Member Spotlight: Marjorie Smith

In May of 1915, Marjorie Coonrod was born in Savoy, Illinois. Marjorie, along with her siblings, attended a classic four-room school for most of their primary education, until they entered Champaign High School. Interestingly, her maternal and paternal grandfathers each operated a general store on opposing sides of her hometown. Her father worked for the Central Railroad Depot and later as an “ad man” for the famous Robeson’s Department Store in Champaign. Marjorie recalled riding in a Ford Model T, which had curtains for protection from inclement weather. Later, she rode to high school in a Ford Model A, which featured a new “safety glass windshield” and a “rumble seat” in the trunk. She clearly remembers her family having an early radio, “a tiny box with headphones.” In case you have not figured it out, Marjorie is 100 years old.

After completing high school, Marjorie stood in line, money in hand, to enroll at the University of Illinois to become an art student, having been inspired by her aunt, who was

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Member Spotlight

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an artist. Changing her mind at the last minute, Marjorie opted for “a more practical direction” and instead enrolled in a technical school to learn shorthand, typing and modern office skills to support herself.

World War II came quickly thereafter in 1941, and Marjorie was married to Sidney G. Smith in 1942. He was shipped off to England to work in the wartime air intelligence facility at Halesworth. Eventually, Marjorie joined her husband in contributing to the war effort by pitching in to help as a secretary for the major runway construction project at the now-decommissioned Chanute Air Force base in Rantoul, Illinois. It would serve as a major training center for what was then called the U.S. Army Air Force, which later split in 1948 into the Army and Air Force.

Sidney was sent to Miami, Florida, for Officer’s Training after the war. The Smiths welcomed daughter Jan in 1945 and son Chris four years later to the day. There were two birthday cakes every year to celebrate. Husband Sidney took work as a travelling salesman based out of Jefferson County, Colorado.

Marjorie forged a frontier-style life for herself and her two young children in Colorado. Sidney would return home as work permitted, but Marjorie maintained the home front for the family in the rugged, snowy wilderness. Daughter Jan recalled that her mother would get up early every day and milk all 24 cows by hand, filling can after can. Marjorie would then set the cans in the snow to be picked up by a truck that would take the chilled fresh milk to its destination. After a time, Marjorie devised a plan to keep the wayward bovines within a fence. With few resources at her disposal, and with Jan at her side, and with son Chris in a wagon, Marjorie marched up into the Aspens, chopping down and then stripping the trees of bark and branches. After several trips back and forth in the snow, Marjorie constructed a retaining fence. Still, after a few years of managing largely on her own, Sidney came home one weekend and Marjorie had ordered a truck to pick up the cows and haul them off!

After the family relocated to Oklahoma, and after 37 years of marriage, Sidney passed away in 1979. He is buried at Ft. Gibson Cemetery. Marjorie continued to live and work in Muskogee at a finance company, and then at Citizens National Bank Building in downtown Muskogee. She recalls the whole sixth floor of the building was dedicated to one computer. Marjorie remembers that back in that time, you didn’t go to Tulsa for something if you needed it, as downtown Muskogee had everything — shops, banks and department stores. If you needed to cool off, Ft. Gibson Lake was nearby.

Today, Marjorie resides in Wagoner after having retired from the workplace at age 75. Her energy and her attitude about life make it seem she is only limited by her eyesight.

The ADvantage program helps support Member Marjorie Smith and keeps her safe and healthy in her home at the milestone age of 100. Marjorie has the support of her two children, Chris and Jan. When asked about the program, she commented she would like to see case

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Member Spotlight
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Managers and personal care assistants communicate more effectively with Members and each other so that there is less confusion and more consistency of care and services. She understands that the ADvantage authorization of services process takes time, and the set-up process has communication challenges to be worked out at every step. However, she is understanding and patient. Marjorie is living history, and she will no doubt keep an optimistic outlook and hope for the future.
NASUAD 2015 Home and Community Based Services Conference
DHS’s Lance Robertson Honored in Washington, D.C.

