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Alliance Deaconess Job Fair
6-8:30 p.m., Tuesday, September 13
Legacy Conference Room
5501 N. Portland in Oklahoma City
Refreshments, door prizes and tours with key staff members will be offered. New graduates and LPNs are encouraged to attend.

Personal best Valir PACE program enables seniors



Valir PACE Program Director Brandy Bailey, at left, and Director of Nursing Anne Dugan, RN, say the PACE program offers a lot of encouragement to participants from staff and other patients who become friends.

by James Coburn
Staff Writer

Mary Lou Popplewell has gained a lot of confidence, she said. She can walk across the floor without any help now that she has participated in the Valir Pace program.

"The girls walk behind me but don't hold on to me and let me do it myself. They worked on my hands where I can lift them up but not move them yet. They have worked on my hands real good. I've gained a lot of confidence. I

can walk across the floor with no help," Popplewell said.

PACE is an acronym for All Inclusive Care for the Elderly. It's a revolutionary approach to health care that allows services to transcend a bricks and mortar environment. Care is provided in a holistic and collaborative way with participants across all levels of care and across all environments, said Brandy Bailey, program director.

"Nurses and our other care team members have a

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NRH has new weapon in war on infection

story and photo by Bobby Anderson, Staff Writer

Norman Regional Health System Infection Prevention Specialist Julie Smith, RN, MS, CIC has a new ally in the war on germs in her health system.

Actually, she has four new allies and not one of them is over four-foot tall.

Norman Regional Hospital recently invested more than \$400,000 in new Xenex Germ-Zapping Robots, which have been credited by other healthcare facilities across the U.S. for helping reduce infection rates.

"We've begun to see an impact already," Smith said. "Your typical day-to-day cleaner doesn't clean C-diff spores so you have to use special cleaners such as bleach, which is the only thing that works. This will kill the C-diff spores and it cleans the air."

See NRH Page 2

Alliance Deaconess Job Fair Scheduled for September 13th

Alliance Deaconess is ready to invest in your future, if you invest in theirs.

New Graduates and Licensed Practical Nurses are invited to tours with key staff members, refreshments and door prizes at the upcoming Alliance Deaconess Job Fair Tuesday, September 13th from 6:00 to 8:30 p.m. in the Legacy Conference Room 5501 N. Portland in Oklahoma City.

Alliance Deaconess is looking for qualified nurses to join it's highly skilled, long-tenured nursing team and offer a quality team who puts a patient first to learn, grow and care with a friendly environment where people respect and support each other and our values.

Candidates will also enjoy a leadership team that is invested in employees and rewards and recognizes appropriately. Alliance Deaconess offers a sign-on bonus and a competitive benefits package.

AllianceHealth DEACONESS

See VALIR Page 3

NRH

Continued from Page 1

"We have already seen a decrease in hospital-acquired infections."

Think R2D2 with the ability to emit UV light 10 times brighter than the surface of the sun.

Norman Regional has four new pulsed xenon ultraviolet (UV) disinfection robots that will enhance patient safety by destroying the microorganisms that cause hospital acquired Infections (HAIs).

These robots use UV light technology to quickly disinfect an enclosed space. The Germ-Zapping Robots emit a blast of UV light that kills bacteria and viruses in minutes within an enclosed area.

Depending on the size of the room, the Xenex robots can disinfect in just 5-10 minutes. The germicidal UV light disinfects a variety of areas and surfaces including bedrails, tray tables, machines, monitors, keyboards and computers.

"We've taken the approach that patients come first," Smith said. "That's our main stance. If it takes a little longer to turn over the room then we're going to do it. It's the right thing to do."

The technology also provides a

total kill of the Ebola and Zika viruses.

It has shown impressive declines in a number of organisms at various hospital sites around the country including:

- 70% reduction in ICU C. diff infection rates
- 53% reduction in C. diff infection rates
- 57% reduction in MRSA infection rates
- 100% elimination of VRE in isolation rooms

"The Xenex LightStrike, no-touch disinfection system uses pulses of full spectrum UV light to fuse the DNA of organisms. Once the organism's DNA is fused it can no longer replicate or mutate, and is no longer infectious," said Clyde Brawner, director of environmental services at Norman Regional.

Two robots will be stationed at Norman Regional Hospital and two will be at the Norman Regional HealthPlex. After a housekeeper has completed the process of cleaning a room which includes removing trash and wiping surfaces with a disinfectant, the robot will be wheeled into the room to begin its work. The robot uses intense bursts of UV light to disinfect high-touch areas in patient



Infection Prevention Specialist Julie Smith, RN, MS, CIC, has a new weapon in the war on infection at the Norman Regional Health System.

rooms and operating room suites.

