

Oklahoma's NURSING TIMES

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Simple intervention

AllianceHealth outcomes change lives

by Bobby Anderson
Staff Writer

The message sent to the Midwest City community a few months back was resounding.

More than two years of work and planning by multiple AllianceHealth Midwest departments culminated in a prestigious accolade that will benefit patients throughout the metro.

For the first time, the hospital received full Chest Pain Center with PCI (Percutaneous Coronary Intervention) Accreditation from the Society of Cardiovascular Patient Care.

"Essentially what it did was validated to our community we were serious about our cardiology program and our treatment and our



Mark Macklin, RN, BSN and AllianceHealth Midwest cath lab staff are on the cutting edge of cardiac care in Oklahoma.

evaluation of chest pain patients," said Mark Macklin, RN, BSN, cardiology director and chest pain coordinator. "This has always been a community-based hospital and it was important for us to relay that to the community that we had committed ourselves to improving in those particular areas."

To receive accreditation, AllianceHealth Midwest demonstrated its expertise and commitment to quality patient care by meeting or exceeding a wide set of stringent criteria and completing on-site evaluation by a SCPC review team.

AllianceHealth Midwest is the only hospital in the state of Oklahoma to receive this level of accreditation.

"This accreditation is another large step in our commitment to providing superior emergency and cardiac care to the residents of Midwest City and Eastern Oklahoma County" said Damon Brown, CEO, AllianceHealth Midwest. "This accreditation was made possible because of the dedicated work and commitment of a multi-disciplinary team that included employees, physicians and paramedics."

Macklin has spent the last 12 of 22 years in nursing in cardiac care after an emergency medicine and trauma background.

And he's seen cardiac care come to the forefront.

TREMENDOUS NEED

"Any community in Oklahoma,

cardiovascular disease is going to be a primary focus," Macklin said. "Particularly for the process of chest pain accreditation it was important for us because of our volume throughputs, lengths of stay and those issues that we standardized the process so patients are treated not exactly the same but at least within the same guidelines and standards so we don't miss small things along the way."

Macklin stressed that the purpose of obtaining chest pain accreditation wasn't to just put the emblem on the paperwork. The process was one the entire AllianceHealth system has committed to in order to improve its processes and insure better outcomes.

"What it tells (the community) is that along with the accreditation process is the process of ongoing performance improvement and what

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See CATH LAB Page 3

A caring, giving person LPN gives her all to patient care

by James Coburn
Staff Writer

Tuscany Village Nursing Center is a place of compassion, said Hausana Kettle, LPN, Tuscany Village Nursing Center, located in Oklahoma City.

"We love our residents," she said. "We're big on team work and I just feel like we have a really good core nursing staff as well as the supplementary staff."

They work together cohesively to provide best practices of care.

Kettle became inspired to work with the elderly when she was a pediatric scrub tech for eight years. She knew a nursing career would

be her next step.

"I felt like it would either be with babies or the elderly," she said.

She earned her LPN training at Platt College in Oklahoma City and has worked at Tuscany Village Nursing Center since it opened in 2010.

"I feel like I'm a very caring, giving person. And that was instilled into me by my grandmother who raised me. And I've just always loved to care for people," Kettle said.

When Kettle was 32 she decided to become a nurse. Her mom had passes when Kettle was a 1-year-old and her grandmother had legal



Hausana Kettle, LPN, is a bright and engaging nurse who cares about the residents she serves at Tuscany Village Nursing Center in Oklahoma City.

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This study has been reviewed by and received ethics clearance through the IRB, Capella University. If you have questions about your rights to participate, please call the Chair of the Institutional Review Board through the Research & Scholarship Office at (612) 977-5385.

guardianship.

"She had 16 kids of her own," Kettle said. "And just throughout my entire life I just watched her – even with them as adults – whatever you needed, she was just a caretaker."

Kettle watched her grandmother and absorbed her fine qualities of care. She felt called to become a nurse. Upon graduating from nursing school, she set her course applying at different places. Tuscany contacted her.

Kettle was told by the director of nursing that she would have preferred a more experienced nurse. But because she had been at her previous job for eight years, she felt that said something about Kettle and wanted to give her a chance. Kettle felt grateful for being hired. Today her DON is Gina Hyde, RN, who calls Kettle her right hand man.

"It's been about five years and I feel at this point we can look at each other and know what needs to be done. We don't have to say words. We just work really well together."

