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RN Welcomes Everyday Miracles In Labor and Delivery



photo by Vickie Jenkins

Jonna Criscuoli, RN likes the fast-paced life of working as Supervisor of the Birth Center at Deaconess Hospital.

by Vickie Jenkins

Jonna Criscuoli, RN loves her job, and why wouldn't she? She is the Supervisor of the Birth Center at Deaconess Hospital. Criscuoli went to school at Western Oklahoma State College in Altus, OK. After going to LPN school, she immediately went to school to be an RN, cross-training

in Labor and Delivery.

Asking Criscuoli her opinion on what qualities makes a good nurse, she gave me quite a few words, one after the other. "Patience, empathy, caring, compassion, confidence, multi-tasking and someone that can think quickly in a critical situation." "What is the one quality that every nurse should

have?" I asked. "I think a nurse should be a friend to everyone," she answered.

"Did anyone influence you in becoming a nurse?" I asked. "Well, actually, I have a very unusual story about that," she said, with a laugh. "When I was pregnant with my first child, I came here to Deaconess for my delivery.

All of the nurses were so nice and sweet to me, I was thinking, what a nice place to work. I wish I was a nurse. It was because of my care here at the time, I actually changed my major from teaching to nursing. Thirteen

Retired RN Still Going Strong in the Medical Field



Long time RN, Mabel Toolate stays active working in the Administration Building at the Indian Clinic in Oklahoma City.

story and photo by Vickie Jenkins

It was a pleasure meeting Mabel Toolate at the Indian Clinic. Working in the medical field for fifty plus years, Toolate attended nursing school at Wesley Hospital. At that time, the students were allowed to go to school three days a week, and work three days a week. It was 1959 when she began her training at St. Anthony's and Children's hospital. She studied hard in school and her job consisted of being a nurse's aide, caring for the many patients. Toolate graduated in 1962, one of 30 women. "That test was so hard," Toolate says, followed by a laugh. "I would hate to have to take it again now," she adds. Over the years, Toolate has worked at Wesley hospital, Presbyterian hospital, along with doing some private duty nursing. "Nursing is the only job I have ever known. Right now, I am a retired nurse but I still keep my RN license up to date. Now, I work here at the Indian clinic in

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CRISUOLI

Continued from Page 1

years later, I graduated as an RN, applying here in 2005. There just happened to be one opening in Labor and Delivery, which is kind of a rare thing, especially for a new nurse. I got the job! I have been here ever since and I love my job. My 3 children were born here. So, it was the care that was given to me by the nurses here at Deaconess that influenced me to become a nurse. It's so awesome."

The favorite thing about being the supervisor in Labor and Deliver for Criscuoli is working in a fast-paced environment. She meets all sorts of people from different backgrounds, enjoys taking care of the patients and enjoys being in charge. "I am definitely a people person," she says with a smile. "My absolute favorite thing is when I work in the Labor and Delivery room and I get to be a part of one of the most important events in their lives. I help bring a baby into the world. Even years later, I'll see a picture of that baby on Facebook and it brings back all those memories. It's just so awesome!"

"What advice would you give

"You have to love what you do and the people around you should see that reflection in you."

Jonna Criscuoli, RN

to someone going into the medical field?" Criscuoli answers, "Go into the medical field with your whole career ahead of you. You have to love what you do and the people around you should see that reflection in you. Don't do it for the money, do it because you have a desire to do it. Always remember, what you do now is going to reflect on others."

"If you could change anything in the medical field, what would it be?" I ask. "I would go back and not focus on the business aspect so much. I would take care of the patients in more of a bedside manner, when things were simple. I wouldn't have so many laws or insurance issues or legalities."

Criscuoli likes to stay active and on the go. She spends her time doing Boot Camp workouts. "There is something about getting that adrenaline rush," she comments. "You'd think I was a workout model but I really just do it for health and fun," she laughs. "I like to travel

when I can but haven't been to very many places in the states. I was fortunate to marry an Italian so I get to travel to Italy ever so often. I think my dream is when I retire, get an RV and travel from one end of the country to the other, stopping at all the state parks and just enjoying the time, making me a happy camper," she adds.

"If you were to describe yourself in 3 words, what would those 3 words be?" I ask. "Oh, I've never been asked that before," Criscuoli says. "Well, people tell me I'm funny and witty. I am a very humble person and I am very personable. I can be friends with anyone and all kinds of personalities," she replies. "Hey, that's more than 3 words, isn't it?" she says with a smile.