The National Association of States United for Aging and Disabilities 2015 Home and Community Based Services Conference took place Aug. 31-Sept. 3 in Washington, D.C. NASUAD represents the nation’s 56 state and territorial agencies on aging and disabilities, and it supports visionary state leadership, the advancement of state systems innovation, and the articulation of national policies that support home and community based services for older adults and individuals with disabilities. This conference brings together leaders and innovators in the many private companies and state and federal government agencies that work together to make home and community based services a reality for those we serve.

A few of the notable and inspiring speakers at the conference this year included Health and Human Services Assistant Secretary for Aging, Kathy Greenlee; professor of neurology and Alzheimer’s research at the Mayo Clinic, Dr. Ron Petersen; and motivational speaker and entrepreneur, Josh Linkler.

Greenlee reminded the conference attendees to take a moment and appreciate how far we have come in the 50 years since the enactment of the Older Americans Act (OAA), Medicare and Medicaid, stating, “…We as a nation have made tremendous investments in the health and life of citizens as they age and are disabled.”

Peterson, as the chair of the Advisory Council on Research Care and Services for the National Alzheimer’s Project, member of the board of directors for the National Alzheimer’s Association, and member of the World Dementia Council, provided updates on the encouraging research being done to better understand and arrest the progression of Alzheimer’s.

Linkler encouraged attendees to be “disruptors” in their chosen fields, in order to challenge the norms and innovate to solve problems in new ways.

As one of the many workshops sessions, Oklahoma DHS Program Manager Jonathan Vanbeber partnered with Public Partnerships LLC to share information about how the ADvantage Program balances Member choice and program integrity in the Consumer-Directed Personal Assistance Services and Supports (CD-PASS) service option. Oklahoma’s unique strategies and program designs to increase the choice and control of the Member were paired with the responsibilities to maintain fiscal responsibility and to ensure the health and safety of each Member.

Our very own Aging Services Director Lance Robertson received the inaugural President’s Award from NASUAD. In response, Robertson stated, “It is very rewarding to contribute to the success of NASUAD and to do whatever I can to help my peers succeed in their respective states. I certainly love what I do.”

Lance Robertson
Expanding Services

CD-PASS Coming to All Counties

Consumer-Directed Personal Assistance Services and Supports (CD-PASS) first became an option for ADvantage Members in 2006, though only as a pilot project offered in Tulsa, Wagoner, Rogers, Osage and Creek counties. This service option allows ADvantage Members to take more control of their personal assistance services by employing and directing their own in-home worker. Since completion of that pilot project in 2011, plans have been underway to incorporate the lessons learned from piloting and expand this option to the rest of the state. Based on the success of the pilot project, the ADvantage Program Waiver committed to achieving statewide expansion by the close of the current waiver period (June 31, 2016).

As of May 1, 2015, CD-PASS had expanded to a total of 57 counties in Oklahoma, covering the northern and eastern halves of the state. DHS Aging Services, Medicaid Services Unit – Tulsa is now very excited to announce the final expansion of the CD-PASS service option to the remaining 20 counties on Nov. 1: Caddo, Carter, Comanche, Cotton, Garvin, Grady, Greer, Harmon, Jackson, Jefferson, Johnston, Kiowa, Lincoln, Love, Marshall, McClain, Murray, Pottawatomie, Stephens and Tillman counties.

As of Nov. 1, CD-PASS will be available for ADvantage Members in every county in Oklahoma. Current ADvantage Members in this final expansion area will receive an introductory brochure about CD-PASS, along with instructions on how to apply. To apply, any ADvantage Member may contact the ADvantage Care Line at 1-800-435-4711.
Healthy Aging
It’s Never too Late to Make Healthier Lifestyle Choices

Healthy aging is a hot topic for baby boomers everywhere. Whether concerned about weight gain, libido or chronic diseases, the key to healthy aging is a healthy lifestyle.