She credits the administrator along with the corporate nurses for taking a chance on her. She began as a charge nurse, progressed in long-term care and moved to skilled nursing. Then they moved her into an MDS position. Today, she is the Quality Assurance nurse.

"I know I'm the nurse that I am because of all of them," she said.

She monitors infection control, see if there are trends, and monitors if the housekeeping is done properly. She focuses on risk management, including falls, skin care, injuries, bruises among other aspects of care.

Kettle loves her nursing career and wouldn't do anything else, she said with a smile.

There are many qualities among the residents, she said. "I love that you fall in love with all of them for a different reason," Kettle said.

One of the resident just turned 90. She visits other residents who seldom venture out of their rooms, Kettle said.

"The residents with dementia,

Continued on next page

TUSCANY

Continued from Page 2

too. You just fall in love with them because they're like reverting back to the time when they were a baby," Kettle continued. "It just filled my heart to care for them and make sure that they're fed and safe and comfortable."

One resident in particular fills her memory with love. She passed away a few years ago, and Kettle considers her to have been her best friend.

"The minute I would walk in the door her eyes would brighten. We would just talk as real friends," Kettle said. "There were times when the nurse aides couldn't get her to do a particular thing. They would have to come and get me, or I would hear her yelling across the building, my name, and I could get

her to do whatever it was."

"The CNAs would be like, 'Why is she doing it for you?' And I don't know why. But I loved her a lot and I miss her a lot."

Kettle said the CNAs and CMAs have the hardest job in the facility. To see them work on a daily basis by putting their problems aside to focus on patient care is amazing, said Kettle, 40.

"They care for these residents as if they were their own loved ones," she continued. "It warms my heart and I have a lot of respect for all of them."

When she's not on her toes being busy, Kettle loves to cook and read.

"I kind of like to put some music on in the house and sing a little and dance a little. I like to sing a lot as I'm washing the dishes."

"The CNAs would be like, 'Why is she doing it for you?' And I don't know why. But I loved her a lot and I miss her a lot." Hausana Kettle, LPN

CATH LAB

Continued from Page 1

might be standard of care today is fluid and those standards change annually, even more often than not based on evidence-based practice and clinical research."

"We have cardiologists that embrace the recommendations that come out of the American College of Cardiology and published literature."

Macklin likes to use the phrase "parking lot to parking lot" to describe the program.

The program simply doesn't work if all departments don't work together.

"It's not just an emergency process, it's not just a cath lab process and it's not just an inpatient observation process," Macklin said.

That became obvious during the entire accreditation process.

"What we identified early on in the process was we were already pretty good at the acute MI," Macklin said. "What we identified through the process and our surveyor's neutral eyes was that our biggest opportunity was our EMS arrivals and starting to take those EMS patients who were acutely myocardial

infarcting straight to the cath labs, shaving 20 sometimes 30-times off our perfusion times."

"That's been our biggest improvement you can see on a daily basis. We've empowered EMS that if it walks like a duck, and it quacks like a duck call it a duck and we'll take them to the lab."

The process is ongoing.

Macklin knows time is muscle and staff are always up against the clock.

The pride comes through the continual refinement of the process.

Representatives from every department met regularly through the accreditation process and still are called back in to maintain improvement.

"This is a group of people who aren't afraid to call somebody out and it's a group that isn't afraid to tell you what they need," Macklin said. "This is a team sport."

Certification lasts for two years but statistics are monitored monthly by the accreditation agency.

Ongoing employee education and community education are tenets of maintaining certifications.

And the process for recertification has already begun.

And everyone is involved.

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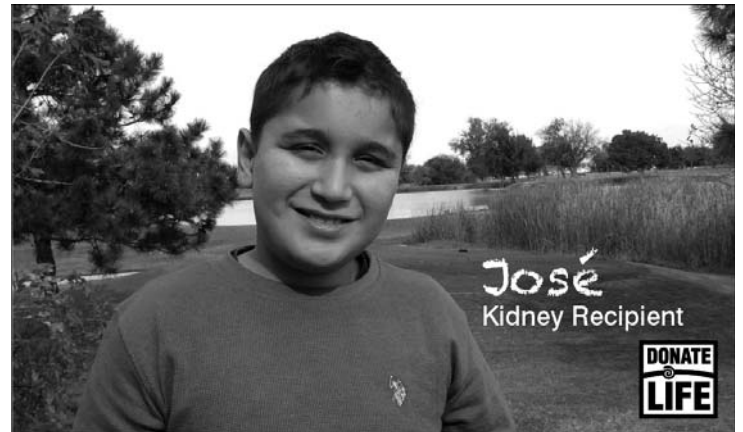
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José

was born with chronic renal failure. His left kidney didn't grow. At age one, he was placed on the transplant waiting list but was only listed for about a month and he started getting better. He was removed from the list and did well until he was 10 years old.

