

Carol Price: Re-inventing herself at 62

By B.D. Tharp

Carol Price is remarkable by any standard. She's an inspiration that it's never too late to achieve whatever goal we aspire to. Carol is 62 years old, and in the past year earned a baccalaureate degree, launched a new career AND was the winner of KSN's "Biggest Loser" weight-loss contest. Whew!

Let's just take one accomplishment at a time and talk about the weight-loss contest. As those of us 55 and better know, 10 to 20 pounds overweight can be a problem. But 100 pounds overweight is the situation Carol Price, 62, found herself facing earlier this year. She admits she used her age to justify her weight.

Her life changed when one of her friends heard about KSN's "Biggest Loser Contest," and knowing how competitive Carol is, encouraged her to give it a try. Carol decided to take the weight challenge head on. "I wrote in the next-to-the-last day and was one of the 10 chosen," she recalls.

"At the time I didn't know what I'd gotten into. It was a cool program."

Carol embarked on a 13-week adventure with other, mostly 40-something teammates and competitors on second team. She had to get up at 4:30 a.m. so she could be at the gym by 5. "I'm a morning person so that worked for me, but I hated exercising. I'd go home crying sometimes," she says. "I just kept putting one foot in front of the other."

Carol participated in everything the program offered, including classes on cooking and reading labels, and how to shop for the best foods. She drank special protein shakes, took vitamins and studied a book about the glycemic index. "I did what I was supposed to do and the weight came off," she said. "If you're motivated you can do anything you want."

Carol lost 50 pounds in 13 weeks and won KSN's 2010 Biggest Loser contest, which included a gym membership, cash and many other prizes.

To celebrate her accomplishments, Carol and her mother went to Germany and Austria for a month. "I went to a local store Monday through Friday and weighed myself. People would look at me funny and follow me around like I was going to steal or something. All I wanted to do was weigh," she recalls.

The food in Europe proved a big temptation. She didn't like all of the local foods, but found desserts and sausages hard to resist.

"I gained 15 pounds," she admits. "But I've already taken eight of them off. I'm back at the gym and drinking my shakes." She plans to work with her trainer until she reaches her goal. "I will have to do this the rest of my life, but I'm okay with that. I feel so much better! I couldn't have walked and done the steps in Europe if I hadn't lost all this weight."

Carol isn't new to accomplishments. She and her husband, Wayne, moved to Wichita from New York 27 years ago to be closer to Wayne's family. She's been an LPN since 1985, but confides that she's been a nurse, "...since I was two."

Carol worked on the medical surgical floor at St. Joseph Hospital for 13 years and then moved into management. It wasn't

a good fit for Carol, so she went to work in dialysis. "That was a wonderful job," she says, speaking from the heart about her decade of work with dialysis patients. "Those patients really need more than just a nurse. They need someone who cares."

She's learned that humor is one of the best things to bring into the medical realm. "Many of the patients are so overwhelmed about what is happening to them that you have to find laughter in the simple things," she says.

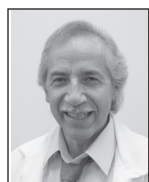
Along the way, one of Carol's ambitions had been on the back burner – she always wanted to teach. Two years ago, she received a card in the mail from Tabor College about a degree program, and was about to throw it away. But her husband encouraged her to think about it. He knew that if she earned her degree she could pursue her dream of teaching.

She graduated with a Bachelor's Degree in Nursing in 2009 and began her new career at age 61. "I have a strong faith that God guides my path," she says. "I am blessed in so many ways. My husband helps me a lot, with cooking, shopping and

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Carol Price: She's a winner

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cleaning. He also is primary caregiver to his 95-year-old mother. Wayne is my hero!

"I love teaching," she says. "Some of my students are taking a chance. They need to be told everything's okay and they are okay. They need someone to believe in them, and I hope that I show that I do believe in them. I am where I'm supposed to be."

What will Carol tackle next? "If you're motivated, you can do anything you want," she concludes. "I've come to realize that age isn't an issue at all. Life doesn't stop at 62."



Carol Price, right, has accomplished a lot since her 60th birthday—a new career and a major weight loss—proving to herself that age really doesn't matter when you have a dream.

Ulrich hosts Senior Wednesday program on Kansas artists

The work of four Kansas visual artists will be the topic for "Looking at Kansas: Visual Artists from the Sunflower State," a Senior Wednesday program at the Ulrich Museum of Art at Wichita State University, 1845 Fairmount St., Wichita.

The presentation compliments the current exhibits at the Ulrich, "Where Am I? Artists Explore Spaces and Places."

In the works featured, artists focus on the ways we see and experience the world around us and how that perception of our three-dimensional world can be expressed in a two-dimensional work of art.

Senior Wednesday speaker Ron Michael will examine the work of four star artists from the Sunflower State and discuss ways the signature spaces and places of Kansas formed their artistic practice. The artists include John Steuart Curry (1897-1946), born in Dunavant; Birger Sandzen (1871-

1954), lived in Lindsborg; Henry Varnum Poor (1887-1970), born in Chapman, and Bruce Conner (1933-2008), born in McPherson.

Michael is the curator of the Birger Sandzen Gallery in Lindsborg. A practicing artist, he holds an M.F.A. in design from the University of Kansas and an M.L.S. in Library Management from Emporia State University.

The Senior Wednesday program is free and open to the public. Senior Wednesday is a collaborative effort of 10 institutions offering informational and entertaining sessions designed for active seniors. Two programs are offered each Wednesday, one at 10:30 am and one at 1:30 p.m.

For more information and a calendar see the website at www.seniorwednesday.org. A monthly calendar is also published in *Active Aging*.

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by Robert M. Collins, attorney

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These are the things that people often forget about when their spouse dies. Kansas statutes provides for personal property of a decedent under \$40,000 to be passed to beneficiaries under a will; or if there is no will, to the decedent's heirs by an affidavit referred to as a small estates affidavit.

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Bob Collins and his legal assistant Barbara Whitsitt present "Senior Legal Advisor" each month at the Downtown Senior Center, 200 S. Walnut. This month's presentation, "Should I Have A Will?," is on Wednesday, August 11, 2010 at 1:30 p.m. #238-8/10