

SENIOR LIFE



NEWS MAGAZINE

August/September 2011



First Call®

Your Staffing Source

(see ad on page 5)

AARP Offers **TIPS** to Reduce Summer Utility Bills;

Reminds You To
Check on Elderly Residents During Extreme Heat



By Marjorie Lyons
State President, AARP Oklahoma

Oklahoma's summertime heat is upon us and like many of you, I dread the summer electric bill when it arrives in the mail. AARP Oklahoma, which works all year on utility issues, has a wealth of information available on reducing energy consumption. Here are four simple tips that could help reduce your electric bill this summer:

Think about installing a programmable thermostat – one that you set to adjust temperatures automatically. According to Consumer Reports, a programmable thermostat can cut 20 percent from cooling bills.

Replace traditional incandescent light bulbs with energy-efficient fluorescent bulbs. They use 75 percent less energy and last about 10 times longer than an incandescent bulb. Also, don't forget to turn lights off in unoccupied rooms.

Run your washing machine and dishwasher only when you have a full load. Use the cold setting when possible. Also, always clean the clothes dryer's lint filter after every load.

You can also lower your energy bills by preventing air conditioning from escaping through cracks and gaps around doors and windows.

AARP has compiled a free tool kit called "Operation Energy Save" that you can download free by visiting www.aarp.org/ok.

In addition, most utility companies, including OG&E, PSO and rural electric cooperatives throughout the state offer low income weatherization programs that provide energy efficiency upgrades and audits. Your local Community Action Agency also administers Oklahoma's Weatherization Assistance Program that may be able to assist those who qualify with things like cooling system adjustments and the installation of caulking and weather-stripping.

Published by
Oklahoma Senior Magazine, Inc.
Chondra Moore

Graphic Design
bryan kaler
bryankaler@gmail.com

Editorial Staff
Lonnie Moore

Contributing Writers
Nathan Jones
Marjorie Lyons
Kaitlyn Moore
Julia Valentine
Pat Venable
Dixie Yoder

Printing
Lindsay Web Press
405-756-9551

Distribution
Fred Parsons

Sales & Marketing
Pat Venable
okwomanmag@earthlink.net

PO Box 310
Mustang, OK. 73064
Phone: 405.917.9662
E-Mail: oksenior@aol.com

Let us hear from you!

For Editorial Information &
Advertising Rates call

405.917.9662

SENIOR LIFE
NEWS MAGAZINE

IN THIS ISSUE

- 2 AARP Offers Tips to Reduce Summer Utility Bills
by Marjorie Lyons
- 3 We Got Mail
- 3 Better Hearing with American Hearing Aid Center
- 4 Why Are There So Many Misconceptions About
the Afterlife?
by Nathan Jones
- 5 Life is the Windshield? I'm the Bug
by Dr. Dixie Yoder
- 6 Monsanto Trying to Take Over the World Seed
Supply Nation by Nation
by Kaitlyn Moore
- 7 Retirement Truths That Ensure Bliss vs. Bust
by Julia Valentine
- 9 Blessings in the Storm
by Pat Venable

Copyright, 1998-2011, Oklahoma Senior Magazine, Inc., dba Senior Life All rights reserved. The information gathered and the opinion expressed by contributing authors are intended to communicate information only and do not reflect the views of this publication. The purpose of this publication is to provide seniors with informative and interesting articles and news. These articles, and the information contained in them are for general information use only and are not intended to provide specific advice or recommendations for any individual or situation. We are not responsible for the content of any paid advertisement. Reproduction of any contents of this publication, editorial or graphic content, is prohibited without permission from the publisher. *Oklahoma Senior Magazine, Inc., dba Senior Life reserves the right to refuse any advertisement.

We also found that most utility companies offer plans that allow you to set up an average monthly payment plan that will help you avoid a large bill during the hot weather. And, a spokesman for Oklahoma's rural electric cooperatives said many local co-ops have assistance programs including a plan that allow customers to round up their utility bills to help elderly residents.

OG&E Customers can contact customer service at 1-800-272-9741 and PSO customers can find out more by calling: 1-888-216-3523. To find out how to contact your local rural electric co-op call: 405-478-1455.

Finally, I would also like to remind you to check on elderly family members and friends during hot weather. According to the Centers for Disease Control, extreme heat kills more Americans each year than hurricanes, lightning, tornadoes and floods combined.