At 10, his health started declining and he was placed back on the list in July 2013. His mom was also tested to be his donor, but within three weeks, a donor kidney became available and he was transplanted in August 2013. The doctors said it was a one in a million perfect match. José was only in the hospital for 5 days. He is now able to do almost anything a boy his age wants to do with the exception of contact sports.

His family feels so blessed to have met his donor's family and is so thankful for the wonderful life saving gift their son received.

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CAREERS IN NURSING FROM LIBERIA TO OKLAHOMA: LPN SAYS LIFE IS GOOD

by James Coburn - Writer/Photographer

Annie Stewart began thinking about a nursing career as an 18-year-old when she lived in Liberia, West Africa. Today the LPN is a charge nurse at Warr Acres Nursing Center. She told her grandma there that she wanted to become a nurse.

"I was working towards it before I came to America. And when I got here I was still interested in taking care of people," she said.

She became a nursing assistant at another nursing home before earning her LPN credential at Metro Technology Center in 1993. Stewart has a work history with Warr Acres extending back to 2004. She was not always worked there during her career, but returned in June of 2015. She credits her friend, Gail DeWitt, for paying her way through school.

"She is like a sister to me," Stewart said. "I don't see her every day, but she's got a place in my heart."

Stewart said she had to leave

her grandmother at home in Liberia where she passed away. So taking care of seniors is soothing for her because she will always miss her grandmother who died in 1997.

"I like doing that because I'm like their daughter. We're a big family. I talk to them and help them through good times and bad times," she said. "I take care of them like my own. The way I take care of them is the way I would like some people to take care of me when I get old tomorrow."

Everyone will grow older, she said. So she always reminds CNAs working with her to treat them the same way they would want to be treated at their age. She also shares that it's not only the elderly in nursing homes. There are people who have been in car accidents, experienced strokes and so many people in rehab.

"They cannot help themselves at home. So when they are here we

treat them with dignity and take good care of them," Stewart said. "Because what you do for people today, you will get paid for it tomorrow."

What goes around comes around, she said. She tells the staff to please do the best they can. Work can be overwhelming at times, but there is always room in life to stay calm.

"Don't every treat anybody in a mood because you are angry or overloaded," she said. "This is a field that you have to have some love in your heart. If you are not somebody who has love and compassion for people, then this field is not for you."

There are certain people she works with who never complain and Stewart loves that. CNAs never refuse her requests, she said. But Stewart does not hesitate to report to the director of nurses or the administrator if there is an employee who does not belong at Warr Acres.

She loves her residents, she said, especially when she comes through the door and is told, "Annie, I am so glad to see you."

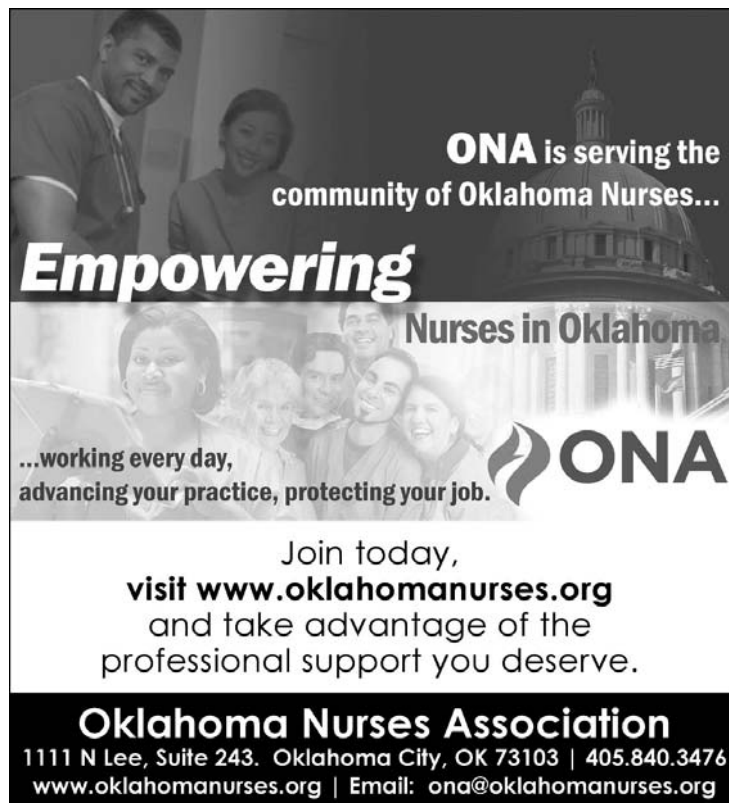
One of the gentlemen always tells her he knows his day will be good when he sees her. She treats them as her own. And they hug.