Eating a variety of healthy foods, practicing portion control and including physical activity in daily routine can go a long way toward promoting healthy aging. Better yet, it's never too late to make healthier lifestyle choices. Individuals should be cautious if an interest in healthy aging leads to the consideration of anti-aging therapies such as restrictive diets, supplements or expensive treatments, claiming to postpone or even reverse the aging process. There's no quick fix for healthy aging. Often, anti-aging therapies don't live up to the claims.

Most adults spend years looking forward to a healthy retirement. Whether still planning retirement or ready to make the change, there's much that one can do to ensure a healthy retirement. First, start by learning what to expect during the aging process, from changes in muscle mass, sex drive, vision and cardiovascular health. Most dreams for retirement likely depend on good health. Also consider ways to remain safe from injury by reducing risk of falls, staying safe behind the wheel, and finding ways to maintain memory.

An important aspect of retirement is to consider long-term options now rather than when it may be needed. For dependent seniors, ongoing care can often be provided at home, such as with ADvantage Waiver Services or Long Term Care Insurance. In fact, the right type of home care services for dependent seniors can promote independence and assure the highest possible quality of life. For example, home care services can provide dependent seniors with a range of assistance from medical care, physical therapy, nutrition counseling, housekeeping support, meal delivery and companionship services. Seniors should be encouraged to know what initial questions to ask. Knowing what to ask makes it easier to make informed decisions and choose the best care provider agency. For information on ADvantage eligibility, call 1-800-435-4711.

“Eating a variety of healthy foods, practicing portion control, and including physical activity in daily routine can go a long way toward promoting healthy aging.”
Team Spotlight: Karen Poteet

Karen Poteet is the programs administrator of the Aging Services Consumer Engagement and Information Unit. She is a warrior for Oklahoma’s Aging Services program and strives to make these services more accessible every day. In her current role, Karen is the programs administrator of the Aging Services Consumer Engagement and Information Unit (CEI), which is the designated lead of Oklahoma’s Aging and Disability Resource Consortium (ADRC). The ADRC works to streamline access to long-term support and services (LTSS) which assist Oklahomans over the age of 60 and those who are physically, intellectually or developmentally disabled of any age in making informed decisions about their service and support options. The ADRC coordinates existing systems of information, assistance and access to LTSS. The CEI Unit also serves as the DHS contract monitor for 2-1-1 Oklahoma services and provides administrative support to the 2-1-1 Coordinating Council.

While officially Karen is the programs administrator for the DHS Aging Services’ Consumer Engagement and Information Unit, she also has a personal mission: to do everything she can to help others by connecting them with available resources and using her skills and experience to make available resources more accessible to Oklahomans in need. She doesn’t draw the line in Oklahoma, either; she is also on the board of directors for the National Foster Parent Association. Her well-rounded upbringing, education, work and personal experiences have molded her into the ideal public servant, not only instilling in her the knowledge and skills necessary to help others, but also giving her the real-life, personal experiences on the receiving end of nonprofit and government-funded services that solidified her desire to give back to others. As many people can attest, when you are in a crisis, getting the services you need can be a struggle. Karen is not satisfied until she can improve access and delivery of these much needed services.

Part of Karen’s success is her ability to relate to others and see their point of need. She is a Texan by birth and Illinoisan by

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Team Spotlight
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Karen’s parents were elated when she was able to return to Texas where
she was awarded a prestigious graduate assistantship for a Master’s of Public Administration
from Baylor University. She started her social services career in Illinois, honing her skills,
improving access to care, and mentoring others in private sector child welfare services for over 20
years before arriving in Oklahoma in 2002, where she has greatly contributed to child welfare and
aging services programs as well.