What's more, older people are among the most susceptible to heat-related illness and deaths. AARP notes that certain medications interfere with the body's ability to handle heat and some older people have mobility limitations that may prevent them from getting relief during high heat.

I would encourage you to download the "AARP How to Guide to Help Someone Stay Cool During Extreme Heat" at www.aarp.org/ok.

Marjorie Lyons is a retired nurse who lives in Broken Arrow. She has served as AARP Oklahoma State President since 2009.



WE GOT MAIL

The Green Thing

In the line at the store, the cashier told an older woman that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized to him and explained, "We didn't have the green thing back in my day."

The clerk responded, "That's our problem today. Your generation did not care enough to save our environment."

He was right - our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the green thing back in our day.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But he was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts. Wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But he was right; we didn't have the green thing back in our day.

Back then, we had one TV, or

radio, in the house - not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana.

In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us.

When we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap.

But he's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water.

We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

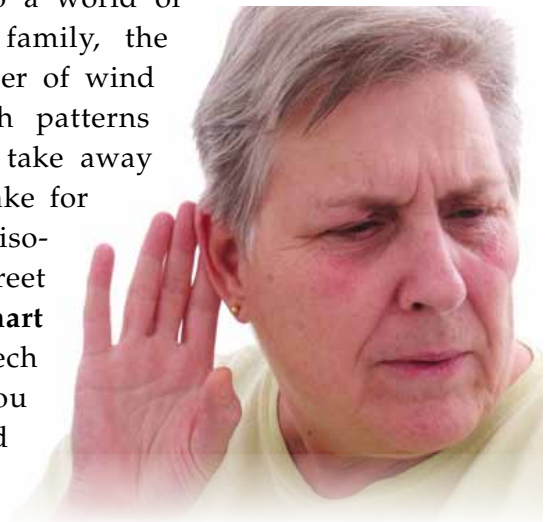
But we didn't have the green thing back then.

Back then, people took the streetcar or a bus, and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

BETTER HEARING WITH AMERICAN HEARING AID CENTER

Every day we are exposed to a world of sounds: conversations with family, the laughter of friends, the whisper of wind through leaves, and the rich patterns of music. A hearing loss can take away the everyday sounds others take for granted which may lead to isolation. In an incredibly discreet design, **Phonak Audéo S Smart** is designed to improve speech understanding and help you enjoy the richness of the world around you. **Phonak Audéo S SMART** was designed to constantly evaluate your listening environment and automatically adapt to the ever-changing soundscape of your life. To learn more about this exciting new device, call Dr. Amanda Meyers or Dr. Kristy Witzke at American Hearing Aid Center & Audiology Services today. Call (405) 842-8377



COUPON FOR

\$300 OFF A PAIR OF

Phonak Audéo S SMART hearing aids

expires September 15, 2011



Our Audiologists are here to help!

You will ALWAYS be seen by a Doctor of Audiology.

Free hearing assessment, free hearing aid consultation and free demonstration of new Phonak Audeo S Smart hearing aids!

Don't wait any longer, call us today to schedule a hearing evaluation!

American Hearing Aid Center & Audiology Services
5820 N. May Ave, Suite C
Oklahoma City, Ok 73112
Across from Best Buy

405-842-8277
www.okbetterhearing.com



By Nathan Jones
Evangelist &
Web Minister

Why are there so many misconceptions about the afterlife?

I am personally convinced that a lot of the misconceptions we have about the afterlife come from cartoons and movies. Really! We were raised on cartoons. How many times did you see the coyote chase the roadrunner until one of his plans would backfire and he would be squashed, then all of a sudden he's floating around on a cloud playing a harp?

Or, what about the Devil? Satan is portrayed having this pitchfork and he has a big pot belly and pointy tail. He's shown in Hell poking people with pitchforks while laughing hysterically — "Ha, Ha, Ha!"

And, look at movies like *Star Wars* where we disappear like Yoda and become one with the Force. Or, maybe we were never alive to begin with and upon deactivation are just disconnected from *The Matrix* and our bodies turned into robot chow. Seems unbelievable, but two new religions have actually sprung up based on these movies.

All these different ideas about the afterlife come at us from all sorts of media, and the clutter has left many quite confused on the subject. But, we don't have to be confused, for God has revealed a good number of details about what the afterlife is really like in the Bible. Don't forget that 1 Corinthians 2:9 confirms for us that, "God has prepared." God has prepared our life for living now and for living after this life, and He shares a taste of that in the Bible.

So, let's clear the clutter by going through some of the misconceptions about what life is like after death.

