

# THRIVE

A Publication of Baptist Village Communities ♡ Spring 2021

say  
**SCRAM!**  
to scammers

page 8 >



## MYTH

"You have to be retired to live at Baptist Village Communities."



## FACT

While you must be 55 or better to live at BVC, residents can continue to work with no restrictions for as long as they desire. Of course, the friends you will make, and the myriad of activities available may cause you to play hooky occasionally.

## MYTH

"I have to give up my vehicle."



## FACT

Absolutely not! You and your family decide when it's time. Residents' vehicles are welcome on campus. Many campuses even offer covered parking.









## MYTH

"It's less expensive to live in my own home."



## FACT

For older adults, home ownership requires upkeep and maintenance, which can be difficult to secure and can be expensive. For example:

-  Heating/air conditioner maintenance, repair, replacement
-  Plumbing
-  Electrical
-  Yard maintenance
-  Taxes
-  Insurance
-  Water heater replacement
-  Water, sewer and trash bills

Baptist Village Communities provides all those services. This can result in a less expensive cost of living. And seriously, wouldn't it be great if home maintenance were someone else's problem?



# *“The most beautiful way to start and end the day is with a grateful heart.”*

While this quote is spot on, some days it is easier to do so than others. I truly start and finish each day thankful for the seniors, families and team members we care for and work alongside to help our residents and clients have days for which they, too, can be grateful. We work hard at Baptist Village Communities (BVC) to help others make each day better than the last.

We named this magazine "THRIVE" for that very reason. Every day, in hundreds of small ways and large ways, we encourage others to thrive. No small feat during the era of COVID-19.

Encouraging others to thrive is what led BVC to begin offering consulting services to like-minded, non BVC-owned retirement communities. On the following pages, you will read of our efforts to help other communities in this way.

You will also find articles explaining how BVC currently helps seniors in their own homes, and how we will be addressing the looming problem of seniors affordably transitioning from independent living to assisted living. I think our intermediate step approach will encourage you.

There are other articles and tidbits you will enjoy ... and one that might cause you to pause. Do not miss the first of a three-part series on scams targeting seniors. There is much you need to know.

Finally, look on page 19 for current availability to live at one of our 12 campuses around the state. We would love for you to come look at what we have to offer!

By the way, the quote with which I began my letter is from that famous theologian ... Charlie Brown. He also said, "All you really need is love. But a little chocolate now and then doesn't hurt!"

At BVC, we spread a lot of our Savior's love ... and go through a lot of chocolate.

Yours in Christ,



President



*Why should I live  
at Baptist Village?*

*#1*

*Spiritual well-being.  
Baptist Villages are  
Christ-focused communities.*



## BAPTIST VILLAGE COMMUNITIES PROVIDING SERVICES BEYOND ITS DOORS

**B**aptist Village Communities' (BVC) mission of Serving God, Serving You and Serving Together has taken on an even wider scope of ministry. They endeavor to help other like-minded senior communities improve their skills by providing organization implementation of BVC's best practices.

Through a concept called management consulting, BVC is providing management services to other not-for-profit, faith-based retirement communities, which allows BVC to greatly influence other organizations working to improve elder housing and services.

In addition to its 12 Villages located throughout the state, BVC has added three additional senior living communities to its areas of service, providing the opportunity to serve senior communities not owned by BVC in other parts of Oklahoma.

"We know how expensive it is to build a retirement community," said Bill Pierce, BVC president. "With this concept, we don't have to spend millions of dollars for buildings, but we still can have a ministry of presence and influence by providing assistance and guidance. We have the presence and ministry without the financial investment."

Since 25 percent of nursing homes, especially in rural communities, have failed and closed in Oklahoma in the past 20 years, it is conceivable that BVC's consulting ministry may prevent closings by providing consultation in various areas of senior living.

The fact is there are several faith-based nonprofits that might benefit from these services. BVC is the largest not-for-profit provider of senior services in Oklahoma, with a good reputation and an abundance of experience. And because the communities BVC seeks to serve also were founded as a religious mission, it is a natural fit.

"We feel there are retirement communities that can benefit from our years of experience and reputation as a senior living provider," said Pierce. "We have four or five executive-level leaders providing the consultation services, whose combined experiences add up to more than 125 years. We can go into a community and help local leaders and staff immediately."

BVC began providing management consulting services for like-minded, not-for-profit communities in 2016. They are currently serving at Golden Oaks in Enid, Go Ye Village in Tahlequah and the combined Corn Heritage Village and Corn Heritage Village of Weatherford.





