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photo by James Coburn

Embracing a home-modeled approach Redhaven Care Homes offer new approach to assisted living

Assisted living is an extension of family for Marci Simmons, RN, director of nursing at Redhaven Care Homes. She enjoys providing a safe and non-institutionalized environment.

by James Coburn
Staff Writer

A sense of place and community brought Marci Simmons to work at Redhaven Care Homes in Oklahoma City where she serves as director of nursing.

She thinks she has much

in common with John Wilson, administrator and owner of the assisted living center (AL).

She didn't recognize the 5,000-square-foot Redhaven home when she first tried to find the address. That is because it is seamlessly part of a beautiful neighborhood.

"My GPS brought me into this neighborhood," Simmons said. "I called and said, 'I think something is off. I think I'm lost,'" said Simmons. "But I was at the right place. So when I walked in and I saw this, I was hooked."

"We just felt that the large conglomerate ALs were something that maybe not all the seniors in Oklahoma were accustomed to," John Wilson said. "They are accustomed to living in a house and want to continue to be part of a community by

The Real Meaning of a Nurse



This is a picture of a stethoscope. No, not a doctor's stethoscope. A stethoscope is an instrument used to hear and amplify the sounds produced by the heart, lungs and internal organs.

by Vickie Jenkins

Instead of showcasing a more traditional talent in the Miss America pageant 2015, Miss Colorado's Kelley Johnson, donned in scrubs and a stethoscope around her neck spoke about her nursing career. The words to the monologue were very touching. What a wonderful example of a nurse.

Although, Johnson's talent didn't go over so well with the ladies from ABC's TV show, The View, co-host Joy Behar told the viewers Miss Colorado basically 'read her emails out loud.' During the show, the question was raised as to why Johnson was wearing a doctor's stethoscope, with her uniform.

Here is Miss Colorado, Kelley Johnson's monologue from the Miss America Pageant 2015.

"Every nurse has a patient that reminds them of why

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NURSING
Continued from Page 1

they became a nurse in the first place. Mine was Joe. Joe was in the beginning stages of Alzheimer's. He had moments with and moments without his memory but the hardest part about being in the condition for Joe were his nightmares. He would wake up in the middle of the night screaming absolute bloody murder but if I just went in there and held his hands for a few moments, I could usually get him to calm down, but then he wanted to talk. He would ask

me if I could change his treatments and I'd say, no Joe, I can't, I'm just a nurse. Well, what about my medications, can you fix those? And I'd say, no Joe, I can't, I'm just a nurse. But because I couldn't do those things for Joe, we connected on other levels. He would ask about volleyball and we would talk about his grandbabies and he would tease me about being the only nurse on the unit that could reach the gauze on the top shelf. It was a lot of laughs with Joe, but then one night everything changed. I found him in his room crying and I went over to him and lifted his head

up out of his hands and I said, "Joe, I know that this is really hard but you are not defined by this disease. You are not just Alzheimer's. You are still Joe, and he looked right back at me almost to look through me, and said, Nurse Kelley, then the same thing goes for you. Although you say it all the time, you are not just a nurse, you are my nurse and you have changed my life because you have cared about me. And that's when it hit me, patients are people with family and friends. And I don't want to be a nurse that ever pretends. Because you are not a room number or a diagnosis when you are in the hospital. You're a person, very first and Joe reminded me that I'm a life saver and I'm never going to be just a nurse."

Results of The View's backlash over the comments caused 5 sponsors to pull their advertising from the T.V. show. Results of Kelley Johnson's monologue given during the Miss American Pageant 2015? Priceless.

If you would like to share your opinion on what a nurse is, send your comments to Vickie to hevn_writer@cox.net to be printed in a future issue of Nursing Times. First name and place of employment please.

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SIMMONS

Continued from Page 1

living in a house."

