Loughner. Parker wrote of him, “As I knew him he was left wing, quite liberal, and oddly obsessed with the 2012 prophecy.”

Had the left wing, quite liberal media waited, they could have had the perfect headline, “Shooter is a prophecy nut, time to ban the Bible!”

Please join everyone associated with Oklahoma Woman and Senior Life magazines in praying for the wounded, and the families of all the victims. We certainly hope that Representative Gabrielle Giffords makes a full recovery and is able to return to serving her constituents in Washington, DC.

Sources used include *wnd.com*, *AtlasShrugs.com*, *thesun.co.uk*, and *westernjournalism.com*

All America is outraged at the recent shooting of Congresswoman Gabrielle Giffords and 19 other innocent victims, leaving 6 persons dead. However, the Liberal Media used the tragedy to condemn the Tea Party and convict Sarah Palin. The emerging facts portray a much different picture, but waiting for the facts can ruin a perfectly good headline.

A case in point is the New York Daily News which ran the headline, “Rep. Gabrielle Giffords blood is on Sarah Palin’s hands after putting cross hair over district.” The New York Times ran a front-page story titled, “Bloodshed Puts New Focus on Vitriol in Politics.” This article failed to mention the “Vitriol” aimed at “The Tea Party”, and conservatives at large by members of the elite media. Articles like these, along with countless internet posts and blogs, fail to blame Keith Olberman, Bill Maher, the women on ‘The View’, and likewise fail to condemn phrases such as “teabaggers.”

The Liberal Media had eight years to publicly criticize President George W. Bush, including countless rants and tirades assailing his character, (and that of his mother). The Liberal Media doesn’t mind the hatred and the yelling, as long as they are the ones hating and yelling. It reminds me of the billboard I saw in Tulsa once, which said something close to ‘The Only Thing We Can’t Tolerate is Intolerance.’

The initial reaction from the Leftist Media was to blame those on the right who have the audacity to speak out. Members of the Tea Party certainly fit the bill, and must be mentally unstable to disagree with the progressive movement dominating our culture today.

Had the stone-throwing media waited on the actual facts, they would have found a shooter who was mentally unstable. However, even they couldn’t have found much else in common with the typical Tea Party member.

The shooter, Jared Lee Loughner, more closely resembled the troubled youths who have shot up our schools in recent years. Loughner has been described by numerous sources as “troubled,” “disturbed,” and “as a loner.” At 22 years of age, Loughner is probably 30 years younger than the typical Tea Party member, (and still lived with his parents).

Loughner, on his YouTube Channel, listed “The Communist Manifesto”, by Karl Marx and “Mein Kampf”, by Adolph Hitler among his favorite books. Loughner was not a Christian, in fact an

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and hip pain. One complaint – some say it makes them taller.

However, I do not recommend having bilateral knee replacement.

SL: What factors go into product selection?

RG: We try to keep it reasonable. If you are eighty-five years old and need a replacement, you probably only need a 15 year knee. We look at a person's activity and how demanding it is. The cost is not a lot different. After replacement normal activity can resume, except for kneeling, because you are changing the hardness of the knee.

SL: What do you like to do when not working?

RG: My wife and I enjoy doing things with our kids, and just hanging out as a family. Our 8-year-old daughter is just finding her way in the world. It amazes us that our four children each have such distinctive personalities.

SL: Will the new National health-care affect your work?

RG: If it goes into effect it will look at bringing more people into insurance but the exposure to healthcare will be less. It will elongate lines, I kind of seeing it as wanting to get all individuals on insurance and out of emergency rooms. As they become insured you will deal with a whole sector of physicians who will not accept that insurance. The private sector of physicians will probably erode quickly, and Medicare will likely go bankrupt.

Insurance companies are powerful. It will be very interesting to see if we end up in a fight between insurance and government. Physicians are not a united powerful voice, and may not have a fair say in the laws and regulations which affect their lives and livelihoods.

For more information go to: RediscoverYourGo.com or contact Dr. Gunderson directly at 405-713-9940.