Here, at Deaconess hospital, you will find plenty of TLC as your bundle of joy is welcomed into the world. A big THANK YOU to all of the nurses at the Birth Center, Labor and Delivery

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CAREERS IN NURSING ENERGETIC, PATIENT AND CARING: QUALITIES OF AN IDABEL LPN

by Vickie Jenkins - Writer/Photographer

I had the pleasure of traveling to Idabel, OK. This is where I met the friendly staff at Kiamichi Family Medical Center. I met with Melissa Head, LPN, a hard working individual caring for her patients. Attending school at Kiamichi Technology Center in Idabel, OK, her first job as a nurse was at Choctaw Memorial in Hugo, OK. She has enjoyed working at Kiamichi Family Medical Clinic here in Idabel, OK where she has been working for the last 6 years, going on 9 years as a nurse.

Asking Melissa why she became a nurse, she replied, "I worked as a home health provider for a while. At that time, my grandmother had Alzheimer's and I helped take care of her. I enjoyed caring for her and wanted to further my career, so decided to work in a clinic. It was a great decision because I enjoy being a nurse. Also, my mother was a candy striper in the hospital and

took care of sterilizing the surgical instruments. For some reason, I always thought it would be nice to work in a hospital or a doctor's office."

"Did you have a mentor when you were in school?" I ask. "Yes, as a matter of fact, I did. Her name was Missy Pierce. She was one of the best instructors at the school. She is not instructing anymore but she is a nurse at McCurtain Memorial now. She was wonderful and I always admired her."

"What qualities make a good nurse?" I ask Melissa. Quick to reply, she says, "I think the main thing is you have to treat everyone the same. There is an unconditional love that a nurse needs to have. Everyone is equal." "How would you describe yourself in three words?" I ask. "Energetic, patient and caring," she replies.

One of Melissa's favorite things

about her job is when she helps someone improve their health. "If the patient hasn't been eating right and we give them a healthy diet to follow, they come back in 6 months, feeling good about themselves. If someone comes in and they find out they have Diabetes and they don't know where to start on a new program, we help them and a few months later, they are doing great. I know that I had a small part of that. Also, it's getting to know our patients and they realize they can count on us to be here to take care of them, whether it be a follow up appointment or something that is unexpected."

"What do you consider your greatest strength?" I ask Melissa. With a bit of a pause, she replies, "I think it would be my loyalty. My loyalty to my job or whatever I do. Here at the clinic, I know my co-workers can always depend on me

and my honesty," she says. "I am always going to do what is right," she adds.

A typical day consists of each provider seeing an average of 20 patients. With the other providers, our clinic usually see about 60 patients for the day. "It keeps us busy," Melissa says. "We have plenty of new patients and see our established patients for follow ups. We do a lot of childhood immunizations and we do lab work here in the office which is picked up and sent to DLO every day. I usually get here about 7:30 a.m. to start the day. We are also open late one night out of the week, so we can see patients that can't make it in the morning or will be seeing them for a late appointment. How many clinics can say that?" she asks with a laugh.

If someone was going into the

Continued on next page

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TOOLATE

Continued from Page 1

the administration building in Human Resources as a clerk/receptionist and I help with payroll. I just work part-time but I love it. I have to stay busy and everyone around here is like family."

Asking Toolate if anyone influenced her to become a nurse, she replies,

"A nurse needs to love her job. She needs to like people. No, she needs to love people." Mabel Toolate, RN

"Oh, it's kind of a funny story. I was having lunch with a friend of mine and one of the nurses, Velma Harrison joined us. Velma started telling us how she was going to be starting an RN course. Suddenly, she asked me if I would be interested in attending. At that time, I didn't know what I wanted to do. Not thinking much about it, I said, yes, I think that would be interesting. I'll be there. Not sure what I had gotten myself into, I ended up attending the RN course, realized how much I liked it and that is what started my nursing career. Later on, it turned out that Velma became my good friend and mentor. She got me into nursing and I never stopped."

"What is the most important quality a nurse can have?" I ask Toolate. "A nurse needs to love her job. She needs to like people. No, she needs to love people." Asking Toolate what her greatest strength is, she replies, "I like to help people and make them feel like they are loved and it makes me feel like I am doing all I can do." "What is the hardest thing about being a nurse?" Toolate pauses for a moment and says, "Well,

it has to be my emotions. I am very emotional at sometimes, I would get attached to the patients. When I worked in Pediatrics back then, a lot of children had kidney disease and sometimes, it was so bad, the children would die. I knew that I had done all I could but it was so sad. Also, the same thing with working with geriatrics. It wasn't uncommon for us to work with the older patients

and then, the next thing I knew, they had passed away. I guess that is something that I never did get used to."