Annihilation

Annihilation is a misconception about the afterlife you frequently hear when an atheist comes by and tells you that there is just nothing after this life. They claim that when we are done we cease to exist. But now, really, how exactly would they know? Where exactly did they get the information that this is all there is to existence? Contrary to what those uninformed naysayers are claiming, Jesus explained that there is an afterlife and we can find His teaching of this in part in Luke 16 and Revelation 20-22.

Reincarnation

Reincarnation is the Eastern philosophy that we come back to life again and again and again after death. We keep coming back trying to get rid of the bad karma, that bad energy that mystics claim is supposedly anchoring us down, so that eventually we will become one with the god force. Not true! Hebrews 9:27 tells us, "Just as man is destined to die once and after that to face judgment." The Bible teaches that the saved are destined to die only once and the unsaved "twice," the second a term for the final sentence to Hell (Revelation 21:8).

Purgatory

Purgatory is a teaching that you have to suffer in some place of

torment to purge yourself of your sin before God will let you into Heaven. No way! We are saved by Christ's work on the cross, not by our own works, as Ephesians 2:8-9 says, "For it is by grace you have been saved through faith, and this not from yourselves it is the gift of God, not by works so that no one will boast." Also, 1 John 1:17 tells us that, "The blood of Jesus, His Son, purifies us from sin." It is Jesus who alone cleanses us, and not ourselves somewhere burning our sins off for an allotted time.

Soul Sleep

Soul Sleep could be called the "Big Nap." This popular misconception claims that when you die you go into the ground and there your soul remains unconscious until someday when you rise again. What a terrifying thought to spend years, decades or even millennia unconscious! The Apostle Paul in 2 Corinthians 5:8 corrected this misconception when he told us, "To be away from the body and at home with the Lord." So, no, we will not be unconscious upon death. Our bodies will go into the grave awaiting the Resurrection, but our souls go on home to be with the Lord and granted tangible bodies.

Becoming an Angel

How about you becoming an angel? We see this one all the time in movies and cartoons. This misconception says that when you die you become an angel and you will be given wings and get a little halo after doing some good deeds like Clarence did in *It's a Wonderful Life*. But, no, Hebrews 1:14 tells us, "Are not all angels ministering spirits sent to serve those who will inherit salvation." Or, look at 1 Corinthians 6:3, "Do you not know that we will judge angels? How much more the things of life." Angels are a totally separate creation from humankind. We don't become angels, and actually we'll become something even better — "heirs of God and co-heirs with Christ" (Romans 8:17).

Ethereal Existence

How about existing in an ethereal world? This misconception sadly teaches that we'll end up in a spiritual world where our soul sits on a cloud and plays a harp all day long. How boring! I think that this teaching that Heaven is just plain dull is one of the best deceptions Satan has used to warp our desire about going to Heaven. But, no, the idea that Heaven is a place where spirits float around on clouds is just not in the Bible. It's actually a heresy taught later along in Church history.

All Roads Lead to Heaven

I believe that clearly the greatest misconception we have about Heaven is how we get there. Some would teach that we are all traveling down the road of life the minute we are born and that we will all reach Heaven together. But, that's just not true. We were born with rebellion in our hearts. As soon as we sinned — as soon as we became imperfect — we fell under the Fall and God's curse and remain subject to His wrath (John 3:36; Romans 3:23; 5:8).

AFTERLIFE, SEE PAGE 5

LIFE IS THE WINDSHIELD? I'M THE BUG?

BY DR. DIXIE YODER

In the Fifties, Doris Day's beautiful voice sang a deadly lie: "Que sera, sera. Whatever will be, will be..." and even Christians learned to believe that we're helpless to influence the direction of our lives; that we are like bugs on a windshield that "just happened" to be in the wrong place at the wrong time.

This is "fatalism," the hopelessness upon which many world religions are built. Webster defines fate as "an inevitable and usually adverse outcome."

Seniors often feel "fate-ally" helpless, fighting escalating living costs on a fixed income, and in the ending of relationships, either through divorce or death. "If only I could find someone to love me," we think. "Then I would feel secure."

Certainly human companionship adds joy to life, but it is God's desire that we receive love from Him first; trusting Him for the comfort and friendship we need in times of waiting.

God assures us that life is not predetermined. He has given us the ability to reason and choose. We have the amazing privilege of "writing our history" in partnership with God through our choices. We're never helpless bugs randomly smashed on the windshield of life! We are made in God's image, the extraordinary peak of His creation. He gives us wisdom to make thoughtful, intelligent choices that produce a life of prosperity. Prosperity is defined as "a flourishing, successful, thriving condition".