**TOP: Golden Oaks Retirement Community in Enid.**

**BOTTOM: Bill Pierce shakes hands with former Go Ye Village Board chair Maurice Turney after signing the management consulting agreement in 2016.**

Pierce added that since these communities are also faith-based, the mission of BVC and these communities are aligned.

These client communities are provided recommendations through evaluation of nursing operations, review of records, review of financial operations, marketing, facility utilization, dining services, occupancy and management.

While not present daily in the communities they serve, BVC's presence is also felt through a quality services consultant nurse who goes in at least quarterly. BVC also interacts with the client's Board of Directors and is available for questions at any time.

The fact that BVC's services are valuable is noted in the history of Go Ye Village, which is currently the only continuum of care retirement community serving far eastern Oklahoma. Founded as a not-for-profit charity in 1976, the organization in 2015 found itself with a \$31 million debt, including a \$2.5 million bond payment due. Steven J. Thomas was asked to work with Go Ye in fundraising.

"Go Ye Village had two choices: enter receivership, which would mean 262 people (about one-third of whom were retired missionaries) would lose their homes, and some who had lent money to the Village would also lose their life savings, or they could file Chapter 11 bankruptcy," said Thomas, who is not to be confused with Steve Thomas, who serves as BVC senior vice president - operations.


When Go Ye Village went into Chapter 11, Thomas served as chief restructuring officer. When the bankruptcy closed in 2018, he became executive director of the Village.

"We asked BVC to become our management and operation consultant because we needed their expertise," admitted Thomas. "I don't think Go Ye would have survived without their insight, wisdom and advice."

"We signed the very first consulting agreement with BVC. We needed their skills to help stabilize the operation at Go Ye while we developed a plan of reorganization."

Thomas said through this ongoing consulting arrangement, Go Ye continues to implement the best practices for management and operation, which has not only allowed the Village to survive Chapter 11 bankruptcy, but to provide closing of the Chapter 11 process.

"BVC is recognized as a leading not-for-profit provider of senior adult services in Oklahoma," reiterated Thomas. "While the Go Ye Village situation was dire, I think many retirement communities might benefit by having BVC consultants come alongside to help evaluate processes and operations to determine if tweaking this or that could result in a better community."

"We think we have a good culture in our communities," said Pierce. "Our philosophy is serving together. This approach allows BVC to greatly influence other organizations working to improve elder housing and care while serving others." 

# EVERYTHING!

you need to know about



It's been a frigid winter. Mary has taken her mother, Jean, into her own home to help her mom recover from a fall that occurred around the holidays. Jean is 75 years young and wishes she could nurse herself back to health. In addition to raising a family, Mary and her husband both work full time. Jean just wants to go back to her own home where she feels more comfortable and less burdensome. Jean's not a burden ... but that's how she feels.

Many seniors and their children have similar stories. Entrusted Hearts by Baptist Village exists to lend a helping hand in this and many other scenarios. With Entrusted Hearts, Jean could go back home and depending on her wants and needs, have a certified home health aide provide regular wellness checks as needed. The aide could assist her with bathing and dressing, meal preparation and changing her wound dressings.

Oftentimes, people don't realize the number of services offered through Entrusted Hearts and all these services entail.

Shawna Parsley, Entrusted Hearts office manager at Baptist Village of Owasso, explained that generally when people call the office inquiring about services, they're not sure where to begin.

"I ask a lot of questions about what's going on currently and what their situation is like," said Parsley.

Based on information provided over the phone, she determines if a certified home health aide or companion services would be best.

Certified home health aides provide hands-on care such as assistance with bathing, dressing, meals or wound



**Certified Home Health Aides**



**Companion Services**



**Errands and Shopping**



**Light Housekeeping & Laundry**



**Skilled Nursing**



**Medication Management**

dressing, while companion services encompasses those that are "hands-off." Companion services or "companions" provide housekeeping, laundry and errands, including taking clients to doctors' appointments or shopping for groceries.

"Certified home health aides can do all of the things companion services do, but they also can provide that hands-on care," said Parsley.

Shannon Ryan, director of Entrusted Hearts, clarified that both certified home health aides and companion services are available for overnight stays and respite services.

Following the initial phone call, Entrusted Hearts will schedule a safety assessment or an initial home visit to craft a personalized care plan designed to meet wants and needs. Ryan explained that Entrusted Hearts can help with

needed physical, occupational or speech therapy to help meet personal goals or orders prescribed by a physician. Entrusted Hearts team members (staff) can serve in the place the client calls home. This may include the client's private home, a Baptist Village campus or other retirement communities.

Through the personalized care plan, medication management, meal preparation, light housekeeping, errands, skilled nursing, live-in or overnight respite services and help with medical equipment are offered.