"Do you have any hobbies?" I ask Toolate. "Well, I used to love to bowl but I don't do that anymore. I was on a bowling league and everything," she says with a smile. "Now, I mainly watch TV." Thinking she definitely looked like a Lifetime movie sort of woman, she replies, "I really like to watch all sorts of sports. I raised three sons and each one was into baseball, basketball, football, golf, just about any and every sport so I still continue to watch sports. I really like watching the Thunder. I've GOT to have my Thunder. My very favorite TV. show is The Good Wife," she adds with a smile.

Summing it up, I am thankful to have met Mabel Toolate. She is a kind, considerate retired nurse that loves people and is still willing to help others in any way. Nurses are loving, caring people, and yes, some have a positive influence on others' lives. Kudos to all of the nurses everywhere that give their time to serving others. Have your thanked a nurse lately?



Melissa Head, LPN is one of the nurses caring for patients at Kiamichi Family Medical Center in Idabel, OK.

Continued from Page 4

medical field, Melissa would give this advice, "Definitely make sure it is a job for you and it is a job you like. If you don't like your job, it's not worth it. I think a nurse needs to have a caring personality plus respect for the patient. A patient may forget the nurse's name but will always remember the way they were

treated."

"What do you like to do for fun? What are your hobbies?" I ask Melissa. "I like to read and I love to fish. There are plenty of places to fish here. Beavers Bend is about 30 minutes away and plenty of places in between." Melissa likes to listen to country music but sometimes listens to pop. Her favorite TV. show is The Big Bang Theory.

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 Norman, OK 73071
 405-307-2800
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204 REGISTERED NURSE

204 REGISTERED NURSE

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140 GENERAL NURSING

161 LICENSED PRACTICAL NURSING

We are looking for Licensed Practical Nurse charge SIGN ON BONUS. New starting wages, insurance, PTO and sick pay. If you are the person we are looking for, fill out an application at 1700 East 141st Street, Glenpool, OK Mon-Fri 8-5pm is the best time. 918-291-4230

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Licensed Practical Nurses
 CLEVELAND MANOR IS currently hiring LPNs, Come in and apply at: 900 N. Division St., Cleveland, OK 7402 or call 918-358-3135 for details

We are looking for a qualified Licensed Practical Nurse to join their growing team in the Tulsa, Oklahoma area.

ONHL MEDICAL HOME Health, LLC is looking for a qualified LPN to join their growing team in the Tulsa area. ONHL offers competitive benefits and pay. Please send resume to: fax 918-352-9626. East 7th Street, Wewoka, OK 74884

We Are Seeking A Psychiatric Registered Nurse For Busy Facility.

Nursing experience in psychiatric facilities preferred. Please submit resume and salary requirements to 3334 W. Main, PMB 414; Norman, OK 73072.

We are taking applications for Licensed Practical Nurses & Certified Nurse Assistants.

Heavener Manor is taking applications for LPNs and CNAs. Come by and talk to Wyvonne Wright, DON. 204 W. 1st Street, Heavener, OK. No phone calls please.

We Are Currently Accepting Applications For These Positions: Director Of Nursing, 7am-3pm Certified Nurse Assistant, 7 A-3p Certified Medical Assistant, 7 A-3p Licensed Practical Nurse, 3pm-11pm Overnight Nurse, Licensed Practical Nurse, Sunday-thursday Pm Staff Part Time Certified Nurse Assistant, Saturday and Sunday

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We are taking applications for Registered Nurses, Licensed Practical Nurses, Certified Medical Assistants and Certified Nurse Assistants.

Artesian Home of Sulphur is taking applications for RNs, LPNs, CMAs and CNAs. Please apply in person at 1415 W 15th between 8:00AM to 4:00PM Monday thru Friday, Ada, Ok 74820

We are accepting applications for Dietary personnel.

DIETARY AIDE NEEDED Brookridge Retirement Community is accepting applications for Dietary personnel. Must have some experience in food service. Please apply in person at BrookRidge Retirement Community located at 7802 NW Quannah Parker Trailway, Lawton, OK 73505. No phone calls please.