We choose a thriving, vibrant life through generosity (1 Timothy 6:18); kindness and forgiveness (Ephesians 4:32) and by treating others the way we want to be treated (Luke 6:31), even when we feel lonely and afraid.

We magnify our own misery through resentful, lonely, hopeless thinking. We encourage despair by not choosing contentment and gratitude. (James 4:2-3).

- Trouble is inevitable (John 16:33); misery is not.
- Suffering is unavoidable (1 Thessalonians 3:4); constant weariness and complaining is chosen.

We can't choose how or where we're born, and we can't choose never to die physically. However, we can determine how we live life now and we can choose where we'll live eternally when our bodies die.

Our perspective of God's love, and our understanding of how He is with us in the middle of life's difficulties will determine whether we experience joy and prosperity; or despair and depression.

Read ASK DR. DIXIE each week in the Bethany Tribune. Watch for future opportunities to hear Dr. Dixie in person.

drdixie@drdixie.org

First Call®
Your Staffing Source
Medical Staffing and Home Care Specialists
www.My-FirstCall.com

I'm Amazing!™

Services Include:

- Nurses - RN's, LPN's
- Therapists
- Home Health Aides
- Companions
- Intermittent Visits or Hourly Care
- RN Supervision
- Home IV Therapy
- Sitter Service

**24 HOUR SERVICE
7 DAYS A WEEK**

842-7775

All Employees are Screened, Fidelity Bonded, Liability Insured & Drug Tested

AFTERLIFE, FROM PAGE 4

Nobody born automatically goes to Heaven. Instead, you were born traveling straight down the road to Hell. It is Jesus our Savior who *SAVES* us from that road to Hell and puts us in the direction of Heaven. That is why it is called "being saved." He is rescuing us from something. He is rescuing us from our sins which send us to that final destination of Hell.

For example, let's say you are out in the ocean and drowning. Wondrously, you see a boat drawing near. The boat captain throws out to you a life preserver. You know that if you grab hold of that life preserver it will save you from your terminal destination which is drowning to death. It'd be a huge misconception if you thought you were already pre-saved and wouldn't eventually drown.

Grabbing hold of that lifeline of salvation is a choice that you and me and we all have to make. It is a choice, our own decision, on whether we choose God's eternal rescue or not. If you are swimming out in the ocean and you push the life preserver away, it is you who choose to die. It is you who choose to drown. It is your choice. Jesus in John 3:36 teaches this reality, "Whoever believes in the Son has eternal life. But whoever rejects the Son will not see life, because God's wrath remains on him."

If you haven't already, choose to be saved today. Turn to Jesus your Savior and ask Him to save you from your sins and the just sentence of Hell.

While there may be a lot of misconceptions about the afterlife and how we get there that are meant to confuse the reality of it all, we can learn what the real deal is in the Bible.

Monsanto Trying to TAKE OVER WORLD SEED SUPPLY, Nation by Nation

by Kaitlyn Moore
www.naturalnews.com



He who controls the seed controls the food supply; and he who controls the food supply controls the world. There is no question that Monsanto is on a mission to monopolize the conventional seed market. In fact, they are steadfastly working towards the goal of creating a world where 100% of all commercial seeds are genetically modified and patented - basically a world where natural seeds are extinct. (http://www.naturalnews.com/029325_M...)

Unfortunately for the global community Monsanto is accomplishing their purpose. They currently own 90% of the world's patents for GMO seed including cotton, soybeans, corn, sugar beets and canola. (<http://www.guardian.co.uk/environment...>)

Yep, the creators of chemicals that will go down in history for their toxicity and horrific side effects, is attempting to take over the world's seed supply. Ask yourself - do you really want companies such as BASF, Bayer, DuPont, Syngenta, and Dow involved with your food? Sadly, to a large extent they already are. These Monsanto chemical and GMO cronies all share genetically engineered traits and create the patented herbicides and pesticides that GMO crops require to thrive.

Monsanto is infamous for taking advantage of small farmers, and with the advent of MoU's they are doing so with governmental license. Countries like India, Pakistan, Australia, and New Zealand have all executed MoU's with Monsanto. MoU's

or memorandum's of understanding permit Monsanto to use publicly owned lands to create so called demonstration farms (GMO breeding camps) which in turn, at least in the case of Rajasthan, are subsidized by the government.