### Meal Preparation



### Medical Equipment



### Multiple Therapy Options



### Live-in or Overnight Respite



### Bathing & Dressing Assistance



### Transportation Available



With medication management, only a registered nurse can physically set up a client's medication schedule. Once this has been done, a companion or certified home health aide then helps the client manage their medication by setting reminders or checking on them.

Certified home health aides or companions can also assist with or provide full meal preparation. In addition, shopping

and errands services are available. Shopping and errands can include accompanying the client or on behalf of the client.

Skilled nursing services are also available. According to Ryan, this is often a Medicare service. For example, if a client has recently left the hospital and has doctors' orders that must be fulfilled, Entrusted Hearts staff can make sure the client gets the needed medical attention on a regular basis.

Other "best-kept secrets" of Entrusted Hearts are live-in and respite services. Ryan explained that not many people understand what this includes and that it can be used for a very short amount of time.

For example, if you are taking a short trip and will only be gone for a few days, Entrusted Hearts can come and stay with your loved one for the duration of your trip. "At Entrusted Hearts, we understand the importance of time away to re-energize. With respite services, families have the peace of mind knowing their loved ones are being served in a loving and compassionate way," said Ryan.

In addition, Entrusted Hearts Medical Equipment by Baptist Village can help clients meet their medical equipment needs. Hospital beds, motorized scooters, walkers, lift chairs and wheelchairs are a few of the items that can be provided.

Ultimately, Entrusted Hearts exists to assist clients in reaching and maintaining the highest possible level of independence at home. The services offered can help clients meet their personal goals, as well as provide respite for family members.

To learn more, please call the location or service below you are interested in, or visit [entrustedhearts.org](http://entrustedhearts.org).

Entrusted Hearts serves clients within a 50-mile radius of the Lawton, Oklahoma City and Tulsa/Owasso areas. This encompasses more than one-half of Oklahoma's 3.9 million residents.

Oklahoma City Area: (405) 720-2401  
 Owasso/Tulsa Area: (918) 272-4694  
 Lawton Area: (580) 355-2440  
 Case Management: (405) 516-4888  
 Medical Equipment: (918) 274-4310

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



say

# SCRAM!

## to scammers

Most of today's senior adults grew up in an America where there were values, trust and honesty. Many lived in homes, especially in small towns and rural areas, where doors were seldom locked, where neighbors and friends popped in unexpectedly and where those in need readily received help.

Unfortunately, those are now the people con artists tend to target with all kinds of schemes, taking advantage of the seniors' isolation, ease of trust, financial savings, good credit and lack of technical knowledge. On top of that, scammers know that seniors may be lonely, long for purpose in life and are more trusting and willing to help those they think may be in trouble. They also may be less inclined to report fraud because they do not know how, or

they may be too ashamed at having been scammed. They might also be concerned that their relatives will lose confidence in their abilities to manage their own financial affairs.

Each year, millions of elderly Americans fall victim to some type of financial fraud or scheme. Criminals will gain their targets' trust and may communicate with them directly via computer, phone and the mail. Con artists and scammers who prey on the elderly rely on two key things: 1) the assumption that the elderly are unfamiliar with modern technology, and 2) are unaware of all the different ways to have their personal information and their money stolen.





With the senior population growing and seniors racking up more than \$3 billion in scam-related losses annually, elder fraud is becoming a growing problem. **How can seniors protect themselves?** Most importantly, never give information of any kind to a stranger, and try to be aware of the possibility of a scam when you are in doubt.

For example, if a grandchild calls saying he or she is in trouble and needs money, immediately hang up and call that child to find out if he or she actually made the call to you or is really experiencing an emergency.

Following are two timely scams for seniors (and others) to be aware of, as well as ways to protect yourself and to report the scammers. More scams to watch out for will be reported in the next two issues of THRIVE.



## IRS Impostor Scams.

One of the most common scams is someone pretending to be an IRS agent—by email, mail, phone or in person. These imposters say you owe taxes and demand you pay now or face consequences such as jail time or hefty fines. Some say the IRS has contacted you via mail or email already and never heard back, hence the need for dire measures now. If the caller threatens you with police arrest, deportation or immediate criminal action, they are not from the IRS. Phone calls demanding immediate cash payments are made by criminals who impersonate tax agents. If you feel the contact could be valid, call the IRS at 1-800-829-1040 to ensure you are speaking with someone legitimate.

Watch out for scammers who promise to file a return for you and get you a much larger tax refund than you are entitled to. If someone tells you to sign a blank tax return or estimates your taxes off the top of their head, it is best to be skeptical.

Another tax scam involves promises that you can obtain a large Social Security refund or rebate. Even when you are legitimately owed a refund, criminals will inflate amounts in the tax return and steal the refund.