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Lakeside Women's Hospital Offers Virtually Scarless Hysterectomy

Great news for patients facing benign hysterectomy: Lakeside Women's Hospital is excited to offer da Vinci Single-Site hysterectomy for qualified patients.

During the minimally invasive Single-Site procedure, the surgeon is 100 percent in control of a robotic-assisted system, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside the body. The da Vinci system features a magnified 3D high-definition vision system, which enables the surgeon to operate with enhanced vision and precision. Unlike traditional robotic surgeries requiring three to five small incisions, the specially designed Single-Site instruments allow the surgeon to perform a hysterectomy through a single incision in the belly button, leaving the scar almost unnoticeable.

Fifty-six-year-old Kathy Holland of Oklahoma City was the first

patient to undergo the procedure at Lakeside. "The thought of one incision sounded wonderful to me," admits Holland who with both ovarian and uterine cancer in her family elected to have the surgery as a preventive measure. She says she was amazed at how quickly she recovered. "Normally a hysterectomy takes a good four to six weeks to heal, but I was able to pick up my 23-pound grandson just two weeks after the surgery. It was amazing."

Potential benefits of a Single-Site hysterectomy include virtually scarless results, minimal pain, low blood loss, low rate of complications, fast recovery, a short hospital stay and high patient satisfaction. The surgery can be performed in about one hour with a typical hospital stay of less than 24 hours. Drs. Andrea Palmer and Margaret Hall have been specially trained to perform the procedure.

First Census of Clinical Nurse Specialists Provides Insights

New Census Findings Highlight Issues Preventing Clinical Nurse Specialists from Ensuring Highest Quality Patient Care

Clinical nurse specialists (CNSs) tend to be concentrated in adult care or gerontology, work in hospitals that have or are seeking magnet status, and are responsible for two or more units in a hospital. These are among the key findings of the first-ever nationwide survey of CNSs, conducted by the National Association of Clinical Nurse Specialists (NACNS). As leaders in health care settings, CNSs provide direct patient care and lead initiatives to improve care and clinical outcomes, and reduce costs.

The survey included questions about CNSs' employment, education, practice, and demographics. It reveals that the vast majority of CNSs (85 percent) work full-time and two-thirds (66 percent) work in hospital settings. Of those, more than two in five (44 percent) have responsibility across the entire hospital system.

The survey results also reveal issues that need to be addressed to allow CNSs to fully fill their role as advanced practice nurses who provide care to patients and ensure high quality, evidence-based, patient centered-care. Among those issues is prescriptive authority. According to the survey findings, only about a quarter of CNSs are authorized to prescribe medications. That authority is a matter of state law.

"We need to do more to break down barriers to CNSs' prescriptive authority and allow CNSs to practice to the full extent of their scope of practice," said NACNS President Peggy Barksdale, MSN, RN, OCN-S-C, CNS-BC. "CNSs can provide optimal patient care when they are able to choose to prescribe necessary medications, medical

devices and lab studies."

Another issue highlighted by the survey results is reimbursement. CNSs in independent ambulatory care practice, or who have hospital medical board privileges are able to bill insurance companies directly for their services, rather than through a third party, reducing insurance costs. According to the survey findings, only about one in eight (13 percent) of CNSs bill directly for the services they provide.

The survey also reveals that three in five (60 percent) of CNSs report that an MSN is the highest degree they hold. Roughly 13 percent hold doctorates (either PhDs or Doctor of Nursing Practice (DNP) degrees).

As a group, CNSs spend most of their time providing direct patient care (25 percent), consulting with nurses, staff and others (20 percent), teaching nurses and staff (19 percent) and leading evidence-based practice projects (14 percent).

The online survey was completed by 3,370 nurses who had completed or were enrolled in a CNS education program. It was conducted from June 1 to December 31, 2014. The survey is intended to provide a baseline understanding of the role of the CNS and how they are meeting the health care needs of the nation. NACNS will conduct the survey every two years.

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Mercy Ranks 122 on Forbes List of Top American Employers

Mercy ranks 122 on Forbes' inaugural "America's Best Employers" list. The list of 500 employers spans 25 industries in the U.S. Forbes partnered with Statista.com in asking more than 20,000 American workers one question: on a scale of 1 to 10, how likely would you be to recommend your employer to someone else?

