

# Retiring Right

A Publication of the Oklahoma Public Employees Retirement System



Retiree Edition

## Fourth Quarter, Autumn 2007

### An Ounce of Prevention...

It is that time of year again – the flu season. Influenza is a contagious respiratory illness that can affect us all, particularly the elderly and young children. The best prevention against the flu is a flu vaccination.

According to the Center for Disease Control, every year in the United States on average 5% to 20% of the population gets the flu, more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from the flu ([www.cdc.gov/flu](http://www.cdc.gov/flu)).

Flu symptoms include:

- Fever (usually high)
- Headache
- Extreme fatigue
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur though are more common in children than adults.

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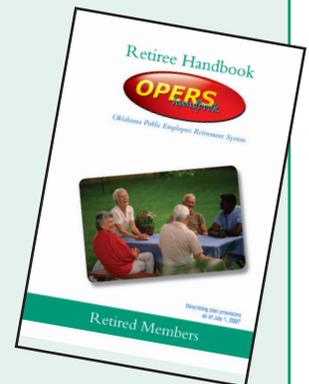
### NEW Retired Member Handbook is Available Online

OPERS is proud to announce the new 2007 Retired Member Handbook. This will be the first handbook designed specifically for retired members, and Oklahoma is one of the few states that provide such a handbook.

The handbook includes basic information about OPERS, providing answers to common questions that occur during retirement.

Some of the topics include:

- 1099-R and tax withholding FAQ
- Beneficiary Designations
- Returning to Work
- Direct Deposit



The Retired Member Handbook is available on our website at [www.opers.ok.gov/publications](http://www.opers.ok.gov/publications).

The printed versions will be distributed to retired members who have been retired longer than six months. Every few months, we will send the new handbook to recently retired members. Distribution will begin in late November.

# Living History – Honoring Oklahoma’s Centenarians

Oklahomans agree - the greatest treasure of Oklahoma is its people. Native Oklahomans, as well as those who have wisely chosen to make Oklahoma their home, recognize and appreciate the strength and integrity of our people and how they continue to make this state so extraordinary.

In November, we will officially celebrate Oklahoma’s Centennial. We at OPERS would like to take this unique opportunity to pay tribute to a few of our retirees who not only witnessed, but helped shape, the first 100 years of our great state. They laughed with Will Rogers, were amazed by Mickey Mantle, and were inspired by Wiley Post. We honor our centenarians’ many contributions to Oklahoma’s first century of statehood and hope to carry their wisdom, good humor and hard work forward into a new century.

## *Happy Birthday, Oklahoma!*

**MARJORIE HAYWARD** was born in Alva on October 22, 1907 – just a few short weeks before Oklahoma officially became the 46th state. She lived in the house she was born in until just last year.

Marjorie now resides in an independent living facility in Bartlesville.

Marjorie worked for the Department of Human Services and retired in 1972. She tells people her life began at 65 when she retired. That’s when she began traveling, both in the US and abroad. She pursued her passion for painting and the arts, and continued her active membership in, and support of, many organizations in her beloved community of Alva. Marjorie loves to play bridge and was an avid supporter of all the sports her grandsons played. She is an inspiration to all who know and love her for her zest for life and positive outlook.



### **OWEN ESTEL (JACK)**

**KNIGHT** was born in a half-dugout near Port on April 23, 1905. He was the second of eight children born to pioneer parents. The family moved to Berlin, OK, where Jack worked with his family on the Pittsburgh Ranch.



Jack married in 1930. He and his wife, Goldia, farmed and raised cattle. Jack worked as a heavy equipment operator on the Sandstone Flood Control Project in the 1950s, and later went to work for Beckham County as an operator and later as foreman. He worked for the county for 16 years before his retirement in 1972.

Jack and Goldia enjoyed gardening and canning for many years. Even after turning 100, Jack still loves to dance. He celebrated his 102nd birthday in April of this year.