Be aware of those who pose as legitimate tax preparers or professionals, but actually intend to steal your money. Not only do these scammers take a large fee for their “services,” but they may also inflate deductions with phony benefits or tax credits, and then forward the refund to their accounts.

Also, fake emails often claiming to be from the IRS may mention a bill or refund you did not expect. Remember that tax authorities will not email you out of the blue, so do not open messages supposedly from the IRS. They are likely fraudulent attempts to steal your Social Security number or other personal information. Think twice or three times before giving out credit card or other financial information online. Do not give any information to these callers. Ask for a name, title and phone number, but do not call back. Report the incident to the police.



## Charity Scams.

Charity scams are common and usually follow what is happening in the news. Unfortunately, they prey on the goodwill of others. Scammers either call or approach an elderly individual in person, saying they are looking for donations to a worthy cause. In reality, the perpetrators have nothing to do with the charity or cause and are looking to take the victim's money for their own gain.

Charity scams tend to happen most after natural disasters on the international level like a major hurricane, or in Oklahoma, after a devastating tornado, or on a local level like helping to fund local firefighters. If you lost a family member from a disease or another tragedy, con artists can close in.

These scammers target taxpayers who might want to make a tax-free donation to a particular charity. If you get a phone call or email soliciting money to fight disease or assist victims, do not give out cash or financial information. Always research any potential charity, and never give donations through cash or gift cards or by wiring money.

› *continued on next page*

Why should I live  
at Baptist Village?










#2

Loneliness is real.  
Life enrichment with others  
can make all the difference!



# PROTECT YOURSELF FROM FRAUD



-  If you suspect the interchange is a scam attempt, end all communication with the perpetrator.
-  Search online for contact information (name, email, phone number, addresses) and the proposed offer. Other people have likely posted information online about individuals and businesses trying to run scams.
-  Resist pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a threat to you or a loved one.
-  Be cautious of unsolicited phone calls, mailings and door-to-door services offers.
-  Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.
-  Make sure all computer antivirus and security software and malware protections are up to date. Use reputable antivirus software and firewalls.
-  Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.
-  Be careful what you download. Never open an email attachment from someone you do not know, and be wary of email attachments forwarded to you.
-  Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.

**If you believe you or someone you know may have been a victim of elder fraud, contact your state FBI field office, or submit a tip online. Oklahoma's field office number is (405) 290-7770. You can also file a complaint with the FBI's Internet Crime Complaint Center ([www.IC3.gov](http://www.IC3.gov)).**

When reporting a scam—regardless of the dollar amount—include as many of the following details as possible: names of the scammer and/or company, dates of contact, methods of communication, phone numbers, email addresses, mailing addresses and websites used by the perpetrator, methods of payment—where you sent funds, including wire transfers and prepaid cards (provide financial institution names, account names and account numbers), descriptions of your interactions with the scammer and the instructions you were given, and keep original documentation, emails, faxes and logs of all communications.





A Place Called

Home

JOINING HEARTS  
MOTHER'S DAY OFFERING

May 9, 2021



The Mother's Day Offering is a collaborative effort of Baptist Village Communities (BVC), Oklahoma Baptist Homes for Children (OBHC) and Oklahoma Baptists. It is designed to celebrate motherhood by demonstrating Christ's love to those in our community.

BVC is Oklahoma's largest not-for-profit provider of senior housing services, serving more than 2,300 people daily. Through your giving, BVC provides financial assistance to residents struggling with limited income. With the help of the Larry and Edwine Adams Assistance Fund, residents in need are able to enjoy life in a safe, Christian environment.

OBHC cares for around 200 children affected by abuse, abandonment, neglect or poverty by providing safe and healthy homes where God's love is modeled and taught. OBHC also helps children through its single-mother family program and LifeWize curriculum for middle and high school students.

Mother's Day Offering  
3800 N. May Avenue  
Oklahoma City, OK 73112

(405) 942-3000 x 4205

mdo@obhc.org

*If you or your church wants to learn more or support the Mother's Day Offering, visit [okmdo.org](http://okmdo.org) for more information and resources, or contact us using the info at left.*

*Thank you for remembering senior adults and children this Mother's Day!*





# SAFE & SECURE...

*at a lower cost!*

Senior living communities have become a big business. Newspaper ads, the internet and mailers all promise warmth and elegance in a friendly, hassle-free living environment with incredible services and amenities. Unfortunately, most of these can quickly eat away at senior adults' income and retirement savings.

Since approximately 79 percent of baby boomers, who are now retirement age, have no savings for retirement care, many are in a dilemma of what to do. Maintaining their current household becomes too difficult, the yardwork and housecleaning become too much and they struggle to get meals on the table. But they don't think they can afford to move to a community that caters to senior adults.

