

# Capitol Chronicle

November 2022

Oklahoma County Retired Educators Association

Volume 22-23

## November 12<sup>th</sup> Meeting

The Oklahoma County Retired Educators will meet Saturday, November 12, 2022, at the Maps 3 Health & Wellness Center, 11501 N. Rockwell. Registration and coffee begins at 9:30am. The program starts at 10:00am.



college education majors.

We will have a guest speaker from the Oklahoma Alzheimer's Association and a demonstration of CaptionCall. Also, scholarships will be presented to



## What Does That Mean?

If you've looked at the word above your name on the mailing address on the front of the newsletter, you may wonder what it's all about.

**Comp** means you receive a complimentary copy of the **Capitol Chronicle** as a lawmaker or an employee of OREA.

**Due** means it is time to pay your \$15.00 dues for the coming year.

**Life** members paid a large amount several years ago and don't need to pay dues. If you are a Life member and want the yearbook mailed to you, a \$3.00 payment will take care of it.

**NewR** means you have just retired from an Oklahoma County school district this spring.

**Paid** means you are a step ahead and have already paid your dues for the coming year. Thank you!

Please contact me if you have questions, concerns or suggestions.

**Diane Laase**

dlaase@hotmail.com

405-692-0456 | 405-206-0456



## Join Us on November 12<sup>th</sup>!

Camilla Riley from the Oklahoma Alzheimer's Association will be our guest speaker at the November 12th OCREA Meeting. The topic will be "10 Warning Signs of Alzheimer's." Currently, more than 67,000 Oklahomans are living with Alzheimer's disease, and over 129,000 family and friends are providing care. The Oklahoma Chapter provides support, education and training to increase knowledge and support to those facing Alzheimer's disease and other dementias.



**CaptionCall**  
Life is Calling

Lezley Bell will demonstrate the CaptionCall phone system. She will have the system set up before the meeting so join us for coffee and see how the system works. CaptionCall phones

are designed for individuals with hearing loss. The unit uses voice-to-text technology to transcribe your conversation so that other speakers' words appear on your CaptionCall screen. CaptionCall is federally funded as part of Title IV of the Americans with Disabilities Act (ADA), so there's no cost for qualifying individuals. CaptionCall has a mobile app for iPhone, iPad and Android. It allows you to make and receive phone calls with captions on your Apple or Android device.



We will also award scholarships to college education majors who are preparing to complete their student teaching.



## Positively Aging

"Wrinkles will only go where the smiles have been."  
—Jimmy Buffet

"Growing old is mandatory, but growing up is optional!"  
—Walt Disney

"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!"  
—Ingrid Bergman

"The best tunes are played on the oldest fiddles!"  
—Ralph Waldo Emerson

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there."  
—George Burns

## Could we be getting OLD?

At a recent online message board, some folks shared signs that they MIGHT be getting old. Some are funny, but most are just too true.

- ◆ You always hold the handrail when you walk down a staircase... or groan when you see that you have to climb ANY staircase.
- ◆ You reach for your glasses anytime you read.
- ◆ "Why are you limping?" The answer? "I stood up wrong."
- ◆ You line up all eight of your daily medications.
- ◆ You actively look at your feet on any stairs or step-down and think, "This is a dangerous situation." Falling is on your mind a lot.
- ◆ Hair gets thicker where you don't need it and thinner in places where you do.
- ◆ You can't wait to get home so you can take a nap.
- ◆ You refer to people who are 30 years old as "Kids."
- ◆ Your bones ache and you believe the weather station should have YOU do the weather because you have more accuracy than the TV weather people.
- ◆ You get increasingly angry at loud vehicles going by.
- ◆ You like elevator, call waiting and store music now... because they're playing the soundtrack to your life.
- ◆ Dr. Doogie Howser is quick to decide what he thinks you mean rather than really listening to what you say.
- ◆ You don't know words to new songs anymore, but you know the words to a thousand old songs.
- ◆ Locating the restroom first when going to a new place is very important! On a road trip you map out restroom locations before you leave.
- ◆ Music and tv volume are either too loud or too low, and it's impossible to get it set just right and keep it there.



### From the Executive Secretary

In this season of Thanksgiving, I am so thankful for all of you. Even though I am new to my position as Executive Secretary, you all have been so helpful and welcoming. Please contact me when you have questions about dues or changes of address, phone number or email address.



—Diane Laase

OCREA will no longer have a post office box. Be sure and address all written correspondence and send dues to:

OCREA  
10801 W. Country Drive  
Oklahoma City, OK 73170



### Memorial Minute

Listed below are those members who have passed away since our last meeting:

Elnora Douglas  
Dr. John W. Nelson  
Bob Storie

Oklahoma County Retired Educators Association  
Saturday, November 12, 2022  
Health and Wellness Center  
11501 N. Rockwell Ave., Oklahoma City

9:30 am ..... *Registration and Coffee*  
**Greeters** ..... *Nancy Bailey & Jim Roblyer*  
 10:00 am ..... *Call to Order*  
**Presiding** ..... *Kenya Kraft & Joe Wynn, Co-Presidents*  
**Devotional** ..... *Willa Olden*  
**Pledge of Allegiance** ..... *Debbie Hogue-Downing*  
**Welcome New Members and Guests**  
**Memorial Minute** ..... *Kenya Kraft*  
**Treasurer's Report** ..... *Diane Laase*  
**Program**