Having dedicated so much of her career to protecting children and supporting families, it is no
surprise that her greatest personal experiences have come from being able to adopt children herself.
Becoming a 24-hour caregiver for infant children with disabilities has given her dramatic
insight into the struggles so many other parents deal with every day, and that many adults deal with
later in life in caring for seniors who require 24-hour care. She learned first-hand the challenges
of arranging the supports and services needed to meet the needs of her children while never being
“off duty” herself. Her children are now more independent, and she tries to approach all of her
professional decisions by first recognizing the struggles of the caregivers and persons needing
assistance. She does this quite successfully and has led the charge in Aging Services for
reducing barriers in its systems and improving access to needed services.

Expanding Services
Heartsworth Assisted Living Joins ADvantage Program

We would like to welcome Heartsworth Assisted Living facility in Vinita to the
ADvantage Program. Heartsworth completed the ADvantage Program contract process and
accepted their first ADvantage Member. If you have Members who would benefit from the
ADvantage Assisted Living service option, please contact Pam Wolfe, RN, at 918-256-7856
for rental unit availability, and then submit the Assisted Living Referral and Retier Request form
to ADvantage Provider Question fax, 405-230-8017.

The next Assisted Living Case Manager training is projected for spring 2016. We are scheduling
a meeting for all ADvantage Assisted Living Providers.

This meeting is projected for fall 2015, and all AL Providers will be notified by ADvantage bulletin when registration is open. Attendance will be vital as we will be going over the new CMS rules for Home and Community Based (HCB) settings requirements of the ADvantage waiver program and the Assisted Living monitoring tool.
Inside Aging Services:
okADRC, No Wrong Door, and the Consumer Engagement and Information (CEI) Unit
A Coordinated Systems Transformation to Help Oklahomans Facing Aging and Disability Issues

Communities across the country are facing the issue of knowing what the resources are and how to connect to them. Research shows people do not want to live in institutions, but in their own homes for as long as possible. The question then becomes how to connect people with disabilities of any age, and people who are aged 60 and older, with needed supports and or long-term services. As more and more baby boomers reach retirement age, funds for institutional care will not be as readily available. Currently, if a person needs access to long-term services and supports (LTSS), there is no entry point to coordinate care or provide links to other resources. Oklahoma’s entry points for LTSS are not coordinated across aging and disability populations. Numerous access points exist around the state, such as Department of Human Services (DHS) county offices, Developmental Disabilities Services (DDS) regional offices, the Aging Services ADvantage program, various toll-free phone numbers and state agencies’ websites. Consumers must determine for themselves which agency to contact for the appropriate services and must repeat their story multiple times across the various programs that are publicly funded.

The aging and disabled populations comprise 16.04 percent of the Medicaid population in the state but account for 46.4 percent of the state’s Medicaid budget. Because of the high cost of institutionalization, Medicaid pays for 66.8 percent of all nursing facility bed days in Oklahoma. While Oklahoma serves more individuals in home- and community-based

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services (HCBS) settings versus institutional settings, the state continues to spend more on Medicaid-funded institutional care than on HCBS. The last public intellectual/developmental disability (I/DD) institution closed its doors forever in Oklahoma on July 10, 2015, after 108 years of operation. While rebalancing has occurred in Oklahoma in the I/DD community, over 7,000 individuals remain on a waiting list for I/DD waiver services.

In response to these challenges and many others, the following initiatives are making it easier for Oklahomans to locate and receive needed services:

- In May 2015, a new statewide software system was made available for partner utilization. Through the okADRC (Oklahoma Aging and Disability Consortium) website (www.okadrc.com), Oklahomans were provided with immediate and helpful access to information about support services for older adults, individuals with disabilities, family caregivers and providers. This portal serves as a gateway to a searchable database to connect people of any income level with the services to help people remain in their homes for as long as possible.

- Medicare Improvements for Patients and Providers Act (MIPPA) is a federally funded program to help low-income Medicare beneficiaries access affordable health care and prescription programs. The goal is to conduct outreach and enrollment of low-income Medicare recipients, with a particular emphasis on rural residents, to pay the prescription drug costs through Low Income Subsidy (LIS/Extra Help) and/or Part A and Part B premiums, deductibles, coinsurance and copayments through the Medicare Savings Programs. Aging Services, Oklahoma Department of Human Services, State Health Insurance Programs, and Aging and Disability Resource Centers (ADRC’s) administer this funding. Aging Services CEI unit currently contracts with six Area Agencies on Aging (AAA’s) to implement this program. The program challenges are to identify those individuals that need these services and assist them in receiving this assistance.