Bill Pierce, president of Baptist Village Communities (BVC), the largest not-for-profit provider of senior living services in Oklahoma, understands the problem all too well.

"People in Oklahoma, especially in rural areas, don't have a lot of money," Pierce said. "We are working to provide affordable living for them that will meet their needs. Oklahomans are not able to afford assisted living, which is not paid for by Medicaid."

BVC has developed a plan that is an intermediate step between residential living and assisted living. Called **enhanced living neighborhoods**, it includes a private residence in an apartment with indoor hallway, three meals daily in the dining room, maintenance, housekeeping and laundry service. It is considerably less expensive than assisted living, while offering an array of services that includes safer surroundings and peace of mind. In these neighborhoods, people remain independent in an environment where they can meet and fellowship with others and enjoy numerous activities and amenities that a well-managed retirement community should provide.

"We can serve a lot of people through enhanced living. If we do not provide a reasonable cost living option, the only choice for some of these dear people is a nursing home," Pierce pointed out. "We have campuses in rural areas, which are particularly hard-hit by low incomes, and we are working there to create mid-level services at a reasonable cost. We already have the buildings. We do not have to spend millions on new buildings because God has already provided them. We just need to remodel them to fit their needs."

There is currently an enhanced living neighborhood operating on the Owasso campus. Others are planned at existing campuses in Ada, Cleveland, Cordell, Grove, Lake Texoma, Miami and Okmulgee.






TOP: Charles Morrison enjoys life in Unity Square, Baptist Village of Owasso's enhanced living neighborhood.

LEFT: Unity Square's living room.



# Assisted Living vs. Enhanced Living

 Included  Available for additional fee	Assisted Living	Enhanced Living
» Studio or one-bedroom apartments		
» Utilities included		
» Cable TV		
» Three meals daily		
» Housekeeping/laundry services		
» Personal medical alert system		
» Life enrichment program		
» Access to additional Village amenities (salon, wellness center, etc.)		
» Secure neighborhood		
» Medication administration		
» Certified nursing team		
» Assistance with activities of daily living, such as bathing and dressing		
<b>*Average Monthly Cost</b>	<b>\$3,600</b>	<b>\$2,400</b>

\*Reasonably accurate estimate depending on location.


To remodel buildings into enhanced living neighborhoods will require converting an existing serving kitchen into a commercial kitchen, and conversion or expansion of a common area into a dining room. Estimated cost for remodeling is \$400,000 for each campus, which will be just under \$3 million for the seven Villages.

Pierce said that what people need to understand is that most retirement communities are constructing elegant buildings designed to cater to people who can afford high-end amenities.

"In contrast, we are trying to create ways to serve people with moderate incomes. Most seniors in Oklahoma don't have the finances to live in these luxurious retirement communities," he explained.

That doesn't mean that accommodations at Baptist Villages are not well-constructed and designed to meet the needs of residents. But while upgrading Village residences so they are relevant to current and potential residents, the focus will remain on people, not possessions.

Pierce emphasized that, while BVC is ready to move forward with the remodeling, "It will be impossible for us to do this without friends and donors. It will happen when God lays it on the hearts of donors and friends to enable us to create the enhanced living neighborhoods that are so needed."

To learn more about enhanced life neighborhoods and other BVC living options, visit [baptistvillage.org](http://baptistvillage.org). 

Why should I live at Baptist Village?

#3

Financial peace of mind.  
The Adams Assistance Fund is available for those with financial needs.



# AT JUST THE RIGHT TIME

God brings  
servants to  
Lake Texoma

There are no coincidences when it comes to the people God placed and planned to be in our lives. Just ask Baptist Village Lake Texoma residents J.T. and Betty Welch.

“God puts you in certain places. You don’t know it, but He does,” says J.T. Welch, 95. “I didn’t grow up in church. I spent a lot of my childhood years picking cotton on a farm outside McKinney, Texas and then living on a farm near Denison, Texas. That was our life. I went to a country church near McKinney when I was eight or nine years old, but we didn’t attend regularly at all.”

After high school, Mr. Welch served his country in the Marine Corps and then in the Corps of Engineers. When his service was completed, he returned to Texas, where he and his mother attended Calvary Baptist Church in Denison. He even sang in the church choir and attended Sunday school. But he had never accepted Christ.

“Everyone thought I was saved,” says J.T. “I listened to the

Devil say to me, ‘You need to go back [to the fields]. Church is taking too much time!’ Unfortunately, I listened to him.”

