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Change for Good

Nurse seeks to change hospice market



Debra Moore, RN, clinical director of Oklahoma Hospice Care (left) and Jennifer Forrester, RT, community relations director, are trying to change how hospice is delivered in the metro.

by Mike Lee
Staff Writer

Debra Moore, RN, didn't sleep much the night before.

Her new job as clinical director of Oklahoma Hospice Care is a daunting one and keeps her busy.

But the award-winning nurse wouldn't trade it for the

world.

"I feel like I make a difference," she said, just a few hours removed from sitting up most of the night with a dying patient and their family.

Moore became Oklahoma Hospice Care clinical director near the end of 2014, accepting a staff of more than 10.

"She's just an amazing, charismatic leader," says Jennifer Forrester, RT, community relations director. "People want to follow her and she takes ownership and the magnitude of responsibility for that position."

Moore was the gem Oklahoma Hospice Care had been looking for.

And Moore is a firm believer that Oklahoma Hospice Care is poised for expansion. Oklahoma Hospice Care has offices in Oklahoma City and Shawnee with a radius stretching 50 miles

OHH expands wound care offering



Dr. Elaine Soter (right) and Denise Caram, MHA, have joined with Oklahoma Heart Hospital to help patients with diabetes.

by Mike Lee, Staff Writer

When it comes to wound care in Central Oklahoma, Elaine Soter, MD, CWS is a well-known commodity.

That's why the physician-owned Oklahoma Heart Hospital decided it was high time to put Soter's reputation and expertise to work for its vascular patients.

The Oklahoma Heart Hospital Wound Center opened for patient care earlier this month.

The new state-of-the-art facility opened its doors at 530 SW 80th Street in Oklahoma City, under the guidance of Soter, who serves as OHH Wound Center Medical Director.

The new wound center brings the community treatment and protocols to treat chronic wounds including hyperbaric oxygen therapy, negative pressure therapies, bioengineered tissues and biosynthetics. Patients may also have the opportunity to participate in clinical trials and multicenter studies.

"More than 8 million people in the U.S. suffer from chronic wounds of which healing has been impeded by such diseases and conditions as diabetes, obesity, aging and the late effects of radiation therapy," Soter said. "With the prevalence of both diabetes and obesity in Oklahoma, specialty treatment centers like ours are a great addition to the medical landscape."

A member of the Healogics network, the wound center employs a rigorous scientific approach to explore, test, find and develop the clinically proven methods and technologies which

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HOSPICE

Continued from Page 1

from each office.

She floats the idea of one day having an inpatient hospital.

She's never been one that dares to dream.

"Here I get the best of both worlds," Moore said. "I still get to teach about oncology and I get to take care of patients because I'm not a behind-the-desk clinical director. I feel like the only way you're going to lead something is if you have your hands on it and know what's going on."

Oklahoma Hospice Care is a Christian-principled organization specializing in caring for their patients and the patient's families wherever they call home through personalized plans of care developed with input from the family physician, the hospice physician, the patient, the patient's family and the members of the hospice interdisciplinary team.

Community Relations Representative Tori Aldridge sums up the task at hand nicely.

"Families invite us into their lives at their most vulnerable point," Aldridge said. "We get one opportunity to take

a tragic situation and make it bearable, even good. We aren't there to focus on a person's death. Instead, we focus on the remainder of their life."

"We don't speed up their disease process and we don't slow it down. We go at their pace and do our best to minimize the surprises. The diagnosis and prognosis have been the most paramount surprises in their lives."

Moore is a native of Oklahoma City. She obtained her nursing degree from Oklahoma City Community College in 1999. She began her nursing career at Presbyterian Hospital in the Med Surgery/Neurological Center and served as RN charge nurse.

Moore spent the next chapter of her career at Midwest Regional Hospital where during her tenure she worked as an oncology certified RN, manager of the Outpatient Oncology Center and finally director of inpatient and outpatient services.

She received the Nursing Award of Excellence in 2008 and the Spirit of Transformation Award in 2011 from the Oklahoma Hospital Association. She has also been an Ambassador for the United Way and served many years as team captain for the American Cancer Society's Relay for Life.

Moore credits her mother, Anna

Rose Wilson, for instilling love and compassion that has led her to be the woman and nurse she is today.

With five children and two grandchildren, Moore stays busy even when she's not busy at work.

She exudes happiness. It's hard to ever find her in a down mood. And that's who she looks for when she hires.

"I was looking for caring, compassion and someone who didn't mind hard work," Moore said of the opportunity to hire new staff when she got the job. "I was looking for someone to go into the home when I couldn't be there."

"As far as a clinical perspective you can have all the commercials and advertising you want but word-of-mouth and letting people see what we do, that tells it all right there," she said. "We're different because we all do actually care and that's why I'm glad we handpick our people. We know the people we have working for us."

And that's a comfort for both Moore and her patients.