Mercy, one of only 25 in the health care category, is in good company; Mayo Clinic ranks 74th overall, followed closely by Kaiser Permanente at 81. Google leads the list, with Facebook coming in at 15 and Apple at 55.

"It's truly an amazing time to be with Mercy," said Lynn Britton, president and CEO of Mercy, the fifth largest Catholic health care system in the U.S. "Earlier this spring, we fulfilled a promise to thousands of co-workers in Joplin with a newly rebuilt hospital. Later this year, Mercy will open the world's first virtual care center, powered by hundreds of the nation's best telehealth professionals."



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... and that is WHY the chicken crossed the road.

I may be the black sheep of the family, but some of the white sheep aren't as white as they try to appear.



Oklahoma's Nursing Times Hospice Directory

- another free service provided by Oklahoma's Nursing Times -

- Alpha Hospice:**
7512 N Broadway Ext., suite 312
Okc, 405-463-5695 Keith Ruminer/
volunteer coordinator/chaplain
- Allevie Hospice:** 405-605-7787
- Autumn Bridge Hospice:**
405-440-2440
- Autumn Light Hospice:**
580-252-1266
- Carter Healthcare & Hospice:**
OKC - Adam Colvin, Vol. Coordinator,
405-947-7705, ext. 134; Tulsa - Mike
Gregory, Vol. Coordinator,
918-425-4000, ext. 114
- Centennial Hospice:**
Becky Johnson, Bereavement
Coordinator 405-562-1211
- Chisholm Trail Hospice:**
Tiffany Thorne, Vol. Coordinator,
580-251-8764
- Choice Home Health & Hospice:**
405-879-3470
- City Hospice:**
Beth Huntley, Vol. Coordinator,
405-942-8999
- Comforting Hands Hospice:**
Bartlesville: 918-331-0003
- Companion Hospice:**
Steve Hickey, Vol. Coordinator, Guthrie:
405-282-3980; Edmond: 405-341-9751
- Compassionate Care Hospice:**
Amy Legare, Bereavement/Vol.
Coordinator, 405-948-4357

- Cornerstone Hospice:**
Vicky Herrington, Vol. Coordinator,
918-641-5192
- Hometown Hospice:**
Robin Boatman, Com. Relations, Broken
Arrow: 918-251-6441; Muskogee:
918-681-4440.
- Crossroads Hospice:**
Elizabeth Horn, Vol. Coordinator,
405-632-9631
- Cross Timbers Hospice:**
Ardmore-800-498-0655
Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray
- Excell Hospice:**
Toni K. Cameron, Vol. Coordinator
405-631-0521
- Faith Hospice of OKC:**
Charlene Kilgore, Vol. Coordinator,
405-840-8915
- Freedom Hospice:**
Tulsa: 918-493-4930; Claremore:
918-343-0493; Tollfree: 866-476-7425
- Frontier Hospice:** Kelly Morris, Vol.
Coordinator, 405-789-2913
- Full Life Hospice:**
Vicki Barnhart, Vol. Coordinator,
405-418-2659
- Good Shepherd Hospice:**
4350 Will Rogers Parkway Suite 400
OKC OK 73108 405-943-0903
- Grace Hospice Foundation:**
Sharon Doty, Dir of Spec. Projects -
Tulsa 918-744-7223

- Harbor Light Hospice:**
Randy Pratt, Vol. Coordinator,
1009 N Meredian, Oklahoma City, OK
73107 405-949-1200
- Horizon Hospice:**
LaDonna Rhodes, Vol. Coordinator,
918-473-0505
- Heartland Hospice:**
Shawnee: Vol. Coor. Karen Cleveland,
405-214-6442; Norman: Vol. Coor. Lisa
Veauchamp, 405-579-8565
- Heavenly Hospice:**
Julie Myers, Coordinator 405-701-2536
- Hope Hospice:**
Bartlesville: 918-333-7700, Claremore;
918-343-0777 Owasso: 918-272-3060
- Hospice by Loving Care:**
Connie McDivitt, Vol. Coordinator,
405-872-1515
- Hospice of Green Country:**
Tulsa: 918-747-2273, Claremore:
918-342-1222, Sapulpa: 918-224-7403
- Hospice of Oklahoma County
& the INTEGRIS Hospice House**
Ruth Ann Frick, Vol. Coordinator,
405-848-8884
- Hospice of Owasso, Inc.:**
Todd A. Robertson, Dir. of Marketing,
877-274-0333
- Hospice of the Cherokee:**
918-458-5080
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Kay Cole, Vol. Coordinator
405-418-2530
- InFinity Care of Tulsa:**
Spencer Brazeal, Vol. Director,
918-392-0800
- Indian Territory Home Health &
Hospice:** 1-866-279-3975