It can also be used to disinfect other areas such as utility closets, waiting rooms and more.

"The UV robots are another way that Norman Regional is making patient safety a priority," said Darin Smith, Pharm.D., vice president of quality and performance improvement. "It's both important and necessary to have multiple methods of effective disinfection in our arsenal to protect patients, visitors, and healthcare staff."

Xenex's patented Full Spectrum pulsed xenon UV room disinfection system is used for the advanced disinfection of healthcare facilities. Due to its speed and ease of use, the Xenex system has proven to integrate smoothly into hospital existing disinfection operations.

Norman Regional Health System is a multi-campus system that serves the healthcare needs of south central Oklahoma.

Norman Regional Hospital is licensed for 324 beds and offers a full range of services including emergency care, oncology, an intensive care unit, surgery and more.

The Norman Regional HealthPlex campus is licensed for 136 beds and features the services of cardiovascular, spine and orthopedics, women's and children's and more. The Norman Regional HealthPlex is also the home of the Chest Pain Center and the HealthPlex Heart Hospital.

It has grown to employ more than 2,700 people and have 356 physicians credentialed on the Medical Staff.

The burden of treatment costs has shifted from insurers and CMS to hospitals.

Centers for Disease Control and Prevention (CDC) statistics show that in the United States, one in 25 patients will contract an HAI while in care, with close to 75,000 of these patients dying annually.

CDC figures also show that HAIs cost the United States healthcare industry upwards of \$30 billion dollars.



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VALIR

Continued from Page 1

unique opportunity to partner with participants longitudinally through the journey of their wellness," Bailey said. "They may go into their homes, into facilities, visit them in hospitals and to carefully coordinate and manage their services, to empower our seniors to live life independently, healthier and longer."

The PACE program serves the Oklahoma City metro area within a 30-mile radius from the Valir Rehabilitation Hospital in midtown. The program serves those seniors who are age 55 or older needing a nursing level facility of care. They must be able to live independently in the community with the assistance of PACE, Bailey said.

PACE currently serves 111 participants. PACE will encompass 119 participants effective September 1.

"We continue to grow," Bailey said. "We've already identified an alternative care site where we will need to get licensed to initiate services that's south of our location. And, we're going to be working on a collaborative partnership with Variety Care, the federally qualified health center, and

also with the Oklahoma City Housing Authority.

The focus of that site is to create a center that is closer to the location of where many Valir PACE participants live. So it will provide easier access for those individuals, Bailey continued.

The PACE program is a 501C3 not-for-profit. It receives integrated funding through Medicare and Medicaid based on the participants acuity.

"We also have the opportunity to solicit donations from grants and philanthropic investors," Bailey said.

Director of Nursing Anne Dugan, RN, said all of the Valir staff is there because they feel Valir is where they need to be. They feel they can make a great difference in rehabilitating the health of the senior population, she said.

"We've all been in hospitals, nursing homes or other places where you felt like sometimes your hands were tied," Dugan said. "They needed something but yet you couldn't get that for them. The difference in the PACE way of doing things -- if it's medically indicated we can get that for the participant."

If patients need grab bars, a walker or a hospital bed, PACE can get the equipment if it will help the

client remain safe.

An interdisciplinary team meets every morning at 8:10 a.m., involving physicians, nurse practitioners, nurses, social work, dietary, activities, therapists and home care to discuss what happened the previous day.

If a patient is subject to fall, the team will get the patient a Life Alert monitor. They may need a walker or more physical therapy.

"We can make that decision that day and start implementing," Dugan said. "You don't get that in a hospital or in home health."

She has worked in a lot of places and thought they had team work, but the daily discussions of the PACE participants can make immediate change.

"Being able as a nurse -- if we have somebody in the hospital -- if we have participants in a nursing home we can go and see them. We can keep track of them," Dugan said.

PACE participants may be on the program for the rest of their lives unless they choose to leave. The nurses get to witness the continuum of care involving people who have been hospitalized repeatedly for months because they lack the money for medications and care.

"We make sure they have their medications. There is always somebody on call if someone calls us at night and they're having trouble breathing," Dugan said. "One of the nurses goes out."

Bailey said one of the most unique aspects of the program is not only is PACE reactive to acute and chronic conditions.