Recently she assisted a woman to bed and told her that she loves her. The next day the woman's roommate asked her to tell her that she loves her, too. The woman was in tears, and Stewart always makes a point now to tell her she loves her.

When not working you can usually find Stewart gardening, planting hot peppers, sweet potato and okra. Sometimes she will share what she cooks at Warr Acres with other workers. She also likes to work out.

She said she would like to go back to school to become a

Continued on next page



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Annie Stewart, LPN, is one of the friendliest nurses you will ever meet. She says loves her career as a charge nurse at Warr Acres Nursing Center.

registered nurse. But she will also work in a nursing home.

"Old people are in my heart," she said.

And she never forgets her life in Liberia. It is a small country and was nice to live there until a civil war erupted there. She was able to leave the country.

"My daddy was killed in 1990," she said. "He went to church and there were more than 200 people there. They (terrorists) went there and killed every one of them."

Her sister fled to the Ivory Coast. And her two brothers died in Africa.

"But Liberia is very sweet and when they see you they treat you like a king," she said of present day life.

Stewart loves seafood and would like to live near the ocean. But her husband does not want to leave Oklahoma. He is also an LPN. Her husband has been working at Deaconess Hospital for 21 years.

Life is good here, she said.



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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

We are seeking a Registered Nurse

Margaret Hudson Program is seeking a Registered Nurse with extensive and comprehensive experience in maternal-child nursing. Administrative skills required. Bachelor's Degree in nursing preferred. Position operates on a 10 month basis with summers off and all BAPS approved holidays with pay. 751 W Knoxville St, Broken Arrow, OK 74012

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at Eye Surgery Center of Tulsa located at 7191 South Yale Avenue, Tulsa, OK 74136. In search of a full time Pre-Op Registered Nurse with experience. We are a fast paced outpatient surgery center. Great pay and benefits. No nights, weekends, holidays or call.

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

RN to be our weekend supervisor

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Oklahoma's NURSING TIMES

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Oklahoma's NURSING TIMES

Scaperlanda inaugurated as the 16th president of St. Gregory's University

On its historic campus, the St. Gregory's University community looked forward to a bright and exciting future as Dr. Michael A. Scaperlanda was inaugurated as the University's 16th president on March 21, 2017.

Well-wishers began the day by gathering at St. Gregory's Abbey for Mass with The Most Rev. Paul S. Coakley, Archbishop of Oklahoma City, serving as the celebrant, and The Most Rev. Eusebius J. Beltran, Archbishop Emeritus of Oklahoma City, and the Rt. Rev. Lawrence R. Stasyszen, O.S.B., Abbot of St. Gregory's Abbey and Chancellor of St. Gregory's University, serving as the concelebrating prelates.

During his homily, Archbishop Coakley honored the legacy of

St. Gregory's Abbey and University throughout Oklahoma's history, and celebrated the new chapter for the University under President Scaperlanda's leadership.

"This is holy ground. This is a place of unique importance for the Church in Oklahoma, because it was through the Benedictines who first established themselves at Sacred Heart Mission and later relocated to this site, that the Catholic Church first gained a foothold in Indian Territory and spread throughout Oklahoma," Archbishop Coakley explained. "Those intrepid missionary monks helped establish some of the first Catholic institutions of this territory. They served as evangelists, pastors, educators and witnesses to the Gospel of Jesus Christ."



photo by Peyton Bates

The Rt. Rev. Lawrence R. Stasyszen, O.S.B. (L) and Rev. Donald Wolf (R) present St. Gregory's 16th president, Dr. Michael A. Scaperlanda (M) with the Chain of Office for St. Gregory's University. Scaperlanda was installed as St. Gregory's 16th president on Tuesday, March 21.