His goal is like many assisted living centers want to achieve by being home-like, he said. And, Redhaven is a home in a residential neighborhood. Wilson said the senior population through the years has been segregated by being forced into commercialized, essentially large warehouse environments. But many seniors would like to maintain living in a community setting, he said.

"We want to bring that back to our seniors to continue living and thriving in a community setting," Wilson said.

The first Redhaven home has opened in a friendly and established neighborhood in northwest Oklahoma City. A second Redhaven home is being prepared to open two doors down.

A Redhaven home can have eight to 10 people living there and couples live there as well.

The amenities include anything you would expect in a modern upscale home. The home is fully sprinkled with constant fire monitoring and call alert systems. Residents may ask for assistance when they need

assistance, Wilson said. Three meals and snacks are provided during the day in a family dining atmosphere.

"We also have a convection oven and a stove. You can essentially put your hand on there and it's not going to burn you," he said. "And so it's really good for them if we want to do cooking activities. If they want to be involved in cooking, we can do those things. That could be very difficult in another community because you're in fear of fires; you're in fear of somebody getting burned.

There is an around-the-clock nursing staff with nursing aides or a universal worker that can help manage the residents' needs throughout the day. Simmons is present or on-call to oversee the staff.

"Our caregivers can provide assistance with bathing and dressing -- things like that. They will also be able to do the cooking, the activities, the cleaning and laundry," she said.

Simmons has been a registered nurse since 2002 when she earned her bachelor's degree in nursing at the Kramer School of Nursing at Oklahoma City University. She has worked in assisted living ever since. Simmons has also had her administrator's license since 2005.

She has worked as the administrator and RN for another facility for the last nine years.

She became involved in caring for seniors because her father was in the business. She also wanted to take care of her grandparents. So as soon as she became involved in assisted living, she knew it was a life-long career.

She always knew she was going into the medical field, Simmons said.

"I have that passion for it. It's not a job for me. It's a ministry and it's where I will always be," Simmons said. Simmons said she loves the excitement of something new and different, which is what Redhaven is.

"They are bringing something that has not been done and it's special for seniors," she said. "I am very big on making it feel like a family. Even when I was at a large facility center, I called it my family. In this atmosphere, it will truly feel like a family for everybody. I love that. It makes me very excited. I feel that way with my employees. I think our residents will feel that way with the caregivers that we have."

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Editor and Publisher, Steven R. Eldridge - News@okcnursingtimes.com

Advertising Director Annette Deckard - Annette.Deckard@usnursingnews.com

Advertising Services Lisa Weigel - Advertising@okcnursingtimes.com

Writers: James Coburn, Bobby Anderson, Vickie Jenkins

Send all news, story requests, letters to the editor and press releases to
news@okcnursingtimes.com

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CAREERS IN NURSING

HOME AWAY FROM HOME: BAPTIST VILLAGE IS A COMMUNITY OF LOVE

by James Coburn - Writer/Photographer

Tolly Miller leaves Baptist Village every day with a smile she said.

"I want to make sure I've done everything I can do to please not only just the guests and the residents here, but also the family members, said Miller, LPN.

She has set her course at Baptist Village in Oklahoma City.

The 2009 graduate of Platt College in Oklahoma City is currently attending OSU/OKC to earn her administrator's license. She is getting ready to take a test so that she can be an assisted living administrator. Her goal is to become the administrator of assisted living when the need comes.

"Hopefully I'm here. That's the goal -- to take everything I've learned as I continue to follow administrator Michelle Billings. I'll take it and use it to make this place even stronger," she said. "And encourage everyone else to continue to go further in their education."

People grow in their careers at Baptist Village. Billings was once director of nursing there.

"I actually sat in Michelle's office," Miller said. "And I said, 'You know I want you to help me. Guide me through the process because I'm trying to be you later on.' Eventually, she's going to have the reward. And there's going to be someone here who knows the ins and out of health care and how this facility is run."

Miller began her quest in health care as a CNA. She has also been involved in oncology nursing. Nursing is about caring about people, she said.

