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Breath of life

Hospice nurse is honored by helping others



Irene Turner, RN, clinical coordinator for Sooner Hospice, sees the beauty of life endure in each patient.

by James Coburn,
Staff Writer

When Irene Turner was 12 years old, her dad was diagnosed with cancer. She would take care of him a lot during his chemotherapy

treatments. It is part of the reason she is drawn to hospice, said Turner, RN, clinical coordinator for Sooner Hospice, located in Oklahoma City.

"You come into the families and the patients' journey during a crucial time," Turner explained. "You are able to guide them, educate them and help them. It's just rewarding, I think."

She had previously been with Sooner for a couple of years, took a break and returned there a year ago. She earned her nursing degree at Rose State College in Midwest City in 2010. But she was an LPN for 10 years prior

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Dana Kinder: A Helping Hand For the Final Journey



Dana Kinder helps patients and their families through their final journeys with her work at Oklahoma Hospice Care.

story and photos by Traci Chapman

Hospice is one of the most misunderstood areas of medical and nursing care, Dana Kinder says — and it's her job to dispel that misinformation.

"People think hospice is crisis, but it shouldn't be something seen as crisis mode," Kinder said. "I work to make sure people know exactly what hospice is and how much it can do for both patients and their families."

Kinder has seen the challenges faced by both patients and their families and the hospice industry itself during her time as community relations director for Oklahoma Hospice Care. She works to bring them together to help relieve both the physical and emotional pain of end-of-life care, she said.

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KINDER

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"It's my job to educate the community — I speak to senior centers, long-term care facilities, independent living facilities and doctor's office, as well as working with the Ministerial Alliance," Kinder said.

Hospice's roots contribute to some of the misconceptions about that treatment area. Hospice benefits in 1983 were added to Medicare, at that time only for cancer patients. Kinder said she has found many patients who believed that was still the case today.

"Now there are over 10 diagnoses you can have to qualify for hospice," she said.

The illnesses include heart failure, chronic lung and kidney disease, stroke, AIDS, neurological conditions, end-stage Alzheimer's and more, according to the Center for Disease Control. To qualify for hospice care, a patient's physician must certify that individual is suffering from a terminal condition and has six months to live or less and the patient must accept palliative care, rather than pursuing possible treatments to cure that illness, such as chemotherapy.

Oklahoma Hospice Care's team works beyond strict medical care, Kinder said. Its team includes nurse case managers, home health aides, social workers and chaplains and spiritual counselors, who work under the guidance of the hospice medical director.

"We also have trained volunteers, who help with things like household errands and just as companionship for patients and as a sounding board for family members," she said.

That kind of care not only helps the patient and their family through an incredibly difficult time — it can also give them a little more time together, something that later "can be a blessing for those who have lost a loved one," Kinder said.

"People who use hospice have an average of 29 days longer than if they hadn't gone into it," she said. "This is not the kind of care where someone is just waiting for a patient to die; it's a very proactive process that makes that time quality time, as well."

Kinder took a roundabout path to what she calls her destiny. The oldest grandchild on both sides of her family, she lost her grandparents after devastating illnesses, a painful experience that affected the rest of

her life, Kinder said.

"After losing them, I didn't want to be around the elderly because I was so close to them," she said. "I spent my whole life with them — I chose them rather than my friends a lot of times, and then they were gone."

As time went by, however, Kinder said she began to see that working with seniors, in helping them find the right care and options for each of them, she was not only honoring her grandparents, but getting an unexpected benefit for herself, as well.

"God has a funny way of helping us heal from our hurts," she said. "It was that healing process when I saw all these seniors that I could help, not just with hospice-related things, but all kinds of resources."

That process, helping people who are nearing the end of their lives, became a challenge, giving Kinder a "feeling like you're putting the pieces of a puzzle together," but there was even more she didn't realize she would experience — an education.

"Senior care is a calling — it's very emotional, but I'm very passionate about it," Kinder said. "Each of these seniors, they have their stories, they inspire you, they make you a better person."

"As I've learned and grown because of these remarkable people, I've come to believe and feel so strongly like it's everybody's job to the generation who made this country great."

