



# Perspective

Vol. 18 — No. 7

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## ASP Offers a Senior Adult Program with Affordable Continuing Education for Personal Interest and Enrichment

*By C. Dale German*

Among the many diversified benefits of the Academy of Senior Professionals (ASP) membership is a senior adult program with affordable continuing education for personal interest and enrichment on the campus of Southern Nazarene University.

ASP individuals must be over the age of 55 to qualify for the \$15 per hour reduced tuition fee for auditing classes. Registration for class must wait until full-paying students have registered. Seats are available as space allows. Individuals may take a maximum of 40 non-credit hours and a maximum of 6 class hours per semester. ASP members receive a parking permit good for a year that allows us to park anywhere on campus anytime whether they are taking classes or not.

Auditing a class is the best of all worlds. If a person wants to, they can just sit in class and listen to the content of the lectures. No work is required. In the class I am auditing this semester our teacher is allowing me to turn in all the work required of university students and is even grading my work with the rest of the class.

I appreciate several things about ASP's benefit of auditing university classes. Going back to school like this stimulates the mind, makes us think, engages us in contemporary ideas (my SNU degree is 40 years old already!), and here's a big one: it puts

us in a youthful environment. One day our teacher had us turn our chairs around and discuss in small groups of 5 or less. I learned names of all 5. To my happy surprise, both the teacher and students are accepting me as a peer. It is fun being in a youthful learning environment. The interaction between us is most satisfying. It's a different but still friendly world from ASP and the retirement community around Bethany.

ASP gives a list of suggested classes we might take, but we are not limited to that list so long as there is space available after SNU students register, and so long as we choose classes we are prepared for. For example, a beginning piano student would not enroll in an advanced piano class. A computer novice would not enroll in advanced computer science.

Taking advantage of affordable continuing education through ASP, is another way to be a lifelong student helping us to stay mentally alert, intellectually informed, mentally stimulated, and socially alive. Auditing SNU classes is another wonderful advantage of ASP membership.



***Our April Luncheon will be at the Peer Learning Network (PLN)***

***Sponsored by***

***Southern Nazarene University***

***Thursday April 9, 2009***

***Cox Center, Downtown***

***Dr. Ben Carson, Speaker***

***Tickets may be***

***purchased at the Alumni***

***Office before April 1<sup>st</sup>***

***Board Shuttle at 10:15 am***

***At the Sawyer Center***





## Your President's Point of View

by Jack David Arnold

### Happiness adds and multiplies as it is divided with others

**There once was a man, whom I shall choose to call Mr. Self-Will, who was determined to find happiness for himself.** He was a man of many talents and of strong ambitions. He chose a career which would bring him applause from others, international travel, and financial security. He gathered people around him who could help his career, were interesting, and led fascinating lives. He found little happiness in his chosen career because he worked too hard and “acted out” when the demands of his career became too great.

Mr. Self-Will married a woman whom he thought had all the qualities of wit, grace, and charm that would make any man happy. When they had children, he was convinced that, at last, this would give him happiness; however, because his children required time, patience, and nurturing; instead of happiness, he found that his children became just another responsibility.

One day Mr. Self-Will decided that happiness might be found in having no responsibilities at all. He left his career, his friends, his wife and family, and ran away where he could live an idyllic, carefree life of leisure. Humorist William Lyon Phelps wrote, “If happiness consisted in physical ease and freedom from care, then the happiest individual would not be either a man or a woman; it would be, I think, an American Cow.”

Much to the dismay of Mr. Self-Will, he has found that his “idyllic, carefree life of leisure” brought him no happiness either. He is still looking. He has tried a new career and new friends. He has experienced estrangement, instead of love; punishment, instead of forgiveness; doubt, instead of faith; despair, instead of hope; darkness, instead of light, sadness, instead of joy; want, instead of plenty; and diseases related



## “Sharing a Continuous Flight”

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To make contributions to the Academy of Senior Professionals:  
Mail to: Roy Dorris, Treasurer  
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### Luncheon Sponsors for 2008-2009

<b>October:</b>	<i>Autumn Life Center, Kathy Holman</i>
<b>November:</b>	<i>Mercer/Adams Funeral Home, Ron and Yvonne Mercer</i>
<b>December:</b>	<i>Southern Plaza, John Stoddart</i>
<b>January:</b>	<i>Concordia Life Care Community Lisa Vallekamp</i>
<b>February:</b>	<i>Jack David Arnold, Ph.D.</i>
<b>March:</b>	<i>The Burbridge Foundation, Bobbie Burbridge-Lane</i>



## ASP VOLUNTEERS

by Elbert Overholt



In a recent article, Chuck Colson said, "It was in the crucible of prison that God took my desire to serve myself and transformed it into a desire to serve others."