DO YOU USE TEXTING?

*SO FAR I DON'T.....
BUT THIS IS TO EDUCATE US.....*



As many of us move into our Golden Years, and want to stay hip to all that is going around us, and maintain a cell phone, we have to adapt to the new "texting language".. you know, OMG= Oh My Gosh, BFF= Best Friends Forever, you get the picture.

So here is a list that is for the GAT- Golden Age Texters.

Senior Texting Code:

- ATD:** At The Doctor
- BFF:** Best Friend Fainted
- BTW:** Bring The Wheelchair
- BYOT:** Bring Your Own Teeth
- CBM:** Covered By Medicare
- DWI:** Driving While Incontinent
- FWIW:** Forgot Where I Was
- FYI:** Found Your Insulin
- GGPBL:** Gotta Go, Pacemaker Battery Low!
- GHA:** Got Heartburn Again
- HGBM:** Had Good Bowel Movement
- IMHO:** Is My Hearing-Aid On?
- LMMR:** Love My Massage Recliner.
- LOL:** Living On Lipitor
- LWO:** Lawrence Welk's On
- LWOMD:** Laughing with out my dentures
- OMGS:** Oh My! Gas, Sorry.
- ROFLACGU:** .. Rolling On Floor Laughing... And Can't Get Up
- SUATSC:** See You At The Senior Center
- SGGP:** Sorry, Gotta Go Poop
- TTML:** Talk To Me Louder
- WAITT:** Who Am I Talking To?
- WTFA:** Wet The Furniture Again



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Jesus was a capitalist not a socialist

BY PASTOR DAN FISHER

I am appalled today to hear many of our leaders openly advocating socialism. Not that long ago, being associated with socialism would have ended a political career – but not today. Leaders not only openly admit to being socialists, they promote it as superior to capitalism. For example:

- “When you spread the wealth around, it’s good for everybody.” Barack Obama
- “We have been guided by a Republican administration who believes in the simplistic notion ... that people who have wealth are entitled to keep it ... they have an antipathy towards the means of redistributing wealth.” Jim Moran, Congressman, VA
- “Any healthcare funding plan that is just, equitable, civilized, & humane, must, must, redistribute wealth from the richer among us to the poorer ... Excellent healthcare is by definition, re-distributional.” Donald Berwick, Healthcare Czar
- “We know that the free market is nonsense. We kind of agree with Mao that political power comes largely from the barrel of a gun.” Ron Bloom, Manufacturing Czar
- “The debate for the new generation is instead of capitalism or socialism ... we are going to have both and then which proportion of each should we have in order to make this all work.” Howard Dean, former Dem. Party Chair

As outrageous as these statements are, it gets worse. Many religious leaders are also promoting socialism. Rev. Jeremiah Wright, Pres. Obama’s pastor, said, “You state up front that your starting point is quote, ‘no nonsense Marxism.’ But you dispel all of the negative images we have been programmed to conjure up with just a mention of that word ‘Socialism’ or ‘Marxism.’” When a reporter asked Rev. Jim Wallis, Obama’s spiritual advisor, if he was calling for redistribution of wealth, he responded, “Absolutely, without any hesitation. That’s what the Gospel is all about.”

The Oxford English Dictionary states that Socialism “advocates the ownership and

control of the means of production, capital, land, property, etc., by the community [government] as a whole, and their administration or distribution in the interests of all people.” Webster’s New World Dictionary adds: “[ownership is] by society or the community rather than by private individuals.”

So, was Jesus really a socialist and is the gospel a message of socialism? The answer is “NO!” Of course, Jesus did teach that we should help those in need, but He elevated the ultimate goal of His kingdom’s work over meeting social needs. In John 12:4-8, after a woman poured very expensive ointment on Jesus as an act of worship, Judas rebuked the act claiming that the ointment could have been sold and the money given to the poor. Jesus responded that there was more about the kingdom than feeding the poor. In fact, Jesus made it clear that the primary point of the gospel is the eternal redemption of men and women – Matthew 16:26,18:11.