"It's very emotional, but I'm very passionate about it," she said.

Everyone working at Oklahoma Hospice Care is a family, and each new patient — and their loved ones — become an extension of that, Kinder said. That helps each staff member become a part of that individual's medical and spiritual care, providing support and guidance through one of the most difficult times of any person's life, Kinder said.

"To help somebody walk through their journey at the end of their life is an incredible honor," she said. "They're more than patients or even friends, they become someone we'll never, ever forget, and we know that we were part of a network that helped them find strength and comfort and peace."



Mercy Co-workers Lose Big in Weight-Loss Challenge



From left to right: Tina Norton, Mercy wellness coordinator, Lori Douglas, Jason Bates, Garrett Newton and Rod Hilmes with "MERCYless" and Daryle Voss, president Mercy Hospital Ardmore.

Mercy co-workers traded pounds for dollars during Mercy's annual corporate weight-loss challenge. Across the state, 219 co-workers lost a combined 2,537 pounds, an average of 11 pounds per person.

The winning team, named "MERCYless" from Mercy Hospital Ardmore, included registered nurses Garrett Newton and Dean Slinger, technicians Jason Bates and Rod Hilmes, and surgery technician Lori Douglas. Combined, team members lost more than 16 percent of their body weight.

They were presented with a check for more than \$2,500, which they plan to split.

CN Specialists Echo Nurses' Need for Balance of Mind, Body and Spirit

"The National Association of Clinical Nurse Specialists is pleased that this year, National Nurses Week was focusing inward on the health and wellbeing of nurses, the largest group of health care professionals.

This year's theme, Nursing: the Balance of Mind, Body, and Spirit, and the designation of 2017 as the Year of the Healthy Nurse was a welcome reminder that nurses need to prioritize their own health to best help model positive health and wellness behaviors. The clinical nurse specialist, one of the four types of advance practice registered nurses, works across the spectrum of care—from the bedside, directly with patients and families, to collaborating with nurses and other disciplines, and to the executive suites with system leadership. Working across these spheres gives CNSs a unique opportunity to be a model throughout the health system of the importance of becoming healthier in mind, body and spirit.

NACNS was proud to be a part of this annual recognition of nurses. We will continue to work with the American Nurses Association and other nursing and health professional organizations to ensure voices of nurses are represented and amplified in all discussions about health and health care in our nation."

Note: National Nurses Week began on May 6, RN Recognition Day, and ended on May 12, the birthday of Florence Nightingale, founder of nursing as a modern profession. Vince Holly, MSN, RN, CCRN, CCNS is the President of the 2017-2018 NACNS Board of Directors.

SOONER

Continued from Page 1

to that. She was an LPN when she first started hospice and has stayed in hospice for most of her RN career.

Teamwork leads her loyalty to Sooner Hospice.

"It truly is a team. When one nurse is down all the other nurses are pitching in to help her out. Or if she has several visits she needs to do, all the nurses pitch in -- the same with all the home health aides as well," Turner said. "It's more like a family. You know we all care about one another. It's the same mindset. We are all there to take care of the patient and please the patient, and hope everything goes smoothly."

Family is also what Turner loves about her patients. They become part of her extended family, she said. Turner remains in contact with many families she has known through the years.

"So it's just the rapport and everything that you build with them," she said.

She recalls on a patient in particular that has touched her life. She would see him three times a

week for about two hours a visit. He would tell her all types of stories.

"When you think about that, it's more time than I spend with my own grandparents or mom. That's a total of six hours a week that we spent together. So we just really grew."

"We were really close. He did pass away."

Turner left hospice for a while after he passed. She needed to get away, said Turner, who has three children, ages 9-20.

"But he's always in my heart, just because we grew so close," Turner said. "But we have a memorial service every year and we'll do a balloon release. And I always write a little note to him on my balloon."

She takes time in life to smell the roses. Turner likes going to movies, so whenever she has the opportunity, she will go to the cinema and relax. She also likes getting a pedicure.

Turner knows her patients are in good hands. When the shower head of one of her patients had broken, one of the home health aides purchased one so she could give the patient a bath. She didn't

have to purchase it but did it on her own.