Miller has cared for the residents' needs at Baptist Village for five years. And she appreciates that they have been a loving community in return.

"I love geriatrics. I love nursing. I love being able to help someone," said Miller, skilled coordinator and

case management. "Plus, you really get to familiarize with the people here. You get to know their families and you also get to know your coworkers.

"This truly is family when you're a long ways from home."

Her day commences in the morning when she goes to her office to check to see if she has messages from the staff or family members.

"I have to deal with a lot of their discharging and their planning," she said. "So in case if they have to transfer into assisted living or long-term care facilities, I assist them with placement and making sure to make their life easier."

Change takes on additional meaning as we age. So Miller never wants any of Baptist Village residents to feel as if their independence has been taken away, she said.

"I just look at it as stability so they can continue to live and not have to do as much work," she

said.

Teamwork is what she admires about the staff she works with at Baptist Village. Each person's job plays a big role. Miller said they have her back whenever needed.

"Just a few minutes ago, I was like, 'Hey, can you call to make sure this person's equipment is taken care of?'. I had someone getting on the phone," Miller explained.

She loves caring for people and doing whatever it takes to make them happy. Miller feels that God has placed her in the position she wants to live in professionally, said Miller, who has worked in all areas pertaining to Baptist Village. Miller has worked in long-term care and skilled nursing, memory care and in case management.

When not working at Baptist Village, Miller speaks at different churches. It may be a women's program or a church service. Miller is always willing to do a lot of



Cooper was diagnosed with a fatal liver disease at two months old. Transplantation was the only option that would save his life.

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Tolly Miller, LPN, enjoys working at Baptist Village, a place where there is room to grow in one's career.

motivational speaking.

"I am very content that I've achieved something when I leave here," Miller said.

Miller has a few nurses in her family. She was in the Air Force before becoming a nurse.

Sometimes her phone rings when she's away from work. She will make sure that she's available to work when needed so that the residents will be cared for as they deserve, she said.

Baptist Village is a friendly community of prayer, she said. They always ask during staff meeting if

there is anybody who needs prayer, spoken or unspoken, for the staff and the residents.

"This building is new," she said. "It's probably the style that makes this place a little different. When it comes down to the residents or guests, we focus more on a restaurant style meal instead of just having set stuff. We have something special for that day. But they can order anything they want from a menu." Nutrition is key at Baptist Village, she said.

"We want them to feel like they're home away from home."

OU Researcher's Idea-Turned-Invention Showcased at Smithsonian

Robotic device designed to help babies with disabilities make physical and developmental gains

A University of Oklahoma researcher dreamed of a device to help babies with disabilities crawl. Now, that dream is a reality and one of only 13 inventions showcased at the Smithsonian in Washington D.C.

It's an innovation like no other. The Self-Initiated Prone Powered Crawler, the brainchild of researcher Thubi Kolobi, Ph.D. of the OU Health Sciences Center, was given robotic life by a colleague at Virginia Commonwealth University and computer scientists as well as engineers on OU's Norman campus.

Commonly known by its acronym SIPPIC ("sip-see"), the device marries technology with a baby's innate desire to move and explore his or her environment. It listens to subtle cues from babies with cerebral palsy and other disabilities, allowing them movement that would not be possible otherwise.

"The SIPPIC is not just an instrument. It is an interactive device with movement initiated by the baby. It is the baby and the device working together that make the SIPPIC system. This makes it not only innovative, but one of a kind," said Thubi Kolobe, Ph.D., Jill Pitman Jones Professor of Physical Therapy in the OU College of Allied Health's Department of Rehabilitation Sciences.

OU's Office of Technology Development, working with VCU, has secured a jointly-held patent on the second iteration of the SIPPIC, also called SIPPIC 2.

In the meantime, computer scientists and engineers at OU Norman work to advance the next generation of the device -- one that is even more responsive to the baby's movements and that provides important new



A EEG cap with dozens of tiny sensors, worn by babies as they navigate with the SIPPIC 3, helps University of Oklahoma researchers study real-time activity in babies' brains.

insights into brain function of babies while utilizing the SIPPIC.