"I measure success by the patient saying 'job well done,'" Moore said. "It's simple. Being in this field and probably any field it just takes common sense. What would you want done

for your mom? What would you want done for your grandmother? Whatever you would want done for them that's what you do for the patient."

And sometimes that means getting a few hours less sleep than she's used to, like the night before.

"I asked (the family member) if we could have done anything else. She said 'Debra, you guys were amazing,'" Moore said. "That's what keeps us going. I got a couple hours of sleep last night but that's what keeps me going. That's what makes me not even care about sleep. I can wait until Friday."

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Editor and Publisher, Steven R. Eldridge - News@oknursingtimes.com
 Advertising Director Annette Deckard - Annette.Deckard@usnursingnews.com
 Advertising Services Lisa Weigel - Advertising@oknursingtimes.com
 Writers: James Coburn, Bobby Anderson, Vickie Jenkins
 Send all news, story requests, letters to the editor and press releases to news@oknursingtimes.com

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CAREERS IN NURSING

A NURSE FOR ALL SEASONS: HOSPICE NURSE HAS A LOT TO GIVE

by James Coburn - Writer/Photographer

Kathy Sneed has always thought of herself as a healer, she said. A hospice nurse definitely needs a caring soul, Sneed said.

"I wanted to help people," said Sneed, RN, case manager at Life Choice Hospice, in Oklahoma City.

"I wasn't sure what I was going to do in hospice," she said. "It's really a different world. That's what I was looking for."

Sneed has done a little bit of about everything during her 16 year nursing career. Her background includes working in labor and delivery, trauma, ICU, psych, and the Oklahoma Department of Corrections. She earned her nursing degree at Rose State College 16 years ago in Midwest City.

"Hospice can be very rewarding. At times you wouldn't think it would be, but you get to be a little closer with the families by being there to help them out with their grief," Sneed said. "I just really enjoy helping them through a difficult time."

It takes a special nurse to be in hospice, delivering the holistic care to some of the most vulnerable moments of a person's lifetime, she said.

"The nursing staff here, everyone of them is so caring," she said. "It's just unbelievable. I've never worked with a better group of people."

Compassion is a hallmark of the nursing staff. They support each other completely, she said. If a nurse is having a challenging time with a patient, then the staff is ready to help, she said.

Sometimes it may be hard to control one's emotions when everyone is crying around you, she said. It's hard, said Sneed.

"I've even sat right there and balled with them," she explained.

Without any selfishness, a hospice nurse must be loving with the ability to step up to the challenge of whatever needs to be done for a patient or family member, she said.

Formerly SolAmor Hospice, Life

Choice changed its branding name about two months ago, Sneed said.

The hospice offers a full spectrum of care to touch spirit, mind and body with the nursing staff, chaplain, social worker, nurse aides, volunteers, and social workers.

"I was out on a death not too long ago," she said. "The family was having a hard time with it, even though they knew it was coming. They thought they were prepared but they really weren't. They picked up the phone and called our chaplain and he was there in 30 minutes. He was able to sit with them and help them do that."

Nursing seems to be in Sneed's blood. There is not a time she recalls that does not include the desire of being a nurse, she said. Growing up, she had a lot of female cousins who were always pretending they were nurses and doctors at play.

"I had a good childhood. My mother and father were very good to us," she said. "I have no regrets about

that, and I think I got the caring from them, just because they were so good at raising me."

A collection of memories blends with the meaningful relationships she has found today in her hospice career.

In the beginning, being a hospice nurse was difficult because she wanted to fix them, she said. Sneed wanted her patients to improve. She said it takes time to develop the mentality that she has done all that she can.

"Now all you can do is make them comfortable," she said. "Make sure that they pass in a comfortable way. That's what we do."

During her nursing career, Sneed has seen families grief from the unexpected deaths of loved ones in the ICU. This can be difficult for a registered nurse, she said.

"Hospice teaches you to comfort the family and try to make them aware of what's going on, what can

Continued on next page



Our son, Tyler, was an athlete and always on the go. He played football and loved riding his four-wheeler, and he would go camping and fishing whenever he could.

But, at 17, we discovered Tyler had an enlarged heart, and that a transplant would be needed to save his life. The challenge was to keep him alive until he could get a heart. Just before surgery began to install a mechanical device to help his heart pump, the heart of a 23-year-old man became available. Tyler didn't even know about the transplant until he woke up. He's doing so well and he has come home to finish his senior year in high school. We can't even begin to know how to thank the family of our son's heart donor, except to say that we are so grateful that they saved Tyler's life.

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happen, what they're going to look like when they die," Sneed said. "You prepare them for that transition. It's hard to watch someone die. So they do go through a lot of physical changes when they're dying. If you don't prepare the family for that, it's a shock to them. So we ease them into it."

Nurses do not always know when death is imminent. A couple of patients have rallied when they are thought to be ready to pass, she said.