"We always try to meet their needs," she said.

Compassion drives a hospice nurse, Turner continued. Hospice nurses who are successful care about people in general, she said.

"And it shows," she said.

It takes a person who is empathetic and nonjudgmental. Homes are different. Hospice serve clients living in mansions to the humblest of dwellings. But grief is a common denominator between the two.

People grieve their own way, but share common symptoms of grief.

"Just to be a part of that - to try to help them through that is so rewarding," she said.

She appreciates the kind text messages she receives from families and patients. One patient passed away two years ago on Mother's Day. Her son still texts Turner her to say Happy Mother's Day. It's hard for him on Mother's Day without his mom.

"We still keep in contact with them with phone calls and bereavement letters," she said.

Turner said it is an honor when she is able to be present at the

time of a patient's death. This may not always be possible, but she is grateful when she hears her patient's last words.

"I remember one particular lady. She was singing for maybe a couple of weeks before she died," Turner said. "She just kept singing hymns. And she went into a non-responsive state. Then she wasn't singing anymore. We were all sitting around her, and then she sat up, and then she said, 'Jesus, I knew you would come.' And she laid back down and those were her last words."

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CAREERS IN NURSING QUALITY OF LIFE: HOSPICE NURSE SHINES WITH COMPASSION

by James Coburn - Writer/Photographer

Melinda Long is often asked what keeps her as a hospice nurse.

"For me it's like I'm able to help someone, said Long, LPN, Humanity Hospice, located in Oklahoma City. "It's kind of like a ministry to me. I'm able to help a patient and a family through a very difficult time. It's just very rewarding as far as I'm concerned to be able to be there for the patient and the family, to be able to guide them through those really rough difficult times in their last days. I make sure that they're comfortable and help the family through that."

Long has been a nurse for 25 years and is currently going through an RN program with Excelsior College online. Her nursing history includes extensive work in home health. She began her career working in a hospital and also worked for a physician.

"After that I got into hospice. A friend of mine said, 'You should

try it,'" she said. "So I've been in it seven or eight years now."

Hospice is a service that is provided to patients and families when a patient has been given a terminal diagnosis. The point is to provide patients a good quality of life for their last days with symptom and pain control.

It's for the patient and family and making them feel they are not experiencing their journey alone. They have a team of nurses, social workers, chaplains and volunteers to love them during what is perhaps the most vulnerable time of life.

The work, hospice, sometimes scares people, Long said. They often think they are signing their death certificate. But Humanity Hospice serves to enrich life.

Humanity Hospice is different than most places she has worked, Long said. The team has one main goal, she said, and that's to take care of their patients to be best of

their ability.

"We set high standards for our company. We all are in the groove as a team and we all strive for that same goal. And we are all like a family," she said. "If one person needs help than we all pitch in and help that person. It's all about our one main goal of giving good quality patient care and to be there for the patients and the family."

This is severe weather season in Oklahoma. So Long said it's important to make sure that the patients are safe. Patients' needs are prioritized during bad weather, she said, whether they be in facilities or in their own homes.

"We've got a lot of patients that may be on oxygen - those types of things. So we look at that situation. We want to make sure that our patients have back-up oxygen," Long continued. "We want to make sure our patients have all of the necessary medications that

they need. We make sure everyone is comfortable and cared for. We touch base with the families and that sort of thing, especially those patients in the homes."

"Now the facilities - we don't worry as much because they have staff there taking care of them. But our real main concern is making sure our home patients are safe - everybody is safe."

As she has gotten to know her patients, Long has come to admire their strength. Many of her patients have cancer. Many of them stay in her mind.

"A lot of those patients stick out in my mind who are courageous," she said.

No matter the situation, be it pain or having a bad day with nausea; they always have a great attitude, Long said.

"They always have a smile. And we do everything we can to make

Continued on next page

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Melinda Long, LPN, has no regrets about being a hospice nurse. Hospice fulfills her life, she says.

them as comfortable as possible. But those kinds of patients run across my mind because they say, 'This is what I've been dealt with. I'm going to make the most of it,'" Long explained.