Monsanto literally takes farmer seeds, creates genetically engineered copycat versions, and then retains all intellectual property rights. Dr. Vandana Shiva, Executive Director of the Navdanya Trust, an Indian organization committed to organic biodiversity, states that "the MoU's will in effect, facilitate bio-piracy of Rajasthan's rich biodiversity of drought-resilient crops ... by failing to have any clauses that respect the Biodiversity Act and the Farmers' Rights Act, the MoU's promote bio-piracy and legalize the great seed robbery." (<http://www.deccanchronicle.com/edit...>)

It is common knowledge that GMO seeds are much worse than conventional ones. As with all of their agreements, Monsanto shields itself from any liability - so when Monsanto's promises of higher yields with less work ring hollow, when farmers crops fail, or when mass suicides are committed because of crop failure and spirit crushing debt - Monsanto presses on with no worries. (<http://healthfreedom.org/2011/03/0...>)

Farmers that sign up for Monsanto's seeds of destruction find themselves hooked. Year after year, no matter what prices are being charged, they are dependent on GMO seeds for new crops because GMO seeds - the bastardized versions they are - don't regenerate. (http://www.naturalnews.com/031742_G...)

Monsanto has no qualms about robbing farmers that don't play poker with them. As a matter of fact; it makes a business of it. Conventional and organic farmers in both Canada and the U.S., who have the misfortune of having lands that border GMO farms, often end up with trace contamination in their crops, making them (if organic), unsuitable for sale. Monsanto actually uses this situation against farmers and files patent infringement claims that they often win.

The result is farm owners left with exorbitant legal bills and fines often forcing them to shut down: clearing away Monsanto competition. In a savvy move for survival, a preemptive suit on behalf of almost 300,000 plaintiffs seeking legal safe harbor, has been filed in New York. (http://www.naturalnews.com/031922_M...)

Monsanto's product has changed from poison to food, but it has held true to its history of violating the rights and health of people around the globe. Monsanto is 100% committed to the sale of their seeds of destruction no matter what it takes: bullying, infiltration of high government offices with company friendly individuals, or intimidation. The organic movement has taken up the standard against Monsanto's machinations in court as well as through grassroots education and activist efforts. The organic revolution is Monsanto's Achilles heel, and its goal is a world without Monsanto.

RETIREMENT TRUTHS

THAT ENSURE BLISS VS. BUST

Expert tips for finding joy and fulfillment throughout retirement

BY JULIA VALENTINE



Here, Julia offers 6 Retirement Truths that will help ensure retirement is the treasure of your life:

Aging brings wisdom, not decline

It has been said that what you think about, you bring about. Telling yourself you are going to flourish in retirement can become a self-fulfilling prophecy. At the very least, you might take slightly better care of yourself and, in turn, find your way into the virtuous circle of feeling better emotionally and physically, doing more interesting things and ultimately enjoying yourself more.

Age is just a number

Chronological age is merely the number of candles on your birthday cake, while psychological age is your perception of how vital and vibrant you feel. Since the latter is a subjectively experienced age, you have a great deal of latitude in constructing beliefs that will either help you or limit your ability to flourish after 50. Construct wisely.

Creativity helps design your lifestyle

Discovering and exploring your everyday creativity is going to make a difference between boredom and the pure joy of being alive. Everyday creativity is invoked when the object of your creative efforts is your own life. It taps into our deepest need to feel useful and valuable. A creative life approach fosters flexibility and resourcefulness, helping you choose new pursuits, evolve with the changing times and design a satisfying lifestyle.

Fulfilling true needs is essential

Knowing what you want and, more importantly, what you need is difficult but critical. You cannot be happy without it. Research shows meeting one's personal needs is essential for psychological health and, consequently, for more profound happiness, serenity and a high quality of inner life.

Fail to plan, plan to fail

Research proves that a successful, happy retirement is impossible without planning based on self-examination...people who plan end up with twice the wealth of people who do not. Beyond financial planning, it is imperative to take time to figure out what lifestyle needs must be fulfilled to make you happy, and then find specific ways to ensure those needs can be met. Retirement lifestyle design then becomes the driver for making good choices and building the foundation of physical, emotional and financial health that ensures joy and fulfillment after 50.

Quality of life requires more than money

It is easy to mistake comfort for quality of life. An astonishing quality of life encompasses both material comfort and joy. To live with joy, it is imperative to not only identify and understand your emotional needs, but actively work to meet them. Do this and the second half of your life will be even better than the first.