But God provided the right person at the right time to change his heart. In 1959, J.T. decided to attend an evening service at Hyde Park Baptist Church in Denison, where a resident missionary was preaching. At the conclusion of the service, Welch went to the front and stood there with his old Bible in hand which, looking at the condition of it, was obviously not opened much.

“The pastor looked at me and said, ‘Anyone who has a Bible like that ought to be saved.’ I simply replied, ‘Well maybe they ought to be.’ He took me back to his office, studied and prayed with me, and I asked the Lord to save me that night,” attests Welch. “I knew He came into my heart, and He’s been there ever since.”

In fact, this began a long journey of bi-vocational pastoring for the Welch family, serving in Texas and Oklahoma churches.

J.T. retired from the pastorate only about a year ago – but God wasn't finished with him yet. "We were living in Kemp, Oklahoma. I have a son living in Ardmore, and one day on our way to go see him, we saw the sign for Baptist Village Lake Texoma. We had heard of it before from our friends but had never visited there. We decided to call [Village manager] Matthew Wood and check it out."

Turns out the timing was just right. Baptist Villages across the state are known for offering many opportunities for spiritual growth, such as Bible studies, devotionals, chaplaincy and



**ABOVE: J.T. and Betty Welch are active, humble servants on the Lake Texoma campus.**

**OPPOSITE: Mr. Welch is right at home behind the pulpit.**

more. Lake Texoma is no different. But little did they (or anyone else) know what lay on the horizon - last spring's national pandemic. "Status quo," as virtually every business and person knew it, was about to be radically changed by necessity. This meant many life enrichment and spiritual opportunities were about to face considerable challenges.

God had a plan for Lake Texoma's spiritual well-being. It was J.T. and Betty Welch.


"I had heard about J.T. He was kind of the 'talk of the association.' He had pastored well into his 90s, blessing a lot of people," says Matthew Wood. "It was a Godsend that [the Welches] were able to come here. They moved in right before COVID precautions shut a lot of things down. They've been a great addition to the campus."

J.T. has been extremely active on campus. He leads prayer meetings, sings and teaches Bible studies. He has also driven other residents to doctor appointments. Late last year, the longtime resident Sunday school teacher stepped down. J.T. was quick to step in and lead. In addition, Mr. Welch's beautiful bass voice can be heard singing and ringing through the Village and while he is in the wellness center. While he exercises, he sings old-time Baptist hymns.

Meanwhile, Betty is ready to assist in any way that's needed. A retired nurse, she told Matthew Wood, even before moving to the Village, "If there's ever anything you need me to do, I can do it."

Matthew is thrilled to take them up on their offer. "J.T. and Betty are just happy to help. I really think that speaks to who they are. They embody serving God and serving one another."

The Welches are glad to be home at Baptist Village. "God's been really good to us," says J.T. "We're glad we're here. We're comfortable and have everything we need. And we're still able to minister. If God calls you, you better not ignore it!"

And there's no ignoring how God brought these two servants to Baptist Village - at just the right time. 

*Why should I live  
at Baptist Village?*

**#4**

Freedom from maintenance concerns.  
*Baptist Village takes care of the  
plumbing, heat and air, and more.*





## Music Releases Memories

The lyrics to songs such as "Amazing Grace," "The Old Rugged Cross" and others are sacred to many. Specific songs or entire genres of music take us back to certain times in our lives. Swaying in that front porch swing on a summer evening, fishing with Grandpa, singing hymns from the old wooden pew, experiencing true love, heartbreak or triumph, and loss. Songs immediately take us back to where we were, what stage of life we were in, how we felt and who we were with. Music is a way to relive memories and recapture moments lost.

More than five million people are currently living with Alzheimer's disease in America. That number will grow larger as 10,000 Americans turn 65 years old every day. One-third will develop dementia or Alzheimer's by the time they reach age 82. Those living with cognitive loss, such as dementia or Alzheimer's, are confronted with an unfamiliar world, oftentimes forgetting people and places they once held dear.

The Alzheimer's Association explains the disorder as, "[The] disease prevents parts of a cell's factory from running well. They are not sure where the trouble starts. But just like a real factory, backups and breakdowns in one system cause problems in other areas. As damage spreads, cells lose their ability to do their jobs and eventually die, causing irreversible changes in the brain." These changes make daily activities and relationships difficult and often result in frustration and anxiety for the person with the disease.

In 2006, Music & Memory®, a program designed to activate cognition was developed. Music & Memory is based on the premise that music has the ability to unlock a certain part of the brain, allowing people living with

dementia and Alzheimer's to access memories and emotions that are usually inaccessible to them.

Researchers found that when a person living with cognitive loss listens to familiar songs, they resonate deeply with the visual, salience, executive, cerebellar and corticocerebellar networks in the brain which begin to function together at a greater level than previously.