Education is key for family members because it is extremely painful to watch a family member go through the dying process.

"We basically guide them through," said Long, who has always enjoyed being around people. Before nursing, she was in retail. So she was dealing with the public a lot.

"And I just thought, 'You know,

I think I want to do something more involved with people,'" she said. "I've always loved the elderly. I've always enjoyed the great relationship I had with my grandparents."

"So to me, I just got in to this, and I just really enjoy doing it," Long said.



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Adams PARC is a Post Acute Recovery Center located in Bartlesville, Ok. We are a skilled nursing facility that serves individuals recovering from surgery, such as knee or hip replacement or other acquired injuries (stroke, COPD, pneumonia, cardiac issues, etc.). Every staff member at Adams PARC plays a critical role in helping our guests return to their prior living situation once their therapy goals have been reached. We are seeking a highly motivated RN to be our weekend supervisor. This RN would direct the nursing staff, oversee new admissions, and manage the facility each weekend. We strive for excellence at Adams PARC, and we need excellent staff members on our team. We offer flexible schedules, competitive wages, bonus programs, and other benefits associated with our state of the art rehabilitation facility. If you need assistance or would like a tour of the facility, please call 918-331-0550. 6006 SE Adams Blvd, Bartlesville, OK 74006

204 REGISTERED NURSE

We are seeking a Full-time Registered Nurse

MacArthur Park Home Health, Shawnee, OK, is seeking a Full-time Registered Nurse. Responsibilities include direct patient care, provide treatments, follow plan of care, and work collaboratively with members of the team to meet positive home care outcomes of our patients. Must be currently licensed as an RN in the State. One year nursing experience in community health/home health/hospice experience, preferred. Salary is commensurate with education and experience. 120 W MacArthur Street. #130, Shawnee, OK 74804

204 REGISTERED NURSE

We are seeking an Registered Nurse. Part Time to join our team!

You will be responsible for the assessment, diagnosis, and treatment of assigned patients. Autumn Wood Memory Care 2700 N. Hickory St, Claremore, OK 74017

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We are seeking a Full-time Registered Nurse.

MacArthur Park Home Health, Shawnee, OK, is seeking a Full-time Registered Nurse. Responsibilities include direct patient care, provide treatments, follow plan of care, and work collaboratively with members of the team to meet positive home care outcomes of our patients. Must be currently licensed as an RN in the State. One year nursing experience in community health/home health/hospice experience, preferred. Salary is commensurate with education and experience. 120 W MacArthur St #130, Shawnee, OK 74804

St. Anthony Participates in OKC Beautiful



St. Anthony Hospital recently participated in the OKC Beautiful LitterBlitz project. Employees were excited to participate in this event, as their effort went towards preserving the beautiful community in which they love working. Employees picked up litter around the OKC Midtown area and Emerson High School.

Award Given to St. Gregory's University Faculty Member



Dr. Vickie Jean, Department Chair of Social and Behavioral Sciences poses after being named OPS Faculty Member of the Year.

Dr. Vickie Jean, Chair of the Department of Social and Behavioral Sciences at St. Gregory's University, was named the Oklahoma Psychological Society (OPS) 2017 Faculty Member of the Year. This award is given annually by OPS, is voted upon by student representatives, and is recognized by faculty at other institutions as a mark of distinction in the field.

"I feel very honored and humbled to have been nominated by our students. I love our students and the opportunities to teach them psychology from a position of faith, and I think that's reflected in our excellent graduates," said Dr. Jean.

She said receiving the award was a complete surprise.

"I was telling our students how they should compete for awards next year because of their great presentations and later, they called my name, I was shocked," explained Dr. Jean. "OPS is important to me as it was founded by one of my mentors, Dr. Bill Frederickson, whom encouraged my love of deductive and inductive reasoning. OPS was my first research competition which encouraged me to pursue my doctorate in psychology. I want our students to have the same positive learning experiences and appreciation of OPS."

Students nominating Dr. Jean noted how much time and energy she puts into their educational goals.