"We are very proactive in creating an environment of enthusiastic wellness," Bailey said. "We do a lot of exercise groups and we do a lot of home exercise programs as well. So we try to empower our participants with tools to be successful and continue on their wellness journey, even when they're not in our building under our guidance and care."

They receive nutritional education, exercise programs and equipment to enable their independence longer. There are cooking classes and recreational activities.

"When they are not here, we are encouraging not only that physical movement but that positive engagement as well, the peer-to-peer relationship development and all of those things that are supportive of a participant maintaining their independence or cognitive and physical functioning as long as possible."

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CAREERS IN NURSING

ABOVE AND BEYOND - THE HEART NEVER STOPS FOR HOSPICE NURSES

by James Coburn - Writer/Photographer

Robyn Hattey said there is not anything in particular about hospice care that drew her to the field as a nurse. She loves taking care of patients in all capacities and is a nurse for all seasons of care.

"From start to finish everybody needs to be taken care of. As a nurse you do whatever you have to do," Hattey said. "So to me it's all about providing good care to the patient on any level."

She has been a registered nurse for 23 years. Today this RN serves as director of Clinical Services at Humanity Hospice, located in Oklahoma City. She entered the nursing field soon after she earned her Bachelor of Science degree at Southern Arkansas University.

She worked in women's services prior to her role in hospice care. She joined the team at Humanity Hospice in June after serving in hospice for three years.

Hattey was still in high school

when the idea of becoming a registered nurse sparked. Her mother was a nurse and inspired her career, she said. Her mother also did labor and delivery, but was a stay-at-home mom the entire time Hattey was growing up in Arkansas. Today she likes working for a fairly new hospice that is growing with rapid success. It will be moving to a new and larger office in Edmond. Hattey said she chose Humanity Hospice to center her career because the hospice is patient driven.

"They focus and center everything around meeting those patients' needs," Hattey explained. "And again to me that's the most important thing that we can do. In all aspects we put the patient first. It's something they do here that I believe in as well."

"It's just the fact that they want to grow. They want to be able to branch out as far as they can to give the right amount of care to anybody that they can reach." Hattey admires the nursing staff including the certified

home health aides. Everybody is a team player, she said. The nursing staff will go above-and-beyond to make sure the patients are taken care of regardless if it's a patient they normally see."

Patient driven care at Humanity Hospice is not regulated by whether it is day or night time, she said. The Humanity Hospice staff works in the field at any time to keep patients feeling comfortable, she said.

"Everybody here is compassionate. They are thoughtful and respectful," she said. "They take their job very seriously. So to me, it's not always about the title at the end of their name. It's about the care they can give to those patients."

Home health aides work in the trenches, she said, to see that their clients have a shower, even when it means the aide does not have any extra help at a facility. It's all about unconditional love.

"Sometimes our patients are

combative and they still love on them and go back and take care of them the next day," Hattey said.

Even the marketing team knowing that a patient has a birthday or special event coming up will make sure that special time of their life is recognized and celebrated. It may be the patient's last birthday and for Hattey, it is something to celebrate in the journey of their lives, she said.

"We don't let that slip by and not be important," Hattey continued. "We try to make sure that if there's family, that there is family present. You know if they've been in a long-term care facility for a long time that staff is included because that's their family as well. So everybody just goes above-and-beyond."

Other team members play a vital role in the circle of holistic care provided by hospice. There are social workers and chaplains. She said there is not anybody on staff that a member of the nursing staff can contact to



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Teresa & Misty

Teresa was diagnosed with Polycystic Kidney Disease at the age of 25, and ate a healthy diet to prevent dialysis. She was eventually listed on the transplant waiting list and posted on her Facebook page that she was in need of a kidney. A new friend of hers, Misty, found her that next week and told her she would donate one of her kidneys so that Teresa could live a long and healthy life. Teresa now has energy and a spirit of gratefulness because of her living donor.

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LifeShare



Robyn Hattey is a nurse due to her compassionate heart and the time she takes in life to provide each person she meets as a hospice nurse dignity and respect.

say a patient needs something in particular on a given day.

"You get out there and make that happen for them," she said.

The nursing staff at Humanity Hospice is prepared to be in situations when people are in a profoundly vulnerable point of life. In hospital, patients will see nurses going through the steps of being a nurse, she said.

"If you're going to be a hospice nurse you need to love it. You have to want to make that end-of-lifetime special and meaningful for that patient. You can't just go through the motions," she said. "The heart never stops caring." A month ago Hattey was a back-up nurse when one of the nurses was already visiting another patient. She had to go out to a death at a facility.