The Music & Memory program uses individualized playlists on an iPod to allow people living with dementia or Alzheimer's to listen to their favorite songs. This program is used in memory support neighborhoods at Baptist Village Communities in Broken Arrow, Elk City, Hugo, Oklahoma City and Owasso. Baptist Village was the first retirement community in Oklahoma to begin using Music & Memory with residents. Friends Team members (staff) on each campus receive training and become certified to use the Music & Memory program.

Mitzi Epperson, director of health services at Baptist Village of Owasso, explained how individualized Music & Memory work begins. "We get the family to fill out familiar music that [the resident] loved back in a certain area of their life where they can really identify."

Residents can even choose what versions of songs they would rather listen to. The songs that resonate best are not always mainstream songs, but those that remind them of their lives and memories.

Nathan Purifoy, campus director at Baptist Village of Owasso, mentioned, "The playlist is extremely important in this process. Listening to another person's playlist is not as meaningful." In fact, some residents even become more agitated when this occurs.





"For instance, with our first resident, I knew her family, so I kind of had an idea of some types of music she might like. But her son gave me a song that his dad used to sing to his mom, and when I played that, her face - it was just so peaceful. She was just so caught up in the moment in those songs," said Shelby Sandusky, life enrichment coordinator at Baptist Village of Broken Arrow.

People living with dementia or Alzheimer's can seem unrecognizable to those who know them best and love them most. When the music plays, loved ones catch a glimpse of a more familiar person.

Epperson recalls a particularly meaningful experience with a resident at the Owasso campus. "We had a gentleman that liked jazz. He did not really talk much. So jazz, according to his daughter, was his thing. We would put jazz on, and it takes a little bit for it to work. You must keep doing it in intervals, consistently. One day we saw his foot tapping to the music. And then he eventually was even playing a harmonica along with it, which he had not done in years."

"Music speaks to the soul."

- Nathan Purifoy,  
Campus Director - Owasso

It remains unclear as to whether Music & Memory has a long-term effect on the brain, but the short-term effects can be significant. After participating in Music & Memory, many residents remember names of artists and the lyrics to songs they are listening to. Many residents become more vocal and have conversations.

Ideally, residents participate in Music & Memory two to three times a day. Epperson explained the program has been used to ease restlessness and anxiety. The use of this program has also caused a decrease in medication for residents.


When residents feel better, food can taste better, and some residents gain weight. When they gain weight, the result is more energy and overall interactions can improve.

Music & Memory is just one of the many ways Baptist Village Communities use music to help enrich residents' lives. The iN2L™ (It's Never Too Late) interactive system is also used to experience music in more of a group setting. The 70-inch, TV-like screen can access hundreds of sing-along and music videos.

Sondra Weaver, life enrichment coordinator at Baptist Village of Elk City, mentioned, "Any time I get the iN2L out, [residents] want to do gospel music or country music, or just old favorites. They really enjoy that."

Shelby agrees that lately, because of COVID-19, the Broken Arrow campus has also utilized music in a group setting through the iN2L.

Whether utilized on a more individual level through Music & Memory or in a group-like setting with the iN2L, memories clearly reside deep within a person's favorite music. And when a special song comes on, one catches a glimpse of something all too familiar - a memory or a person that has been tucked away for years. The emotion is felt again. Owasso's Purifoy says it best, "Music speaks to the soul!"

Music & Memory and the iN2L would not be possible without help from BVC donors. To learn more about the Music & Memory program or the iN2L technology and how you can help senior adults, contact Lindsy Bachman at (405) 942-3000 x 4208. You can also email her - [lbachman@baptistvillage.org](mailto:lbachman@baptistvillage.org). 



# BEQUEST

*noun* \bi-'kwest

A bequest is an amount of money or specific items given to a charity or person through a will or trust. Many friends of Baptist Village Communities (BVC) provide financial support for our 12 campuses each year. For this we are so grateful. Many of our friends also include a bequest to BVC in their will or trust. To do so can be rather simple.

**In addition to an outright gift of cash given by bequest through your will or trust, you can give other types of gifts, including:**



Stocks, bonds and mutual funds



Personal property like vehicles, jewelry, furnishings, artwork and antiques



Full or partial proceeds from your life insurance policy or retirement accounts



Real estate, including homes, raw land, farm or ranch and commercial property



Ownership of, or partnership interest in business

**There are also various types of bequests, including:**

- Specific:** A certain dollar amount (\$10,000, \$25,000, etc.) or other property (artwork, home, etc.).
- Percentage:** A set percentage (5 percent or 10 percent of the value, for example).
- Residual:** Assets remaining in the estate after all other bequests, taxes and final bills have been paid.
- Contingent:** A bequest provided when someone named as a beneficiary in the will or trust predeceases the person establishing the will or trust ("Should any beneficiaries predecease me, I leave their bequest to...")