Archbishop Coakley extended a prayer for President Scaperlanda and the strengthening of the University's foundation.

"We pray for Dr. Michael Scaperlanda as he undertakes his ecclesial mission of leading St. Gregory's University from the heart of the Church. We pray as well for the students, faculty, administration, staff and benefactors who participate in the critically important ministry which contributes so much to the flourishing of both Church and society. May God who has begun this good work bring it to fulfillment," said Archbishop Coakley.

The Inauguration ceremony followed in the Don and Jenetta Sumner Field House where distinguished guests, alumni, students, faculty, and staff gathered to celebrate

the formal installation of President Scaperlanda.

Robert J. Sullivan, member of St. Gregory's board of directors; John "Rocky" Barrett, Chairman of the Citizen Potawatomi Nation; Melissa McLawhorn Houston, Labor Commissioner for the State of Oklahoma; Jane Gray, St. Gregory's Alumni from the class of '74; Dr. Tash Smith, Department Chair for St. Gregory's Humanities Department and faculty delegate to the board of directors; Emilia "Lilly" Bermudez, St. Gregory's Dean of Students; and Ruby Arani, St. Gregory's senior from Midwest City and student government president offered welcoming words, inspiration and wisdom to President Scaperlanda.

Spring is in the Air

Spring Gala

April 6th

4:30PM-7:00PM

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Rivermont

Senior Care of Oklahoma

Medical Center Edmund

Providence Home Care

Right at Home

TenderCare Hospice

TGC Consulting

Village Park

Summerset

Synergy HomeCare

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. Coord. Karen
Cleveland, 405-214-6442; OKC: Vol. Coord. 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

ST.GREGORY'S Continued from Page 8

"This school year has been a year filled with exciting transformation and growth for us as a student body. We see how great St. Gregory's University can be, and every day we are seeing that potential being reached by the efforts and determination of President Scaperlanda," said Arani. "Today is a day of celebration for our community, and we are excited for the future of our beloved school with President Scaperlanda as our leader."

President Scaperlanda then pledged his fidelity to the mission and values of the University and to the Catholic Church's teachings as he was presented the presidential medal of the University by Rev. Donald Wolf, chairman of St. Gregory's board of directors and the Rt. Rev. Lawrence Staszyszen, O.S.B., Abbot of St. Gregory's Abbey and Chancellor of St. Gregory's University.

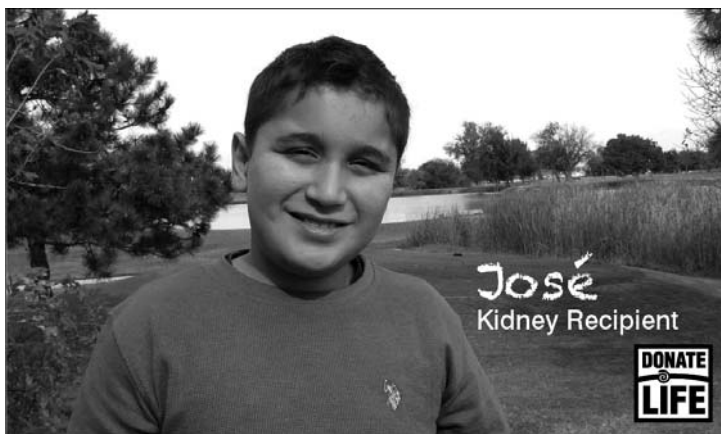
In his keynote address, President Scaperlanda spoke about the importance of a liberal arts education and the formation of the whole person.

"Our professional and pre-professional degrees prepare our students for employment and graduate school upon graduation. The liberal arts foundation, which is reinforced

seamlessly throughout our curriculum, develops habits of mind that liberate students from narrow technical training, providing our alumni with great vertical and horizontal job mobility," said President Scaperlanda. "Our Catholic, Benedictine liberal arts foundation provides our students with a framework for being liberated from the fears and base appetites that control the lives of so many, allowing them to live joy-filled lives in service to others."

He stated that the ultimate goal of a Catholic education is not to make good citizens, efficient business people, or competent professionals, but to make saints.