"I had never laid eyes on this patient. I don't know her," she said. "But because she's our patient and she's passed, you can't help but cry when you walk in the room. And her family had made it there before I did. So they are all standing there and I came in."

Hattey had to go through the hospice steps of preparing the patient and speaking with a physician. But in the back of her mind she knew this patient was alive a few hours ago.

"She was still that person. So you don't ever get used to that. Every time you know they're going to pass, like I said even though I didn't know who she was. You still cry."

Sometimes family members' lives are changed in that they want to give back to people after seeing what hospice nurses gave to their loved one, Hattey said.

She knows the value of life and has three children so her children occupy her time outside of work. They range from middle school, high school and college.

"They consume me," she said. "My oldest son is in pre-med."

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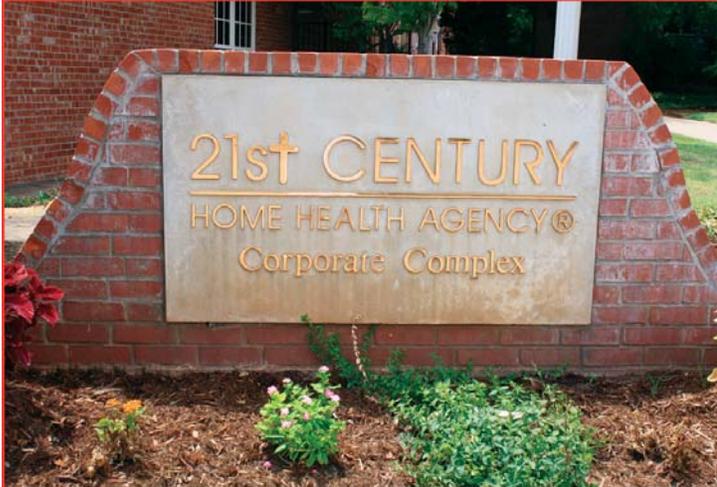
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Transplant Recipient Pays it Forward



Karen Hoyt, Liver Recipient.

Karen Hoyt, of Tulsa, Okla., lives her life in honor of the stranger who gifted her a second chance at life. Now, an active community volunteer, she encourages those in need of that same gift.

Karen lives every day with a grateful spirit and the heart to be an encouragement and motivation to others. She had always lived a healthy life despite being born with only one kidney. She was active in her community as a volunteer, teacher and Sunday school teacher at her church. In 2010, she learned that her liver was failing, and she was later diagnosed with the Hepatitis C virus.

She was sent home thinking her days were numbered. Despite this news, she clung to her faith and began eating even healthier than she had

before the diagnosis. Luckily, antiviral medication came out and she was cured of Hepatitis C by 2011 but end stage liver failure still loomed over her.

Karen went back to her career as a teacher and continued to live as healthy as possible. During one of her screenings, the doctor determined that her damaged liver was not removing toxins from her blood, which diminished her mental capabilities. She also became limited on what she could do as she frequently had muscle fatigue, liver pain and joint pain.

After learning to manage her pain, Karen's luck began to worsen. When she was at one of her regular check-ups, the doctors found a cancerous tumor on her liver. Her doctors

See FORWARD page 9

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

Autumn Bridge Hospice: 405-440-2440

Autumn Light Hospice: 580-252-1266

Carter Healthcare & Hospice: OKC - OKC Pat McGowen, Vol Coordinator, 405-947-7705, ext. 134; Tulsa - Samantha Estes, Vol. Coordinator, 918-425-4000

Centennial Hospice: Becky Johnson, Bereavement Coordinator 405-562-1211

Choice Home Health & Hospice: 405-879-3470

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

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

Frontier Hospice: Kelly Morris, Vol. Coordinator, 405-789-2913

Golden Age Hospice: 405-735-5121

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 Meridian, 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; OKC: Vol. Coor. Tricia Woodward, 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

INTEGRIS Hospice, Inc. & 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

Humanity Hospice: 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: 405-848-3555

Image HealthCare : 6116 S. Memorial Tulsa, Ok. 74133 (918) 622-4799

LifeChoice Hospice: Christy Coppenbarger, RN, Executive Director. 405-842-0171

LifeSpring In-Home Care Network: Terry Boston, Volunteer and Bereavement Coordinator 405-801-3768

LifeLine Hospice: April Moon, RN Clinical Coordinator 405-222-2051

Mercy Hospice: Sandy Schuler, 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