"Dr. Jean is one of the best professors at St. Gregory's, and we wanted to recognize her in a meaningful way," said Partners in Learning Coordinator and MA student Anne Machado.

In addition to being department chair, Dr. Jean is also chair of the graduate committee and active in the National Alliance on Mental Illness and with the Gateway Program.

"She goes so far beyond what is typically expected of professors to make sure we understand and can succeed," said SGU Social Sciences senior Easton Bennett.

Jean was partially responsible for the addition of three Master's in Counseling programs at SGU, which have very unique approaches to psychology.

"Our program is one of the only ones in the country to infuse the Catholic faith into our understanding of the practice of psychology," said Machado, one of the first MA students to enter to program, "It really helps to enlighten our students with adding aspects of spiritual well-being to how we assist our clients."

Many in her department were helpful in student efforts.

"Vickie is always pushing us to find ways to help make the college experience better for our students. When we found out about this effort, we couldn't help but assist in the work," said Dr. David Potter, Assistant Professor of Communication Studies, "We all know how awesome Vickie is at SGU. Now everyone else does too."

OPS is an affiliate of Psi Chi, the international honor society of psychology, which hosts conferences world-wide and honors those dedicated to excellence in the discipline.

INTEGRIS Cancer Institute Celebrates National Cancer Survivors Day

Members of the community are invited to join the INTEGRIS Cancer Institute from 1 to 2:30 p.m. on Sunday, June 4, for their 30th annual Cancer Survivors Day luncheon to recognize cancer survivors, at the National Cowboy & Western Heritage Museum, 1700 NE 63rd St., Oklahoma City. The butterfly release will be at 2:30 p.m.

The event includes a complimentary lunch and survivor recognition, and closes with the simultaneous release of butterflies by survivors, family members and caregivers in honor of those touched by cancer.

This year we welcome Katherine Piderman, Ph.D., chaplain, Mayo Clinic, and associate professor of psychiatry at the Mayo Clinic College of Medicine. Dr. Piderman will share inspirational accounts of people she has met who are living with cancer, including ways they experience and offer joy and meaning in each day.

National Cancer Survivors Day® is Sunday, June 4, 2017. This annual celebration of life will be held in hundreds of communities worldwide. Cancer survivors, caregivers, family members, friends and health care professionals will unite to show that life after a cancer diagnosis can be meaningful, productive and inspiring.

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

OMRF announces 2017 Teen Leaders in Philanthropy class

The Oklahoma Medical Research Foundation has announced its fifth annual Teen Leaders in Philanthropy class.

The 2017 class includes 50 teens from across the state, including five returning from last year's class as an Advisory Council. The students selected will visit OMRF monthly throughout the 2017-18 school year to meet with philanthropic leaders from the area. They will also learn about how nonprofit organizations function and the impact charitable giving makes on a community.

Applicants are limited to Oklahoma high school students. Each must submit a written application and a letter of reference to qualify and then participate in an interview process.

The teens selected will work on team-building and fundraising

projects tailored to teach the basics of philanthropy, development, networking, fundraising and board service.

Previous classes have also worked together to create, organize and operate community-wide events to raise money for disease research at OMRF. The past two Teen Leaders classes have also orchestrated Trivia Nights to raise funds for research.

"This program empowers Oklahoma students with the knowledge, skills and confidence needed to become fully engaged in their communities," said OMRF Development Associate and Teen Leaders Program Coordinator Caroline Allen. "Learning the skills to give back and promote welfare to others is invaluable. Each one of these students has something special to offer, and this is just the beginning of that philanthropic journey."