There’s no question that the Bible promotes capitalism over socialism. Leviticus 25:8-28, for example, clearly shows that God promoted private ownership among the Jews, especially the private ownership of land.

Jesus commended private ownership in numerous passages such as Matthew 20:1-16 where He spoke of a “landowner” who hired people to work in “his” vineyard, Luke 14:18 where He spoke of “buying” land, Luke 15:11-32 where He spoke of a man dividing “his” property between his two sons, and Luke 16:12 where He spoke of a man’s “personal” property. It’s also important to notice that the Bible promotes the passing of wealth from one generation to another (Lev. 25:28, Lk 15:12), a practice political progressives attack using estate (death) taxes.

In Matthew 25:14-30, Jesus encouraged entrepreneurship and profit through aggressiveness and hard work. The Apostle Paul also condemned social welfare, a system that is crippling our nation today, by teaching that if a person won’t work they shouldn’t eat – 2 Thessalonians 3:8-10.

Contrary to the “collective” mentality of

socialism where the welfare and will of the “community” is emphasized over that of the individual, Jesus and the apostles taught the exact opposite – personal worth and responsibility. Matthew 12:36 and Romans 14:12 teach that each of us is responsible for our “own” actions and will give a “personal” account to God. This, of course, flies in the face of the “collective salvation” Obama and his ilk promote.

Interestingly, the early church did experiment with a form of communism. In Acts 4:32-37 we find that many Christians were voluntarily selling their property and giving the money to meet people’s needs. They soon learned that even born again believers couldn’t, at least on this side of heaven, live this selflessly. It wasn’t long until greed and deceit began to creep in. Acts 5:1-11 records how this communal lifestyle, although voluntary (5:4 While it remained, was it not your own? And after it was sold, was it not in your own control?), became so problematic that it was soon abandoned.

Even the Pilgrims experimented with communism. When they first landed in 1620 they lived communally but by 1623, their community was failing. Lazy members, unwilling to work, were crashing the system by living off of the labors of those who would. In Of Plymouth Plantation Governor William Bradford explains how, by abandoning communism and turning to capitalism, the Pilgrims not only survived but also thrived. This is why over a century later our founders created a nation built on the concepts of private property, personal responsibility, and self-government.

Therefore, when so-called spiritual leaders like Jeremiah Wright and Jim Wallis claim that the gospel is “all about” redistribution and socialism, they’re twisting Scripture and are in direct contradiction with the teachings of Jesus and the apostles. Capitalism is not only the best way; it’s God’s way. The late Adrian Rogers once said that even if we were able to feed, clothe, cure, and house every person, but didn’t deal with their need for spiritual redemption, we would only create a better place to go to hell from.

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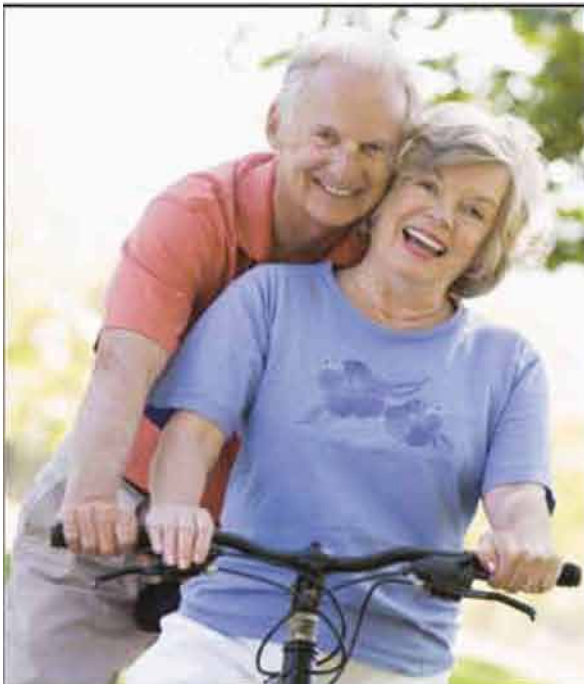
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