Palliative Hospice: 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: Glenn LeBlanc, Norman, Chickasha; April Burrows, Enid; Vol. Coordinators, 580-213-3333

Russell Murray Hospice: Tambi Urias, Vol. Coordinator, 405-262-3088; Kingfisher 405-375-5015; Weatherford-580-774-2661

Seasons Hospice: Carolyn Miller, Vol. / Bereavement Coordinator, 918-745-0222

Sequoyah Memorial Hospice: Vernon Stone, D. Min. Chaplin, Vol. Coordinator, 918-774-1171

Sooner Hospice, LLC: Matt Ottis, Vol. Coordinator, 405-608-0555

Voncella McCleary-Jones inducted as Fellow in Academy of Nursing Education Fellows 2016

University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing faculty Voncella McCleary-Jones, Ph.D., R.N. has been inducted as a Fellow in the National League for Nursing's 2016 Academy of Nursing Education.

Dr. McCleary-Jones is a Harvard Macy Scholar and is recognized for her contributions in health literacy and accelerated online nursing education. She is passionate regarding dissemination of information to address health literacy's impact on patient health outcomes. Dr. McCleary-Jones has worked diligently to incorporate health literacy content into nursing curricula, and to provide education on health literacy to colleagues via scholarly inquiry in this area. She has also been a champion for the use of technology to bring graduate education to nurses residing in rural areas of the state of Oklahoma via a grant-supported accelerated online master's nurse education program.



FORWARD Continued from Page 6

recommended a liver transplant, and in the midst of the listing process, she began to make end-of-life plans with her daughter. To cheer their spirits, they began to look online at stories of hope from others who had received a transplant. Karen was encouraged, and continued to eat healthy and walk when she could.

When Karen was fully listed on the transplant waiting list, she was humbled to think that at someone's greatest crisis in life they would make a decision which would eventually grant her many more years to live. She was so humbled that she called her transplant coordinator and almost asked them to remove her from the list.

As she waited for a second chance at life, Karen underwent many procedures to shrink the tumor on her liver so that she could remain on the transplant waiting list. Twice, Karen was called in hopes that she would receive her liver, but neither were a good fit.

However, on April 13, 2015, Karen received her liver from a selfless donor and learned that her donor was the same age as many of the students she was teaching in school. Karen had the privilege of advising one more English class full of seniors after her transplant.

Karen continues her work with senior high school students. To this

day, Karen volunteers at the school she taught at for many years and at the hospital with people who have just received a transplant.

Karen is a motivation and encouragement to many. She encourages others waiting to receive their life saving transplant, and she spends her time teaching nutrition classes. The classes help those struggling with kidney or liver disease learn to eat better in order to live a healthier life.

Driven to honor her donor, Karen participated in the 2016 Transplant Games of America. She began entering 5K runs to raise awareness for organ donation. She also is more adventurous and does things she wouldn't have tried before to honor him and his life.

Karen has had the opportunity and privilege to be involved in her grandkids lives and is thankful for the chance to be a sister, mother and wife.

While Karen has never had the opportunity to meet her hero's family, she truly lives her life in honor of the young man who saved her life.

About LifeShare

LifeShare is a nonprofit, federally designated organ procurement organization (OPO) dedicated to the recovery of organs and tissue for transplant purposes. We work closely with five transplant centers and 145 healthcare organizations in the state of Oklahoma to facilitate donation. Additionally, we strive to raise awareness for organ, eye and tissue donation and transplantation through public education.

For more information about LifeShare, please visit www.LifeShareOK.org.

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit www.ok.gov/health



**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*

Visit Cuba with ONA and the Cuban Society of Nursing

The Oklahoma Nurses Association is organizing a delegation to visit Cuba for the purpose of meeting with our Cuban counterparts and learning about the role of Cuban nurses in health care delivery. MSc. Idalmis Infante-Ochoa, President of the Cuban Society of Nursing, has invited ONA to visit, December 5 - 10, 2016. As Chief Executive Officer of the Oklahoma Nurses Association, I am honored to lead this delegation and invite you to join me in this unique opportunity.