**VERA MAE TOLBERT** was born in Elmore City on June 6, 1904. She lived there with her parents until she married William Ray Tolbert in 1924. She is the mother of three daughters and one son who died at birth. Vera raised one of her grandsons, James, who has Down Syndrome and campaigned to bring special education to Holdenville schools so that he could attend. Because of his grandmother, James is able to work, have his own apartment, and live a full life.

Vera worked for the Department of Human Services as a case worker until her retirement in 1970. She lived in her own home until her 100th birthday when she decided that she needed to be closer to her family.



*Life would be infinitely happier if we could only be born at the age of eighty and gradually approach eighteen.*

*~Mark Twain*

**ALBERT SIDNEY CLAYTON**

was born January 5, 1906, in Washington of the former Oklahoma Territory. He retired in 1971 after 21 years of service with Logan County and the Oklahoma Department of Transportation. Since retirement, Mr. Clayton has enjoyed camping trips with his wife, children and grandchildren at several of Oklahoma's state parks. He lost his wife, Bertha, in 1989 after 62 years of marriage.



In January 2006, Albert celebrated his 100th birthday with his five living children, 27 grandchildren, 32 great-grandchildren, and 23 great-great grandchildren.

**OLIVE HAGLER JENKINS** was born March 8, 1907, in Lawrence County, MO. She moved to Booker, TX in 1927, where she met and married Everett Jenkins. They moved to Beaver County, OK where they farmed and raised five children.

After being widowed in 1960, she went to work in 1961 at the County Treasurer's office. She retired in 1974, and since retirement has enjoyed working in her church and staying busy with her hobbies of quilting, knitting, needlework, canning and baking. Olive still lives in her own home in Beaver.



*The Centenarians: Ageless Portraits of Oklahoma's Elders* is a photography exhibit that will be on display October 29th through January 6th at the Oklahoma State Capital East Gallery. The collection includes photographs from centenarians born in 1907 and earlier. The artist, M.J. Alexander, traveled all over the state to interview and photograph these Oklahoma treasures. For more information, visit [www.mjalexander.com](http://www.mjalexander.com).



*And in the end, it's not the years in your life that count. It's the life in your years.*

*~Abraham Lincoln*

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*(Flu continued from page 1)*

If you get the flu, here are some actions you can take at home:

- Rest
- Drink plenty of liquids
- Avoid using alcohol and tobacco
- Take medication to relieve the symptoms of flu.

The flu season runs from November to as late as May of each year. Doctors recommend a flu vaccination in October or November, but even a vaccination in December is helpful because increased flu activity usually occurs January through March.

Talk to your healthcare provider about getting a shot. Medicare covers the cost of flu shots for seniors. For more information call toll-free, 1-800-638-6833 or visit <http://www.medicare.gov>.

# OUR COMMITMENT TO YOU

OPERS is committed to serving our members. We have high expectations for our staff and want to provide the best level of service to our members. As a part of our strategic goals, we have developed the following mission and vision statements:

## MISSION STATEMENT

The mission of the Oklahoma Public Employees Retirement System is to provide and promote accountable and financially sound retirement programs for you, as a member of OPERS.

## VISION STATEMENT

Our vision is to exceed your expectations and to be recognized for excellence in providing retirement services to public employees.

# Contact OPERS

**Mailing Address:**

Oklahoma Public Employees Retirement System  
Post Office Box 53007  
Oklahoma City, Oklahoma 73152-3007

**Local Phone:**

(405) 858-6737

**Outside Local Calling Area:**

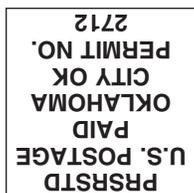
(800) 733-9008

**Website:**

[www.opers.ok.gov](http://www.opers.ok.gov)

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*This summary is for informational purposes only. Individual requirements and benefits may differ, depending on circumstances. Consult the plan provisions or OPERS for detailed information.*



P.O. Box 53007  
Oklahoma City, OK 73152-3007