The 2017-18 Teen Leaders in Philanthropy are:

*Bishop McGuinness - Isabella Bice and Tucker Hill

*Bixby - Kamryn Good

*Casady - Nika Gorski and Caroline Hawley

*Deer Creek - Ethan Renner and Hillary Neaves

*Dove Science Academy - Malik Azees

*Edmond Memorial - Karina Cunningham

*Edmond North - Kiran Chakravarty, Madisen Mode, Demetri Papahronis and Allie Rice

*Edmond Santa Fe - Anthony "Theo" Ene, Rachel Hull and Braden Nicholson

*Heritage Hall - Max Baetz and Michael "Pierce" Mattingly

*Homeschool - Jayne Gregston and Jared Gregston

*Mount Saint Mary - Claire Keupen

*Newcastle - Laila Soliman

*Norman - Abdul Fawad and Ashley Jang

*Norman North - Elizabeth Duncan, Havyn Phillips, Reid Powell and Sumayah Sandhu

*OSSM - Emily Johnson, Arshia Ramesh and Lydia Wang

*Putnam City North - Boma Legg-Jack, Jenna Byrom and Jeremy Ward

*Putnam City West - Jairo Montelongo, Oloruntoun "Patience" Ogunbase and Jesus Ibanez

*Southmoore - Ravi Patel

*Southwest Covenant - Ashlea Cole

*Trinity - Briana Whetstone

*Western Heights - Karol Montoya and Jennifer Vu

*Westmoore - Joy Okpoko, Sophie Wortham and Aspen Milledge

Advisory Council

*Blanchard - Macie Sheldon

*Crossings Christian - Megan Szymanski

*Heritage Hall - Alina Wilson

*Newcastle - Karima Soliman

*Norman - Ella Powers

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

INTEGRIS Health Edmond Hosts First Responders Day

INTEGRIS Health Edmond hosted the 6th Annual First Responders Day on Tuesday, May 16. The hospital hosts a cookout each year to recognize and show appreciation to its community partners at the Edmond Fire Department, Edmond Police Department, EMSA, and campus police departments from Oklahoma Christian University and the University of Central Oklahoma.



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. There has been a great deal of talk in political forums lately about certain individuals meeting the criteria for narcissism. It is a very interesting educational opportunity and the following article by Leon F. Seltzer Ph.D may shed some much needed enlightenment.

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A. Narcissism: Why It's So Rampant in Politics

Narcissist politicians don't serve the people: they serve themselves

Consider that two of the things narcissists most desire are money (i.e., lots of money) and power (the more the better). Consider also that many of the individuals entering the political arena have already made their fortune, or inherited it. So what typically drives them is a lust for power, prestige, status and authority. Probably their most coveted need of all is their superiority to others.

One of the primary characteristics of narcissists is their exaggerated sense of entitlement. Exploiting their privileged position in such a manner hardly leaves them plagued with guilt. In general, guilt isn't an emotion they're prone to. How could they be if they feel entitled to the objects of their desire?

Ironically, despite the steadfast ethical values they profess, these politicians can be viewed as "moral relativists" in that what they adamantly deem immoral for others is yet somehow acceptable for themselves. We have seen many examples of this behavior, i.e., a gay - but still-in-the-closet-politician striving to pass laws designed to restrict gay rights, the politician who initiates tough laws on adult sexual predators is found in a motel with a child.

Narcissist-politicians' immense appetite for flattery, praise, and adulation is also abundantly gratified. Quite independent of professional achievement, they expect to be treated as superior. Their fragile psyche demands being admired and looked up to. In some instances, the chief reason for remaining an incumbent isn't to fulfill any idealistic aspirations. Its to "secure" their inflated self-regard.

Bob McDonnell, the ex-governor of Virginia was interviewed recently on 60 minutes. He and his wife accepted \$177,000 worth of gifts and loans from a wealthy man seeking the governor's help on a business venture. He was convicted for corruption but the Supreme Court later reversed the decision. What stood out about the interview was McDonnell's aloof, entitled and self-serving attitude and his belief that being governor should come with extra special perks.....he deserved it.....he was special.

If you throw in lack of ability to accept any type of criticism, not being able to accept responsibility for their own behavior.....its never their fault.....pathological lying.....total lack of empathy (if you see it, its an act) you have yourself a narcissist.

It is important to say that not all politicians have narcissistic personality disorder, many may have traits but not enough for the diagnosis. But it is safe to say that we are seeing some who cannot hide their mental illness.

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Scott Willis, RN

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Bill Nunnery, CCHT

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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It comes down to communication at all levels - doctors, family, staff and the people you work with.



Joseph Smyser, RN

I would say communication and having orders in early.



Lucy Lukova, RN



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