The goals of the delegation and initial topics of discussion for the meetings and site visits have been preliminarily identified as the following:

- Meet with the Cuban Nursing Society
- Panel presentation overview of the Cuban Health Care System
- Visit with nurses and discuss their role at the tertiary care level of medical attention in Cuba
- Visit the National School of Public Health (ENSAP) to discuss post-graduate curriculum designed for nurses in Cuba
- Visit a community-based Policlínico and Family Doctor/Nurse clinics and meet with nurse executives, staff nurses and supervisors
- Visit a nursing home to learn about the role of nurses in hospice care
- Visit Hogar Materno Infantil, a maternity clinic, to learn about the role of nursing in maternity care

Delegates will participate in professional meetings and site visits each day; the interests and composition of the team will determine the final meetings and topics for discussion. Please see the attached Preliminary Schedule of Activities.

Since its founding in 1976, under the Nation Council of the Scientific Society of Public Health of Cuba, The Cuban Society of Nursing has become the governing body for nursing in Cuba. Their primary focus has been on the advancement of the practice of nursing in Cuba. The opportunity for you to learn about Oklahoma Nurses Association nursing practices in Cuba, through observation of your Cuban counterparts in their working environment; experiencing how they address common challenges with limited resources, will give a perspective unattainable through any other avenue.

Although the US and Cuba are moving rapidly towards normalizing relations, travel to Cuba remains restricted by the Office of Foreign Assets Control (OFAC) of the United States Treasury Department. This delegation will be travelling under OFAC regulation 31 CFR §515.564 General license for professional research. This license supports our access to the highest level professionals in Cuba.

Each member of the delegation must be in compliance with the General License issued by OFAC authorizing full-time professionals to conduct a full-time schedule of research activities in Cuba with the likelihood that this research will be publicly disseminated. To ensure compliance, each participant in the program will be required to provide a resume and sign an affidavit attesting to his or her status as a full-time professional, paid or unpaid, in the field of research.

For those interested in sharing your experience in Cuba, a parallel program of people to people activities will be developed for guests accompanying you on this enriching program. Guests will experience the culture and lifestyle of Cuba, through interactions with the people of Havana.

Travel arrangements will be arranged through our cooperation with Professionals Abroad, a division of Academic Travel Abroad. The 60-year-old organization handles the logistical arrangements for prestigious organizations, such as National Geographic, The Smithsonian, The American Museum of Natural History and many top professional associations and universities. Academic Travel Abroad is licensed by the OFAC as a Travel Services Provider for US travel to Cuba. For more information go to: <http://www.oklahomanurses.org>

Q. I have a very close friend who was diagnosed with cancer almost two years ago. Most of the time I think I am dealing with it while working and taking care of my family but recently I realized maybe I wasn't. How do you cope when someone you love is dying?

This is Jenny's story:

I was on a short business trip and found myself in Target to get some allergy medicine. I was walking down the aisle and all of a sudden I felt this overwhelming sadness. I was surprised by the intensity of the feeling. I was working really hard not to cry. I bought my medicine and went to my car. I started to cry, no, I was sobbing. I could not stop. I could not see to drive so I continued crying until I could make my way back to the hotel.

At the hotel I cried more. I finally fell asleep, exhausted. When I woke up I felt better. in a strange kind of way. I could not remember when I shed any tears. I think maybe I would not let tears surface. After all, I had a job and a family that needed me, there was no time to break down. AND my friend needed me, I could not cry in front of her.

It is a strange feeling to know someone is dying and you don't know what to do for them. She is taking a new drug and the doctor's are hopeful. I am hopeful!! I want this to be a bad movie, one that I can just get up and walk out because I don't like it. A bad dream that ends when I wake up.

A. To you Jenny:

Grief is a gut wrenching emotion. People deal with grief in different ways and some people do not deal with it at all. The body stores all emotions, even the ones we are not thinking about. So when you are buying allergy medicine and you are hit with heavy emotion.....your body is preparing you for release.....here come the tears.

Tears are a good thing, it is the body thawing from the buildup of emotions. Crying/sobbing/weeping releases the energy of grief.

Sometimes Jenny there just isn't anything we can do except be in the moment. Be with your friend in silence, conversation or holding her hand. When you are not with her, take care of you. Live life one day at a time. And if the tears come.....let them out.



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How do you enjoy your leisure time? Golden Age Nursing Center

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Ethel Stewart, CMA/CNA

"I just love playing with my kids. We go outside or go swimming and run around the yard."



Courtney Schopplein, CNA

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

Email: news@okcnursingtimes.com or mail to Oklahoma's Nursing Times P.O. Box 239 Mustang, Ok. 73064

"I work in my yard, go swimming and hang out with my kids."



Danielle Hodges, CMA/CNA

"I like to go to the movies. I do a lot of things with my family."



Phoebe Carson, LPN



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