- A federal grant issued by the Administration on Community Living in partnership with the Centers for Medicare and Medicaid and the Veterans Health Administration, is providing funds for “No Wrong Door,” a statewide systems change aimed at current and potential Aging Services clients and any Oklahomans with disability of any age. More than 600,000 people in Oklahoma are eligible for or are benefitting from state-run programs for the elderly and the disabled. Partner agencies in this effort are DHS Aging Services, DHS Developmental Disabilities Services, DHS Adult Protective Services, Oklahoma Health Care Authority, Department of Mental Health and Substance Abuse Services, Department of Rehabilitation Services, and the Office of the Governor. “No Wrong Door” is aimed at providing a single point of contact for anyone who needs information about LTSS services. Under “No Wrong Door,” these agencies are being coordinated so any current client or anyone asking about available services can make one phone call to any agency and get the information they need. Aging
Services, through the federal grant, has produced a five-minute video in which federal and state officials speak to the uniqueness of “No Wrong Door” and the benefits such a program will offer many Oklahomans: http://video.oucpm.org/2015/06/no-wrong-door-transforming-service-changing-lives/. Gov. Mary Fallin and the directors of state agencies who provide programs for the aging and disabled citizens were interviewed about the need for “No Wrong Door” and the positive impact it can have on Oklahoma residents.

• Within the last year, CEI staff initiated a pilot Person-Centered Counseling (PCC) training initiative for 48 select staff from AAAs, CILs, OHCA and DHS Aging, Developmental Disabilities and Adult and Family Services in conjunction with the University of Oklahoma Center for Public Management (OUCPM) and Boston University Center for Aging and Disability Education and Research (CADER). The blended learning pilot training included six online courses that consisted of imbedded exercises, videos and quizzes within each course; online forums for discussion of training concepts; okADRC and OUCPM led online/webinar sessions to help supplement the online content and allow for the transfer of learning; and face-to-face discussions utilizing the CADER supervisor guides. This pilot training has proven to be a flexible, convenient and cost-effective way for potential Person-Centered Counselors to obtain crucial knowledge, information and skills. The PCC function serves as the formal “point of entry” into the LTSS system for individuals and their families who need, or may at some point need, LTSS, and will take place in a variety of settings.

• Approximately 700 veterans are on waiting lists to become residents at one of seven veterans long-term care centers run and administered by the Oklahoma Department of Veterans Affairs. This poses an immense opportunity for the provision of Veteran-Directed Home and Community Based Services (VD-HCBS) in Oklahoma. Oklahoma has been receiving technical assistance from the National Resource Center on Participant Directed Services (NRCPDS) since March 2015. Staff from both of Oklahoma’s VA Medical Centers is very interested in the availability of these services for our veterans. CEI staff is currently working on a request for proposals to secure the required financial management services. We are also preparing policy and procedure manuals for future readiness review by the Veterans Health Administration.

• The Living Choice Money Follows the Person grant program administered by OHCA has partnered with the State Office of the Long-Term Care Ombudsman through the CEI unit to have ombudsmen, who work for AAAs, assist nursing home residents who express the desire to return home. Pursuant to MDS Section Q. Staff at the Centers for Independent Living (CIL) also provide transition coordination and educational outreach of Living Choice to community members in areas served by Oklahoma’s five CILs.
Paper Trail:

What Should Case Managers Do if a Service Line is Not Authorized?