What are your experiences in service to others? Many of our ASP colleagues have been and are actively engaged in volunteer service.

Margaret Dawson has been involved in service to others for many years. She currently is serving as monitor and caretaker of our luncheon name tags, collects our ASP dues, and serves on the Administrative Council. She is active in RSVP and SALT (Triad). Margaret serves in her church (BFC) as Chair of a missionary chapter and co-chair of her Sunday School class. She and her late husband, Vernon, served for twenty years as summer volunteers at Golden Bell Camp in Divide, CO.



Margaret Dawson, Volunteer

Eva May Harper, another ASP member, has enjoyed a long history of volunteer service in her community. Her volunteer past activities include:

- Served on the Southern Senior Services Committee, the planning group for the development of Southern Plaza.
- Sang for twenty years in ColourTones, a ladies volunteer community singing group.
- Served in Bethany First Church of the Nazarene (BFC) in the Senior Adult Ministries program for thirty-five years.
- Member of BFC church board for five years.
- She has been singing in the BFC choir for sixty-two years, and the coordinator of the BFC Meals on Wheels for twenty-two years. And continues today serving in these two areas.



Eva May Harper, Volunteer





**RIG What's New**

*By Paul Scheie*

Type 1 diabetes is characterized by a pancreas that does not make enough insulin. Type 2 diabetes is characterized by cells that are deficient in their sensitivity to insulin. Now there is talk of Type 3 diabetes in which brain cells are deficient in both the amount of insulin available as well as in their sensitivity to insulin. Investigators are suggesting that these deficiencies in the brain can be correlated with the presence of Alzheimer's disease.

Quite recently, a prestigious science journal published a report that supports this correlation. Rats were treated to induce in their brains Alzheimer's-like molecules that attack memory-forming nerve cells. When the rats subsequently were treated, either with insulin alone or with insulin plus a drug that increases the sensitivity of cells to insulin, all of the destructive effects of the Alzheimer's-like molecules reportedly were blocked.

Other studies indicate that human diabetics have a higher risk of getting Alzheimer's disease than the general population, and last July a study reported that human diabetics who take insulin plus a drug to increase cell sensitivity to insulin have a lower risk of developing Alzheimer's disease.

For years, insulin has been safely prescribed for humans, so it seems likely that tests soon will be attempted to assess the effects of insulin on non-diabetic humans diagnosed with Alzheimer's disease. Perhaps such tests already are underway and results soon will be announced. However, healthy persons might be well advised to choose a life style that reduces the likelihood of ever developing any type of diabetes.



**LIBRARY NEWS**

**Gifted Hands,  
The Ben Carson Story**

*By Arlita Harris*

Famed neurosurgeon, Ben Carson, will be on the SNU campus and at the Ford Center on April 9. You may learn more about him by reading or viewing his autobiography, Gifted Hands, or one of his other books, The Big Picture, Think Big: Unleashing Your Potential for Excellence, or Take the Risk: Learning to Identify, Choose, and Live with Acceptable Risk, available at the SNU or other area libraries.

Ben Carson grew up in a single parent family, had poor grades and a terrible temper, and very low self-esteem until his mother, with only a third-grade education, challenged her sons to be all that they could be. Today, Ben Carson is the head of pediatric neurosurgery at Johns Hopkins Children's Center. He overcame some giant obstacles to become the first surgeon to separate Siamese twins joined at the back of the head in 1987.

You, too, will be inspired and challenged by his story.



**Luncheon Sponsors Welcome**

Individuals may sponsor ASP luncheons this spring or in the 2009-2010 academic year as well as businesses, organizations, senior centers, hospitals, etc.

Those persons who wish to sponsor a luncheon should contact Roy Dorris, ASP Treasurer at 789-3469 or email: rdorris11@cox.net





## NEWS TO USE

### Be Ready!

by Shirley Mears

Disaster preparedness is time consuming but can be a great way to gain a sense of peace. Scripture is filled with verses on the benefits of preparation. It is also a way of reaching into our community to offer a helping hand and solutions during and after disasters.