**When you leave a bequest to BVC, you can be as general or specific as you like:**

- General:** For whatever the greatest need is at BVC at the time your bequest is received.
- Endowment:** BVC invests the bequest amount, and only the earnings are used each year.
- Specific:** Designate a particular BVC campus or purpose (Adams Assistance Fund, etc.).

While BVC cannot provide legal or accounting advice as you determine how to plan your estate, we can assist you as you determine what type of gift to make and for what purpose. Contact Terry Dennis at (405) 401-1754, or [tdennis@baptistvillage.org](mailto:tdennis@baptistvillage.org).

BVC also partners with WatersEdge (the new name for The Baptist Foundation of Oklahoma) to help you with your estate planning. If your estate plan includes a gift to BVC, WatersEdge will reimburse a portion or all of the legal fees associated with the creation of your plan. If you do not have a will, trust or estate plan, or need to update your plan, consider contacting Julie Stanley, vice president for estate planning at WatersEdge. Julie can be reached at (405) 605-4202, or [jstanley@watersedgeservices.org](mailto:jstanley@watersedgeservices.org).

# Come home to Baptist Village

## ADA

3501 Oakridge Dr. | Ada, OK 74820

(580) 332-6004

- » Residential Living **Y**
- » Assisted Living Neighborhood **Y**

## BROKEN ARROW

2801 N. Birch Ave. | Broken Arrow, OK 74012

(918) 355-0099

- » Residential Living **Y**
- » Assisted Living Neighborhood **Y**
- » Memory Support Neighborhood **Y**

## CLEVELAND

1001 Baptist Village Dr. | Cleveland, OK 74020

(918) 358-2575

- » Residential Living **Y**

## CORDELL

701 E. 12th St. | Cordell, OK 73632

(580) 832-5831

- » Residential Living **Y**

## ELK CITY

1500 W. Country Club Blvd. | Elk City, OK 73644

(580) 225-5555

- » Assisted Living Neighborhood **Y**
- » Memory Support Neighborhood **Y**

## HONEY CREEK

2620 W. 13th St. | Grove, OK 74344

(918) 786-2223

- » Residential Living Neighborhood **Y**

## HUGO

1200 W. Finley St. / P.O. Drawer 608 | Hugo, OK 74743

(580) 326-8383

- » Residential Living **Y**
- » Skilled Nursing/Rehabilitation **Y**
- » Health Center **Y**
- » Memory Support Neighborhood **Y**

The letter "**Y**" next to each service indicates availability. "**W**" indicates waiting list. Information as of 3/15/2021.

## LAKE TEXOMA

10777 Village Dr. | Madill, OK 73446

(580) 564-3776

- » Residential Living **Y**

## MIAMI

2525 N. Elm St. | Miami, OK 74354

(918) 542-7124

- » Residential Living **Y**

## OKLAHOMA CITY

9700 Mashburn Blvd. | Oklahoma City, OK 73162

(405) 721-2466

- » Residential Living **Y**
- » Assisted Living Neighborhood **Y**
- » Skilled Nursing/Rehabilitation **Y**
- » Health Center **Y**
- » Memory Support Neighborhood **Y**

## OKMULGEE

1500 W. 6th St. | Okmulgee, OK 74447

(918) 756-5377

- » Residential Living **Y**
- » Enhanced Living Neighborhood **Y**
- » Assisted Living Neighborhood **W**

## OWASSO

7410 N. 127th E. Ave. | Owasso, OK 74055

(918) 272-2281

- » Residential Living **Y**
- » Enhanced Living Neighborhood **Y**
- » Assisted Living Neighborhood **Y**
- » Skilled Nursing/Rehabilitation **Y**
- » Health Center **Y**
- » Memory Support Neighborhood **Y**

Why should I live  
at Baptist Village?

#5

Neighbors become friends.  
And friends become family.



3800 N. May Avenue  
Oklahoma City, OK 73112

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Baptist Village serves or has  
a ministry presence in 17  
Oklahoma communities.

*Can you find all  
of them at left?*

- ADA
- BROKEN ARROW
- CLEVELAND
- CORDELL
- CORN
- ELK CITY
- ENID
- HONEY CREEK
- HUGO
- LAKE TEXOMA
- LAWTON
- MIAMI
- OKLAHOMA CITY
- OKMULGEE
- OWASSO
- TAHLEQUAH
- WEATHERFORD