"The selection of this device to be a part of this important national event honors the dedication of OU researchers to help improve the lives of children at risk for disabilities and those living with them," said David L. Boren, president, the University of Oklahoma. "It also underlines the importance of the patent and intellectual property systems in supporting both invention and innovation, as we work to move new devices and treatments more quickly to those who need them."

The public will get hands-on exposure to the SIPPIC 2 at the Smithsonian's Innovation Festival, Sept. 26th and 27th, in Washington D.C.

"We are very proud of this research," said Dr. Jason Sanders, interim senior vice president and provost of the OU Health Sciences Center. "Innovation is a big part of America's story. This Smithsonian event provides a unique opportunity for the public to discover inventions and to meet those, like Dr. Kolobe, whose dreams and designs have created new innovations that ultimately may change or enhance lives."

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- RN OR Circulator
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140 GENERAL NURSING

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We are taking applications for Licensed Practical Nurses and 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.

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Registered Nurse Case Manager! Cypress Home Care of Hugo, OK, is accepting applications for an RN Case Manager! \$1000.00 Sign On Bonus! We are on the GROW! Apply in person-complete an application at: 2816 E. Jackson St. Suite. B-Hugo, OK 74743. 580-317-9333.

Director of Nursing and Weekend Registered Nurse needed for a skilled and long term care facility. Pre-employment background screening required and healthcare benefits are available after 60 days. Apply in person at: Colonial Terrace Care Center - 1320 NE 1st Place - Pryor, OK 74361 918-825-5311

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We are seeking a RN who wants to experience a difference in their life while making a difference in the lives of others. Must be a team player & demonstrate autonomy, organizational, assertiveness, strong interpersonal & written/verbal skills. Great Salary! Great Benefits! Apply at 2520 Arlington, Ada, OK. Tel # 580-332-4351 or fax resume to 580-371-2262. EOE/Drug Free Workplace

204 REGISTERED NURSE

Are you a licensed RN and interested in a rewarding career with a great team? You should come talk with us! We are currently seeking qualified candidates for a Hospice RN Case Manager. We are also taking applications for certified HHA's / Aides. We offer a competitive salary and great benefits. Send your resume to fax #918-551-6890. 1515 E 71st St SUITE 100. Tulsa, OK 74136. EOE

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REGISTRATION IS OPEN - 2015 OUMS PALLIATIVE CARE SUMMIT Thursday, November 5, 2015 FROM 0800 to 1630

Samis Education Center Experts will be speaking on current issues and trends in Palliative Care and End of Life Care for Adults and Pediatrics. Keynote Speakers are Dr. Carole Kenner and Dr. Porter Storey and topics will include Integrated Care and Communication in Pediatric Palliative Care, Withdrawal of care in critically ill children, Sibling communication, Dyspnea in advanced disease, Advanced Directives/DNR/Power of Attorney/ POLST and Care of the caregiver.

Continuing Education credits will be available to Nurses, Social Workers, and Respiratory Therapists. More information and registration available at: <https://www.oumedicine.com/oumedicalcenter/2015-palliative-care-summit>.

Registration Deadline is October 22, 2015 and the event is free to attend. Lunch will be provided. No registration accepted at the conference with no partial attendance.

Presenters and planners have no commercial support or sponsorship to disclose and Continuing Nursing Education Activity of 5.5 contact hours was provided by OU Medical System. OU MEDICAL System is an approved provider of continuing nursing education by the Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Attendance at the entire offering and completion of the evaluation is required to receive continuing nursing education credits.

OMRF receives \$1.1 million to continue study of rare immune condition



Oklahoma Medical Research Foundation Scientist Courtney Montgomery, Ph.D.