- Interim Healthcare Hospice:**
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Network:**
Terry Boston, Volunteer and
Bereavement Coordinator 405-801-3768
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April Moon, RN Clinical Coordinator
405-222-2051
- Mays Hospice Care, Inc.**
OKC Metro, 405-631-3577; Shawnee,
405-273-1940
- McCortney Family Hospice**
OKC/Norman metro 405-360-2400
Ada, 580-332-6900 Staci Elder Hensley,
volunteer coordinator
- Mercy Hospice:**
Steve Pallesen, Vol. Coordinator,
405-486-8600
- Mission Hospice L.L.C.:**
2525 NW Expressway, Ste. 312
OKC, OK 73112 405-848-3779
- Oklahoma Hospice Care**
405-418-2659 Jennifer Forrester,
Community Relations Director
- One Health Home
Health in Tulsa:** 918-412-7200
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Janet Lowder, Seminole, & Sabrina
Johnson, Durant, 800-648-1655
- Physician's Choice Hospice:**
Tim Clausing, Vol. Coordinator
405-936-9433
- Professional Home Hospice:**
Sallisaw: 877-418-1815; Muskogee:
866-683-9400; Poteau: 888-647-1378

- PromiseCare Hospice:**
Angela Shelton, LPN - Hospice
Coordinator, Lawton: (580) 248-1405
- Quality Life Hospice:**
405-486-1357
- RoseRock Healthcare:**
Audrey McCraw, Admin. 918-236-4866
- Ross Health Care:**
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April Burrows, Enid; Vol. Coordinators,
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Coordinator, 918-774-1171
- Sojourn Hospice:**
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- Valir Hospice Care:**
Dee Fairchild , Vol. Manager OKC Metro:
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Free: 888.901.6334
- Woodard Regional Hospice**
580-254-9275 Cathy Poe, RN Director



**Vicki L Mayfield, M.Ed., R.N.,
LMFT Marriage and Family
Therapy Oklahoma City**

*If you would like to send a
question to Vicki, email us at
news@okcnursingtimes.com*

Q. I am a recovering alcoholic with almost 4 months of sobriety. I attend AA meetings daily. Recently my therapist has been talking to me about codependency and how this is really my primary problem. I am confused about codependency. Can you help me understand it?

A. Underneath most chemical and/or activity addictions is something called Codependency. It is the belief system that continues to fuel the addictive behavior. If this "addiction" is not fully understood the chances of relapse are greater.

It is important to clarify that all people are codependent to some extent. On occasion everyone does something for someone else that they might not want to do, i.e.. your co-worker wants you to help him move when you really wanted to spend a quiet evening at home or you are really fatigued and need to go to yoga but your boss asks you to stay late to finish a project. These are things you do that you really don't want to do but on occasion it is not a problem.

The NEED to ALWAYS be available and deny your own needs, so that people will like you is the addictive codependency. The most damaging symptom from this behavior is the loss of yourself. You literally do not know who you are, what you like or what you want to do.

Here are a few more symptoms of codependency:

- seek the approval and attention of others in order to feel good
- do thing to please others even when you don't want to
- believe others know what is best for you better than you do
- try to prove to others that you are good enough to be loved
- find it hard to be alone with yourself
- pretend bad things aren't happening to you, even when they are
- feel anxious most of the time and don't know why
- fear expressing true feelings, i.e., anger, discontent, for fear that people will leave them
- wait to express their opinions until they know other people's opinions

You cannot recover from the addiction of codependency if you are dependent or abusing substances or activities. It is a two step recovery. It is not enough to just get sober. Now learn about yourself so you will love yourself enough to choose healthy behaviors and have healthier relationships.

Community Leader to Receive *Philanthropist of the Year* Award During Annual INTEGRIS Gala



Josephine "Josie" Freede

beyond the liver clinic with prominent contributions to transplant's greatest needs and enduring support to the INTEGRIS Gala and the Jim Thorpe Courage Award Gala. These donations have supported a number of initiatives from women's and children's services, nursing, mental health, stroke and burn. Her generosity has undoubtedly touched tens of thousands of patients, families and employees whose lives have been improved, pain lessened, wisdom imparted, and even lives saved.