"We have an Oklahoma model to guide us in this holy work. Fr. Stanley Rother, who will be beatified in Oklahoma City on September 23, and who is the first American born martyr, exemplifies what we aim for here at St. Gregory's," President Scaperlanda explained. "Fr. Stanley Rother loved deeply and with an abiding joy despite difficult circumstances. May he be a model of servant leadership for all of us who work at St. Gregory's University and for all of our students who will go forth from here spreading the Good News in whatever communities and professions God draws them."



José was born with chronic renal failure. His left kidney didn't grow. At age one, he was placed on the transplant waiting list but was only listed for about a month and he started getting better. He was removed from the list and did well until he was 10 years old.

At 10, his health started declining and he was placed back on the list in July 2013. His mom was also tested to be his donor, but within three weeks, a donor kidney became available and he was transplanted in August 2013. The doctors said it was a one in a million perfect match. José was only in the hospital for 5 days. He is now able to do almost anything a boy his age wants to do with the exception of contact sports.

His family feels so blessed to have met his donor's family and is so thankful for the wonderful life saving gift their son received.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call **800-826-LIFE (5433)** and ask for a donor registration card.

LifeShare

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

Erikson Welcomed as New Director at The Fountains at Canterbury

The Fountains at Canterbury, a continuum of care senior living community in Oklahoma City, welcomes Cody Erikson as the new executive director. Erikson brings more than 15 years of experience in the senior care industry to the leadership position.

"Leadership, experience and past success at achieving high rates of resident satisfaction are some of the key qualities that we look for in executive directors," said David Barnes, president and CEO of Watermark Retirement Communities. "The Fountains at Canterbury is a unique community committed to creating an extraordinary lifestyle with excellent services and amenities. Cody will be a great asset to the team and will continue our success into the future."

Erikson previously held the position of executive director at Brookdale Senior Living in Stillwater, Oklahoma. He was responsible for overseeing the orientation process, teaching new associates how to navigate systems and worked to clearly define the company's mission and culture. Prior to his position with Brookdale, Erikson served as director at The Homestead Retirement Community in Alva, Oklahoma. "I'm passionate about this profession and I am thrilled for the opportunity to serve as executive director at The Fountains at Canterbury," said Erikson. "I look forward to working with our exceptional team to ensure residents and associates thrive."

The Fountains at Canterbury is dedicated to being the first choice in senior living, providing a continuum of care including independent living, assisted living, memory care, innovative rehabilitation therapies and skilled care. The Fountains at Canterbury is managed by Watermark Retirement Communities and is committed to creating an extraordinary community where people thrive. To learn more, please call (405) 381-8165 or go online to www.watermarkcommunities.com.



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

I never really thought about "conversational intimacy" and the role it plays in a relationship. It is much harder than people think and sad to think I lost my marriage because of it. I wanted to make others aware of the knowledge I gained and to encourage you to do it before it is too late.

My name is Jim and I was married for 16 years. My wife and I both worked full time and we were raising two children. We were busy like all married couples with children's activities and managing a home.

My wife would occasionally tell me that we needed "to talk" and I would get very busy hoping she would forget. She didn't. These "talks" always made me anxious. She wanted to discuss a problem or issue related to our marriage or "my behavior." I would attempt to talk, she would get frustrated and I would completely forget the English language. She could "out talk" me.

We went to counseling and my wife would vent her frustrations to the counselor, often crying saying how alone she felt. I would sit there and pat her on the back, which interesting enough made her dislike me even more. That's when I learned about "conversational intimacy." (which I was lacking).

The counselor had us sit facing each other and make eye contact. (Also hard to do). It was really grueling and strangely informative. I realized that my wife and I had no trouble with physical intimacy (that is until she began to really dislike me) but I'm not sure we ever really had conversational intimacy to begin with. Of course we "talked" during dating and engagement and I'm sure after we married but intimate conversations were rare.

We practiced in the counselor's office but at home we struggled. My wife had developed some resentments towards me for my lack of concern for her desire to talk, apparently building for several years. I learned that resentments can't easily be discarded.

She was upset that it took so long for me to "get it." When she told me that she wanted a divorce I was devastated. I had no idea I had caused so much damage by not making myself available, listening, validating her feelings and trying to find solutions. Having physical intimacy was way more enjoyable and didn't really require much talking. I made myself very available.

As I sit here in my apartment, alone, after taking my children back to my ex-wife's house (previously my house too), I have become wiser. I learned how important it is to occasionally have deep conversations, to really get to know the person that I have grown to love.

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SAT, May 6

FRIDAY, May 12

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