National Heart, Lung and Blood Institute has awarded the Oklahoma Medical Research Foundation \$1.1 million to expand on an existing study into sarcoidosis, a rare immune disease that predominantly affects African Americans.

In 2012, OMRF scientist Courtney Montgomery, Ph.D., received a five-year, \$4 million grant from the National Institutes of Health to research sarcoidosis. With this additional funding, her research team will be able to conduct additional genetic testing to better understand the roots of the disease, which led to the deaths of actor-comedian Bernie Mac and NFL Hall of Fame defensive lineman Reggie White.

In sarcoidosis, cells in the immune system that cause inflammation overreact and cluster together to form tiny lumps called granulomas. If too many of these granulomas form in a single organ, this can cause the organ to malfunction or even fail.

"Granulomas, which are essentially little tumors, can form in the eyes, liver, skin, lungs, brain, or almost anywhere in the body," said Montgomery.

Montgomery said sarcoidosis strikes 39 in 100,000 African Americans, versus only 5 in 100,000

Caucasians. A recent study showed that the mortality rate, particularly among women, is climbing close to 7 percent.

"It affects African Americans both more frequently and more severely than it does other groups," she said. "We set out to investigate the genetics of sarcoidosis in a large group of African-American patients and their family members, including healthy controls."

With the new funding, Montgomery will sequence the entire genomes of 615 African Americans to look for genetic markers, or predictors, of the disease.

By examining the entire human genome, said Montgomery, scientists will be able to assemble a comprehensive picture of genetic variation. "Even though we are all human and share a huge amount of our DNA, we all have something a little bit different. So when we can look at every single piece of DNA in a group of sarcoidosis patients and compare it to every piece of DNA from a group of healthy people, then we can better understand what is causing that disease."

The funding for this study comes from grant No. R01 HL113326-04 from the NHLBI, part of the National Institutes of Health.

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ADOLESCENT MEDICINE PHYSICIAN JOINS OU CHILDREN'S PHYSICIANS

Lindsay A. Ewan, M.D., an adolescent medicine physician, has established her practice with OU Children's Physicians. She has also been named an assistant professor with the University of Oklahoma College of Medicine.

Adolescent medicine physicians provide comprehensive general health care to teenagers, including routine wellness checks, sports physicals and immunizations. Ewan also sees patients with concerns regarding eating disorders, reproductive health and mental health.

Ewan is board certified in pediatrics. She completed her fellowship in adolescent medicine at Cincinnati Children's Hospital Medical Center, Ohio, and Texas Children's Hospital, Houston. She completed her pediatrics residency at Cincinnati Children's Hospital Medical Center. She earned her medical degree at the University of Pittsburgh School of Medicine, Pennsylvania, graduating cum laude.

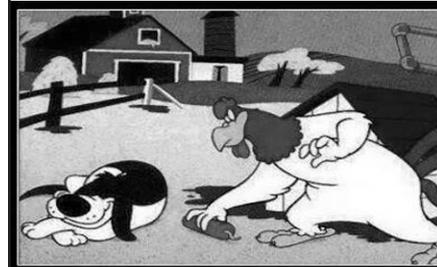
Ewan is a member of the Society of Adolescent Health and Medicine and American Academy of Pediatrics.

OU Children's Physicians practice as part of OU Physicians, Oklahoma's largest physician group. The group encompasses nearly every child and adult medical specialty.



Lindsay A. Ewan, M.D.

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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 - 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

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 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

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

Hospice of the Cherokee:

918-458-5080

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

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:

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

Sojourn Hospice:

Tammy Harvey, Vol. Manager
918-492-8799

Sooner Hospice, LLC:

Matt Ottis, Vol. Coordinator,
405-608-0555

Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator
Tulsa : 918-592-2273

Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:
405.609.3636 Chandler
Shawnee/Cushing: 405.258.2333 Toll
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 frequently hear people make the statement, "this job is killing me" but I have never really taken it seriously until I was diagnosed with high blood pressure. It is true, the stress of our jobs can really kill us if we are not careful. Am I the only one who finally gets it?