The Freede family's first gift to INTEGRIS was a meaningful donation laying the cornerstone of Baptist Medical Center through a donation to the original building in the 1950s. That gift planted a seed investing in the health of the people and communities INTEGRIS continues to serve today. It would be an understatement to say that seed has grown over the more than 60 years it was first sown. In that time, Dr. and Mrs. Henry Freede have invested in equipment, facility cutting-edge therapies and the greatest needs of the INTEGRIS system that ease suffering and provide hope and healing to those who need it most.

Freede will be honored formally as the Philanthropist of the Year among more than 600 guests during the annual INTEGRIS Gala on April 10. Held at the National Cowboy & Western Heritage Museum the gala will benefit INTEGRIS Cardiac Care.

INTEGRIS' signature event promises an evening of fine dining and dancing. Proceeds will fund multiple cardiac initiatives including a mobile non-invasive diagnostic lab to travel across Oklahoma, as well as, an emergency shock team transport vehicle that will provide emergency circulatory support to heart failure patients statewide.

Ticket price is \$250 per person; sponsorship opportunities are available at www.integrisingiving.org/gala. For further information, contact INTEGRIS Foundation at 405.951.5005.

The INTEGRIS Foundation will honor Josephine "Josie" Freede with the Philanthropist of the Year award during its signature fundraising gala on April 10.

The Philanthropist of the Year award celebrates transformational and visionary philanthropy within the INTEGRIS system. This honor is bestowed upon passionate advocates whose service offers charitable goodwill to the community with vision and leadership.

For more than 60 years, Josie Freede has left an indelible imprint on INTEGRIS hospitals, clinics, and programs through a period of unbroken generosity. Certainly the most visible sign of her generosity was the establishment of the Freede Liver Clinic honoring her late husband, Henry, whose distinguished medical career spanned five decades as an orthopedic surgeon. Since its inception, the Freede Liver Clinic has completed 790 transplants creating a new lease on life for hundreds of grateful patients.

But Josie's philanthropy extends



NURSE + TALK

Read what other health care professionals have to say...

What do you enjoy doing on your days off - Life Choice Hospice

"We like to go bowling and my husband and I work so much, we just like to spend time together at home. It doesn't matter what we're doing."



Jenny Weiss, RN

"I like to make quilts and all kinds of different crafts. I'm going to my first craft show this weekend. It will be the first time I have things in it."



Kathy Sneed, RN

Each week we visit with health care professionals throughout the Metro



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"I'm very involved in my church and I have three kind of adopted grand kids that live with me. I like to spend time with them."



Pam Vetovitz, RN

"I'm in Texas on some weekends and I ride motorcycles. There's never a given spot. You just meet up and say this is where we're going."



Leann Prince, home health aide

OKLAHOMA STATE DEPARTMENT OF HEALTH CONFIRMS MEASLES CASE

The Oklahoma State Department of Health (OSDH) is investigating a confirmed case of measles located in Payne County. This is the first confirmed case in Oklahoma since 1997.

Measles was identified in an international traveler to Oklahoma. The individual is a spouse of an Oklahoma State University student who lives off campus. OSDH is working with the Payne County Health Department, Oklahoma State University and local medical facilities in the investigation.

Persons who visited the following locations in Stillwater may have been exposed to the measles virus: • Aldi (1188 N Perkins Rd) March 13 • Crepe Myrtle Market (613 S Lewis) March 13 • Food Pyramid (421 N Main St) March 13 • Boba Fusion Caf  (211 N Perkins Rd) March 13 • China Wok (917 N Perkins Rd) - March 14 • Jimmy's Egg (811 W 6th Ave) March 16 • University Health Services on March 17 or 19

Anyone who thinks they may have been at risk of exposure should review their immunization records and contact their local county health department with any additional questions. Persons are protected if they are immunized with two doses of a measles-containing vaccine after the first birthday, or if they were born during or before 1957.

Persons who are susceptible to measles usually develop symptoms about 10 days after exposure with a range of 7-18 days. Symptoms of measles begin with a mild to moderate fever, runny nose, red eyes, and cough. A few days later, a rash appears starting on the face spreading to the rest of the body accompanied by a fever that can reach up to 105 degrees. Measles can lead to pneumonia and other complications, especially in young children and adults over 20. The disease can also cause serious problems in pregnant women and those with weakened immune systems.

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We are extremely grateful for you!

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