Aging is a fact, but how you experience it is your choice. Many research studies show that life after 50 can be the most treasured time of your life. This because life perceptions are more positive and feelings of worry or stress decline. Research also shows that a fulfilling retirement is impossible without concerted planning, which should extend beyond the requisite financial plan to also encompass your emotional wants, needs and desires based on thoughtful and practical self-reflection.

"Retirement is the time when you have already fulfilled your obligations to others in life and are now free to make some new choices with yourself as the priority," notes Julia Valentine, speaker, author of *Joy Compass: How to Make Your Retirement the Treasure of Your Life* and founder of www.JoyCompass.com. "Indeed, with proper preparation and forethought, you can realize your full potential and enjoy an astonishing quality of life in retirement. This may include working, mentoring, volunteering, traveling, learning and anything else that helps you feel secure, joyful, independent, valuable and carefree."



*Making a memory.
Granting a wish.*

*That's what
hospice is about.*



City Hospice

942-8999

www.cityhospice.org



Low Cost and **Value** are smart decisions

Cutting back on costs in this economy may be necessary, but when it comes to handling your loved one with care, you can't afford to sacrifice quality. With our *Always-Affordable* prices, you'll never have to.



Corbett
funeral & cremation service

Traditional Burial \$2295

"Just a Simple Cremation" \$695



Prices subject to change without notice oksr_0211

Oklahoma City • Tel:(405)488-3848 • www.CorbettFuneral.com



It's okay to cry
when someone is dying.

It's also okay to laugh.

Serving the OKC metro, Shawnee, Chandler, and Cushing communities.

Oklahoma City
405.609.3636

Toll Free
888.901.6334

Chandler
405.258.2333

Blessings in the

STORM

BY PAT VENABLE

Growing up in Oklahoma, I have always been aware of tornadoes and how destructive they can be. I did not see a tornado until we moved to Piedmont in 1989, but until May 24 of this year I never knew how devastating they can be. Like everyone else in the state we were watching Gary England, and tracking the weather. About 5:00pm our neighbor called and invited us to their storm shelter. I hurriedly grabbed a few things. Then my husband Bill, dog Lexi, and I made our way to the shelter at the edge of the yard. About 5:15 the wind stopped and there was silence that was more frightening than anything up to that point. Then the tornado went over us with a roar. The pressure in the shelter changed, making our ears pop, and objects began hitting the top of shelter. After the tornado passed torrential rain began to fall making it impossible to open the door and to see how our houses had fared. When the rain lightened our neighbor Bill raised the door and said "Our house is gone", he looked to the north at our house and said "Looks like your roof is gone, and maybe the front wall". From that angle it looked a lot better than it was. We emerged from the shelter to find that our house was totaled, and our barn was completely missing.

There are no words to express the feeling when you realize that you are homeless, and without transportation. There is nowhere to go and no way to get there. Miraculously my cell phone had signal in an area that has terrible signal on a normal day. Family and friends started calling, and my family was able to get to our house before the police shut the roads down. All around us was devastation, but also blessings. Nobody on our street required hospitalization, and afterwards our needs were met through the generosity of so many. Gary Caldwell, the pastor of First Baptist Church of Piedmont was there even before the rain stopped. He went from house to house telling all of us that there was food and shelter at the church, and offering comfort and encouragement. FBC became the hub of information, and anything we needed could be obtained there.

So many people came to help us to box up anything that appeared salvageable, and without exception they all expressed horror at the devastation. On my part, when I look at the pictures or think about those hot, sweaty days of hard work, I see



BEFORE



AFTER



blessing. We were on the receiving end of people putting feet to their faith, and we were blessed. Our church family of Trinity Baptist Church of Yukon supported us in more ways that can be told. On the Wednesday after the storm there was a team of 6 Trinity people who showed up and slogged through the mud, insulation and rubble. Their presence and all the work they put in that day made our day bearable. On the following Saturday more Trinity people came and finished the job of packing, and cleaning up rubble. We stayed with my sister for a couple of days, but were blessed with a house belonging to Jenny Crane from Trinity. Her generosity put a roof over our heads at a time most of the displaced people were living in hotels, or with relatives. People brought us furniture and other necessities, when we could hardly think of what we needed. It has been a stressful time, and we have lost a lot, but the blessings far outweigh the trials.

if you would like to read more about Pat's experience please go to:
<http://tornadoalleysurvivor.blogspot.com>