When a case manager receives an ADv6g with service lines not authorized, conditionally authorized, or not authorized with conditions that must be met prior to authorization, there can be some confusion about what comes next and how soon it needs to happen. The following are guidelines from DHS policy:

- When a service line is conditionally authorized, the Member will be authorized for services for a short period. There are conditions that must be met before the line will be authorized for the remainder of the plan year. The conditions will be printed either on the ADv6g or on an attached Service Plan Review (SPR). Unless otherwise noted on the SPR, the case manager has five business days to submit the necessary documentation or make corrections to remove the conditions. That information is sent to the ADvantage Administration.

- The case manager must still respond when a service line is not authorized because it has been determined that the Member does not meet the criteria for the requested service or supply, or because ADvantage does not provide the service or supply.

- For withdrawn requests, the case manager must submit the revised cost sheet or addendum within five business days to ADvantage with the non-authorized service lined-through and the notation “request withdrawn.” The corrected page of goals with the non-authorized supply or service should be lined through. If an alternative service is being requested, this must also be added to the goals. Don’t forget, the corrections must be dated and initialed by both the case manager and the Member.

- Remember the magic number five: after receipt of notification of any non-authorized service the case manager has five business days to submit the appropriate response to ADvantage. If you have any questions about specific conditions or SPRs received, or are not certain how to respond to a non-authorized service, Provider Question is always available to help, aauproviderquestion@aau.okdhs.org.
Ola Holland never had a birth certificate. At least, if she did, she never saw it. But her birthday was written down in an old family Bible: Dec. 24, 1900. As for the events of Holland’s life from that point on, she could still remember many of them personally. And with each and every birthday party past her 100th, the good memories just continued to pile up. Ora Elizabeth Holland, longtime Tulsa-area resident and the oldest known living Oklahoman at the time of her death, died Feb. 11, 2015, in Yukon. She was 114. Holland ranked as the seventh oldest living person in the United States and 11th oldest living person worldwide, according to the Gerontology Research Group, the gerontology source for Guinness World Records. Holland held the “oldest living Oklahoman” distinction since December 2010, when Martha Berryhill of Okmulgee died at 110. Richard Ziglar, executive director of Northeast Active Timers, a group affiliated with the Oklahoma Centenarian Club, said it’s believed that the oldest Oklahoman now is a 108-year-old woman in Bartlesville.

Ziglar described Holland as a sparkling presence at Centenarian Club events. “She was a real delight,” he said. “Ora was businesslike but very appreciative of all the attention she got. She loved children and family, and was generous to a fault.” Remembered as fiercely independent, Holland bought herself a Buick Century on her 100th birthday. She drove herself to bridge and church on Sundays, where she was a faithful member.
Oldest Oklahoman

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of Southwood Baptist in Tulsa. It wasn’t until age 108, when her eyesight finally began to fail, that she decided to hang up her keys and parked the Buick in her garage. A native of Rosebud, Missouri, and the third of 12 children, the former Ora Reed grew up without indoor plumbing and learned to read in a one-room schoolhouse. She graduated from high school in Mountain Home, Arkansas, and later moved to Sand Springs with her family. She could easily recall some of the 20th century’s biggest events, including World War I. During World War II, she worked in a Texas shipyard. Single since 1941, Holland worked hard to support herself as a beautician. She later had her own babysitting agency, and bought and sold properties. Holland moved back to the Tulsa area from Texas in 1987 and remained here until going to an assisted living facility in Yukon a couple of years ago.

Wilma Conley, a Tulsan who adopted Holland through the Centenarian Club’s adopt-a-centenarian program, said she enjoyed spending time with her. “We’d take her out for dinner on holidays,” Conley said, adding that for Holland’s 110th birthday they rode together in a limo that had been reserved. When going out, she said, Holland almost always dressed in red, her favorite color. Asked frequently about her longevity, Holland was at a loss to explain it. She never drank or smoked, she said, so that probably helped. Ultimately, though, it wasn’t up to her, she told the Tulsa World. “I believe the Lord has a time for all of us,” Holland said. “I believe he has a time for me, and when the time comes, he’ll take me. And I’ll be ready.” Holland, 114, died in her sleep Feb. 11 at Heritage Assisted Living Center in northwest Oklahoma City. Holland was preceded in death by her daughter, Ruth Ann Davis, and all of her siblings. Survivors include two grandchildren and six great-grandchildren.