Robin Jones, one of the Academy's former speakers, was general manager of the Bott Radio station, KQCV, AM 800 when disaster struck Oklahoma on April 19, 1995. She and her staff received many calls all day from people seeking answers and peace. She wrote about those experiences in *Where Was God At 9:02 AM?*

Robin, is director of the **Office of Faith Based and Community Initiatives**, an office created by former Governor Frank Keating. One initiative priority is to engage the church in emergency and disaster preparedness. Not only does preparedness fold into the purpose of the church and offer an incredible service ministry for their congregation and communities; it also allows the message of faith to be evidenced at a time of crisis and point of exceptional need in the human experience. Robins' personal journey of being in the throes of the activities following the Oklahoma City bombing is the reason preparedness is one of her office's priorities. April 1995 offered a life lesson reminding her that we need to be ready for the ultimate future of eternity for ourselves and those in our circle of influence. As she strives to serve others and live life to its fullest, she has learned to pray – "If my life should end today, let this be my best day."

To learn more, go to [www.thegospelstation.com](http://www.thegospelstation.com) and click on the Ministry Interviews tab. There are two interviews with Robin Jones.



He accepts the thorny crown  
 From scoffing sinners all around  
 From Adam's curse, result of sin  
 In sorrow, sweat, and mocking din  
 Sharp Cupid's arrow can't compare  
 With Jesus love these points did bear  
 The pain He suffered there for me  
 The crown of thorns,  
 The cross, the tree  
 He bore these all to set me free  
 From Adam's curse, result of sin  
 That I might yet in Glory see . . . Him  
 Crowned in heaven  
 We'll bend the knee  
 To worship for eternity

Emmalyn German

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*Arnold continued*

to stress and promiscuity, instead of total wellness.

Mr. Self-Will man may never realize that it is within himself that happiness will be found. In truth, he has always carried it within him. His own uniqueness as an individual is like a deep well of happiness; however, it needs the pump started so the good can flow forth, circulating to others and back into his own life. It is his choice to make. When happiness is pursued, it eludes the seeker; when happiness is given, it returns to the sender.

If Mr. Self-Will's work had been about sharing his special, God-given talents in giving and serving others instead of finding happiness for himself and gaining the applause of others, he might have found happiness there. If he had learned to give of himself to his friends and family, to consider their happiness instead of just his own, then the love he gave would have been returned to him.

In some ways, Mr. Self-Will is every one of us. We all have believed that the outer, external things in life bring contentment. We all pursue happiness, and it eludes us. Philosopher Bertrand Russell wrote, "Happiness is *not* best achieved by those who seek it directly."

**If happiness is already within us, a product of our own uniqueness and individuality, how do we give it away?**

**We initiate the flow of good by first appreciating and discovering our own uniqueness.** Then we must feel secure enough in it that we can look for and appreciate uniqueness and diversity in others. In *The New English Bible*, Solomon gives the following advice to the reader, "Happy is he who has found wisdom, and the man who has acquired understanding"(3:13)..

**Give encouragement when it is needed.** Be willing to say, "I love you" to those close to you.

**Forgive generously.** Learn to say "I'm sorry" when it needs to be said.

**Be kind.** Happiness is a phone call to a friend who



## ASP Calendar

### Tuesday: April 7, 2009

1:00 p.m. Administrative Council Meeting in the Welcome Center of the Marchant Building

### Thursday: April 9, 2009

10:15 a.m. Arrive at the north parking lot of the Sawyer Building

10:30 a.m. Bus leaves for the Cox Center

11:00 a.m. Luncheon at the Cox Center

1:45 p.m. Arrival back at the Sawyer parking lot

may be lonely or ill or facing a difficult time.

**Give with the idea of sharing, of easing another's pain or hardship, and not to glorify a sense of benevolence.** We can always measure our giving by the barometer of our own feelings of well-being. If we have given in love from our own store of happiness, then it is like ripples on a pond that move outward but also ripple inward to their source.

**Like Mr. Self-Will, who hungered after happiness, it is easy to mistake *getting with being*. Adding anything to our lives in a material or outer sense only gives a fleeting, and often false sense of contentment. The paradox of achieving personal peace and happiness is that what we are looking for is already within us, but in giving it away, we experience it most powerfully for ourselves.**

### News Briefs:

No ASP luncheon meeting on Monday, April 13, because of the PLN Presents Luncheon on April 9.

A special meeting of the Administrative Council will be held on Tuesday, April 7, 1:00 p.m., in the SNU Welcome Center to discuss a change in the ASP By-laws and Organization document.