A. Thankfully you are not the only one who gets it but I think it is safe to say you are in the minority.

When my daughter was two years old (she is now 29) I became an assistant head nurse for an inpatient 50 bed psychiatric unit. I was in excellent health. (It is important to remember this).

After one year, I became the head nurse. I was tired and feeling more stress but still overall very healthy. I remember as an assistant, when I would walk into management meetings, I couldn't help but notice the signs of stress on the faces and bodies of my co-workers. I remember thinking, "I don't want to look like them."

My stress was greatly amplified in my elevated position. A department head came with extraordinary responsibilities coupled with never ending demands. It was really impossible to do everything required of me.

I started noticing that my hands and feet were often blue or purple when I was cold. My joints were often painful. I had this weird rash across my nose and cheeks. My fatigue was unmeasurable. But I kept going.

One day my director of nursing said I absolutely had to go to the doctor, so reluctantly I made an appointment. What happened next, defined the rest of my life.

My doctor assessed me and ordered lab. He said based on my physical symptoms I might have Lupus. My blue hands/feet, possibly Raynaud's phenomenon. The lab was negative for Lupus (thank goodness) but he said I had dangerous levels of stress. So here was his prescription:

1. Do not take work home. 2. Do not come in early. 3. Do not stay late

He wrote this on his prescription pad. I thought it might be a prescription for a drug to calm my anxiety or ease my depression. AND he said if I didn't deal with my stress better, I WOULD DIE AND SOMEONE ELSE WOULD RAISE MY DAUGHTER!!!!

When I showed the prescription to my DON, she just smiled. Since I never took Mindreading 101 I assumed she was thinking, "not if you want to stay in management."

I quit that job 3 months later and never looked back. There is no job worth dying for, NO JOB!!!!!!

INTEGRIS Women's Health Forum 2015

Andie MacDowell is the Featured Guest Speaker

It's that time of year again... Time for the 29th annual INTEGRIS Women's Health Forum! Get ready for two full weeks of INTEGRIS-hosted sessions on health, exercise, nutrition and the latest medical breakthroughs.

The series will run from Sunday, Oct. 11 through Saturday, Oct. 24. Our keynote speaker this year will be Andie MacDowell. Her event will kick-off the forum at 5 p.m. on Sunday, Oct. 11 at the Civic Center Music Hall, 201 N. Walker Ave., in Oklahoma City.

Andie MacDowell has established herself as an accomplished actress with worldwide recognition. MacDowell has been seen on the big screen in Footloose, Monte Carlo, the indie feature Mighty Fine and most recently in Magic Mike XXL.

On TV, MacDowell stars as Judge Olivia Lockhart in Hallmark's first ever scripted series, Cedar Cove. Previously, she was featured on the ABC Family series Jane By Design and starred in the Lifetime original movies At Risk and The Front, both based on Patricia Cornwell crime novels.

Earlier movies she received notoriety for include the ever-popular St. Elmo's Fire. MacDowell earned the worldwide title of No. 1 female box-office draw with her performance in the smash hit romantic comedy Four Weddings and a Funeral, for which she received a Golden Globe nomination. She also starred in the classic Groundhog Day with Bill Murray. In other comedies, MacDowell continued to partner with top leading men including Michael Keaton in Multiplicity and John Travolta in Michael. She first received critical acclaim and accolades for her performance as a repressed young wife in Steven Soderbergh's Sex, Lies and Videotape.

For her philanthropic work, MacDowell was presented with an honorary doctorate of humane letters from Lander University and received an Honor of the Arts from Winthrop College. She continues to serve as an international spokesperson for L'Oreal Paris, a role she has held for 25 years.

Make reservations now to spend

the evening with the classic Andie MacDowell!

Register early. This EVENT IS FREE, but space is limited and a ticket is required for admission.

Call the INTEGRIS HealthLine at 405-951-2277 or toll free 888-951-2277 to register.