She was the oldest known living Oklahoman and one of the oldest people in the world. A January list compiled by the Gerontology Research Group ranked her as the 15th oldest person in the world. “She was 109 when she finally quit mowing her own yard,” Davis said. “She couldn’t manage the pull start anymore, so she found a push mower that started with a key. The salesman couldn’t believe it, but we loaded it up and she kept mowing. She liked to stay busy. She wouldn’t let anyone else do it but her.”

The Ora Holland obituary was written by Tim Stanley, and is reprinted with permission of the Tulsa World Media Company.

“She was 109 when she finally quit mowing her own yard.”
Recognizing the World’s Oldest Individuals

Sakari Momoi
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World’s Oldest Man Dies in Japan at The Age of 112
The Guinness World Records certified oldest man since June 8, 2014, Sakari Momoi, died at the age of 112 on July 5, 2015. The Japan Times reported that an official from the city of Saitama said Momoi died from kidney failure at the Tokyo nursing home where he had lived for some time.

Momoi was born Feb. 5, 1903, in Minamisoma, Fukushima prefecture, where, International Business Times reports, he became an agricultural chemistry teacher. He later moved to Saitama, north of Tokyo, and served as a high school principal until retirement. The father of five spent his spare time practicing his calligraphy and reading Chinese poetry. He credited his long life to healthy eating and a good night’s sleep.

World’s Oldest Man From Japan
Another Japanese man, 112-year-old Yasutaro Koide of Nagoya, about five weeks younger than Momoi, succeeds Momoi as the world’s oldest man, according to the Los Angeles-based Gerontology Research Group. He was born I Tsuruga, Fukui, where he worked as a men’s tailor until he retired and moved to Nagoya to live with his daughter at age 107. According to Guinness World Records, Koide still lives at home with his daughter, often attends an adult day center, can read the newspaper without glasses and has his own teeth. He is frequently visited by his seven children, nine grandchildren and one great-grandchild. Koide attributes his long life to not smoking nor drinking and added “the best thing is to not overdo.”

American Woman World’s Oldest Living Person
Guinness World Records has certified the world’s oldest person as American woman Susannah Mushatt Jones of Brooklyn, New York, who turned 116 on July 6, 2015. When Jones turned 106, she was honored by The New York City Housing Authority for her regular participation in community tenant patrols in her neighborhood. She told the Housing Authority the secret to becoming a centenarian: “I never drink or smoke. I surround myself with love and positive energy. That’s the key to long life and happiness.” She also added that a good night’s sleep was important and she now sleeps about 10 hours a night. In an interview on WABC-TV marking her 115th birthday, she added “not being married” as another reason for her longevity.

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Patients with Multiple Medications Find Relief with ‘PillPack’

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Sarah Hedgecock
Forbes Staff

A tiny New Hampshire startup is revolutionizing the way millions of patients take their daily medicines — and threatening the business model of titans like CVS and Walgreens in the process.

Allen Pittinger-Dunham, 51, has been taking HIV medicines since 2003. A few years in, his viral counts started to creep up, and his doctor put him on a much more complicated regimen that required him to take 10 pills a day. Cathy Benedetti, a 38-year-old nurse, faces a similar problem with her elderly parents, who live 1,000 miles away from her. Each of them takes at least 16 prescription drugs every day. “They were so overwhelmed,” said Benedetti. “They had literally a box of bottles, and they said every night, ‘I don’t want to deal with pillboxes.’”

Click the link to continue reading this article.
http://www.forbes.com/sites/sarahhedgecock/2015/04/15/this-pharmacy-startup-wants-to-change-the-way-you-take-your-medicine/

See another story about PillPack from the “NBC Nightly News with Lester Holt.”