"10 Warning Signs of Alzheimer's"  
Camilla Riley from the Alzheimer's Association  
[www.alz.org/oklahoma](http://www.alz.org/oklahoma)

Demonstration of CaptionCall  
By Lezley Bell  
[captioncall.com](http://captioncall.com)

#### Business

OCREA Scholarship Awards ..... *Annette Fisher*  
Other

#### Announcements & Adjournment

## Need to Pay Your Dues?

Fill out the form on the right → and mail it with your check to:

**OCREA**  
**10801 W Country Dr**  
**Oklahoma City, OK 73170**

Be sure and check your address label...you may have already **PAID!**

## OCREA Unit Meetings

**2022-2023 OCREA Meetings** are scheduled for  
Saturday, November 12, 2022  
Saturday, February 18, 2023  
Saturday, April 15, 2023



**Maps 3 Health & Wellness Center**  
11501 N Rockwell, Oklahoma City

9:30am Registration & Coffee  
10:00am Meeting begins

## Important Web Sites

Like us on Facebook:  
[www.facebook.com/okctyrea](http://www.facebook.com/okctyrea)

Legislative Web Site:  
[www.lsb.state.ok.us](http://www.lsb.state.ok.us)

OREA Web Site:  
[www.orea.org](http://www.orea.org)

Member Benefits:  
[www.myambabenefits.info/okrea](http://www.myambabenefits.info/okrea)

*Strength in Unity*  
OCREA / Capitol District



## OKLAHOMA COUNTY RETIRED EDUCATORS (OCREA)

### MEMBERSHIP APPLICATION FORM 2022-2023

(MAIL: OCREA, 10801 W Country Dr., Oklahoma City, OK 73170)

NAME \_\_\_\_\_

SPOUSE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Check here to receive an emailed *Capitol Chronicle* newsletter.

OCREA DUES \$15 \_\_\_\_\_

OCREA DUES (SPOUSE) \$15 \_\_\_\_\_

SCHOLARSHIP DONATION \_\_\_\_\_

POSTAGE FOR YEARBOOK \$ 3 \_\_\_\_\_

OREA (STATE) DUES \$42 \_\_\_\_\_

TOTAL \_\_\_\_\_

## Very Important Members!



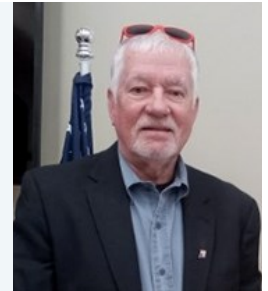
**Annette Fisher**

Annette has a Bachelor's degree from the University of Tulsa and a Master's from UCO. She began her teaching career in the Union School District in Tulsa and also taught in Ponca City and Putnam City. She taught 1st grade, 2nd grade and was a Reading Specialist during her 33 year teaching career. She retired in 2011. Annette has been a very active OCREA member and is currently the Scholarship Chairman.

Jim has a Master's degree in Education from UCO. He taught in several elementary schools in Oklahoma City. He was a Marketing Education teacher and DECA advisor in high schools in both Oklahoma City and Putnam City. He joined the staff of the Oklahoma Department of Vocational & Technical Education (now Career Tech) as a curriculum writer. Jim is on the Board of Directors for the Oklahoma City Landrunners Running Club. He has participated in many runs including the Pikes Peak Ascent, the Golden Gate Marathon and the OKC Memorial Marathon. He is the OCREA Vice President in charge of programs.

### CONGRATULATIONS to Annette Fisher and Jim Roblyer!

They were named the OCREA  
Very Important Members (VIMs)  
for this year.



**Jim Roblyer**

OCREA  
10801 W. Country Dr.  
Oklahoma City, OK 73170



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### Upcoming Meetings

November 12, 2022  
February 18, 2023  
April 15, 2023

All meetings are held at the  
Maps 3 Health & Wellness Center  
11501 N. Rockwell  
Oklahoma City

### Executive Committee

Co-Presidents  
.....Joe Wynn & Kenya Kraft  
Vice President .....Jim Roblyer  
Secretary ..... Danna Senkowski  
Past President ..... Weldon Davis  
District Director .....Joe Wynn  
Executive Secretary/Newsletter  
..... Diane Laase

### OREA Member Benefits

[www.orea.org/membership/benefits](http://www.orea.org/membership/benefits)

## September Meeting

Thanks to everyone who attended the September OCREA Unit Meeting! We all enjoyed Dr. John Otto's presentation on the Friends for Folks program.



Co-President Joe Wynn



Dr. John Otto



Thanks to Bill White & the officers for the patriotic decorations & refreshments we enjoyed before the meeting!

### Friends for Folks

[www.friendsforfolks.org](http://www.friendsforfolks.org)

- ◆ Oklahoma's first **Friends for Folks** inmate dog training program began in 1990 at the men's prison in Lexington. Its success was documented in the film "The Dogs of Lexington."
- ◆ A second program was opened in January 2014 at Mabel Bassett women's prison in McCloud, OK. A second film, "Bassett Tales," premiered on OETA on July 30, 2015.
- ◆ Both films are available for viewing on YouTube.
- ◆ Sister Pauline Quinn is the inspirational figure credited for starting the first prison dog training program in the United States. In 1981, she founded the "Prison Pet Partnership Program" at the Washington State Correctional Center for Women. This program has been a model for the rehabilitation of offenders throughout the nation, including the **Friends for Folks** program in Oklahoma.