The INTEGRIS Women's Health Forum has something for everyone. Topics address all ages and stages of your life, as well as the lives of your children and grandchildren. Many sessions will appeal to the men in your life too. We have a day dedicated just to them, INTEGRIS Men's Health University, which will be held on Oct. 3 before the actual forum begins.

Other event topics include:

Actively Retired, Pelvic Pain, Cleanses and Detoxes, Girls Night Out, Heart Health, Can Hormones Make You Fat?, The Importance of Sleep, Vaccines, Breast Cancer, Living Fully with a Cancer Diagnosis, Knee Pain, Achy Legs, Pain Management, Bloating Bellies, Have Fun and Stay Young and Cut the C.R.A.P. (Caffeine, refined sugar Alcohol and processed foods).

Wrapping up our two weeks, we have a day for seniors on Oct. 23 and an event designed especially for African American women, our ninth annual, on Oct. 24.

How to Register

Reservations are required for all events. Unless otherwise noted, events are free. Please provide the name, address, e-mail address and phone number of each guest.

To register, call the INTEGRIS HealthLine at 405-951-2277 or toll free 888-951-2277, and a representative will take your reservation. You may also register for most events online 24 hours a day at integrisok.com/whf.

Advance payment is necessary for events that require a fee, and it is due at the time of registration. INTEGRIS pays for a portion of all events to allow participants to be able to enjoy sessions for a minimal charge.

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Jorgie Lusty, RN, Immunization

"When people don't call me back."



Jessica Deaton, RN, Care Manager

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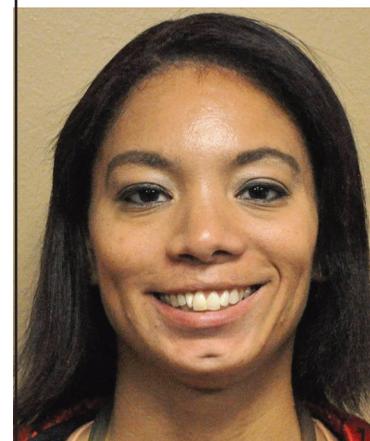
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"I do not like to be ignored. If you hear me, please respond verbally or non-verbally!" LOL



Achton Pennon, LPN

"When people lie to me and they know they are lying to me."



Autumn Calfe, LPN

Physician Participates in National Book Program

Brad Burget, M.D., is a board certified pediatrician and internal medicine physician at INTEGRIS Family Care Central in Oklahoma City. He enjoys reading and hopes to share that joy with his smallest of patients through the Reach Out and Read program.

The nonprofit organization consists of medical providers who promote early literacy and school readiness in pediatric exam rooms nationwide, by integrating children's books and advice to parents about the importance of reading aloud into well-child visits.

During regular pediatric checkups, Reach Out and Read pediatricians, family physicians and nurse practitioners give new, developmentally appropriate books to children, ages 6 months through 5 years. "I personally wished to implement this program in my practice because I have seen the value of what it means to share a book with a child in my own home," says Burget, who is the father of a 3-year-old girl and 1-year-old little boy. "Reading at a young age is vitally important for the healthy development of language and reading skills, as well

as giving the child the ability to transport themselves to places they have never been or may never go. It is my hope through the Reach Out and Read program that Oklahomans will have greater access to books at a young age, while instilling a love of reading that will last a lifetime, and in turn help improve our state's literacy level and school performance." During the preschool years, children served by Reach Out and Read score three to six months ahead of their non-Reach Out and Read peers on vocabulary tests. These early foundational language skills help start children on a path of success when they enter school. Reach Out and Read partners with more than 5,200 program sites and distributes 6.5 million books per year. The program currently serves more than one-third of all children living in poverty in this country, and continues to grow each year with the vision that one day the Reach Out and Read model will be a part of every young child's checkups. To learn more or to schedule an appointment with Burget, call 405-945-4322.

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