"Sometimes they do surprise you," she said.

There is a misconception that death has to be a painful experience. It does not, she said. Symptoms such as gasping can be controlled, she said, so the family members do not have to see a lot of it and think their loved one is suffering, Sneed said.

"A lot of times they go peacefully. You're just there with the family while they pass," Sneed said. "I think it's very important that we are there."

Life Choice Hospice has a motto that "no one dies alone." Some people don't have family members, but they do have Life Choice Hospice to be with them.

Life Choice Hospice is not forgotten. They have received thank you notes and cards of appreciation from family members who appreciate the care their loved one received.

Everybody needs a break from their career. When Sneed is not at work she spends time with her family, including three adult daughters and

six grandchildren.

"I have hobbies I like to play with. I do a lot of sewing, quilting and crafts," she said. She tries not to bring work home with her. But sometimes she is on stand by just in case.

"I'm willing to do that. It's not a problem," she said.

Life Choice Hospice serves to make sure a dying experience is a peaceful one with comfort, Sneed said.

The acceptance of hospice nursing also comes with age. Many hospice nurses are older, seasoned nurses, Sneed said.

"I just think that is part of the development stage of the person," Sneed said. "I was totally surprised when I became a hospice nurse. It was nothing like I thought it was."

WOUND

Continued from Page 1

reintroduce the body's innate ability to heal. The network, comprised of academic medical centers, hospitals and thousands of professionals is committed to advancing wound healing by creating, sharing, and activating wound prevention and care expertise.

Denise Caram, MHA, serves as the director of the new center. She served with Soter in the same capacity at at the Healogics clinic at Midwest Regional Medical Center.

Caram understands OHH's draw to Soter.

"Their relationship with her is so strong that once they decided to do a wound center they wanted her," Caram said. "They went after her and that's a tribute."

Soter says the new clinic is invigorating and the fact it bears the Oklahoma Heart Hospital name is exciting. "Oklahoma Heart has a stellar reputation and I already work with a good many of these physicians. It was an opportunity for us to knit that relationship more closely and access a different group of patients in need," Soter said. "It was just an opportunity for me to align myself with an already well-known group of doctors that get it. They get what our aim is."

Oklahoma Heart Hospital serves every county in the state of Oklahoma with more than 60 outreach centers.

Oklahoma is No. 1 in the number of amputations in the U.S.

Caram remembers the story of a patient who came from Arkansas who had originally been told his lower leg would need to be removed.

"All they had to do was take a toe," Caram said. "I think that's pretty impressive. We've just not bragged about that very much here."

Soter knows the statistics and said it's an education battle as it is a medical one.

"I think part of it is the traditional fatalistic attitude we have with diabetics and the belief once a diabetic's foot starts to have trouble that there is nothing they can do and it's a guarantee they will have an amputation," Soter said. "And we've actually proven that that's not quite true and that if you put that effort into limb salvage maybe you can reduce the level of amputation and maybe you can completely avoid it and certainly you can preserve function."

"The philosophy that is traditional if you applied it to hearts and to cancer they would never have angioplasty, bypass or chemo and I like to think what we do is very much like that."

Many patients treated for problematic wounds may be candidates for hyperbaric oxygen therapy, a treatment in which the patient breathes 100 percent oxygen inside a pressurized chamber for short periods of time. This therapy can be beneficial for treating wounds that are difficult to heal.

Chronic wounds affect millions of people in the U.S. and the incidence is rising, fueled by an aging population and increasing rates of diseases and conditions such as diabetes, obesity, and the late effects of radiation therapy.

Untreated, chronic wounds can lead to diminished quality of life and possibly amputation of the affected limb.

Two nurses will work the clinic with plans to add another.

The center is run by Healogics, the nation's largest provider of advanced wound care services.

Using an evidence-based systematic approach to chronic wound healing, Healogics provides specialty wound care for an underserved and growing patient population through its 500 wound care centers.

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Oklahoma's NURSING TIMES

New OMRF findings yield answers for bolstering immune response

A pair of Oklahoma Medical Research Foundation scientists has made new findings related to blood vessel function and inflammation, key factors in infections as well as a host of conditions from cancer to kidney and autoimmune disease.

The findings by Lijun Xia, M.D., Ph.D., and Rodger McEver, M.D., could point the way to the development of new methods for preventing and treating bacterial and viral infections.

Xia discovered a new way that lymph nodes, which act as monitors and filters for pathogens that enter the body, respond to challenges to the immune system.

"We found that a particular molecule called podoplanin is essential in making lymph nodes regulate their environment so more white blood cells, the body's infection fighters, can come in during inflammation or following vaccination," said Xia, who holds the Merrick Foundation Chair in Biomedical Research at OMRF.

"In the future, these findings may help us make vaccines more efficient or enable us to develop new therapies to help the body fight pathogens and infections."

Xia also found how a common form of protein modification plays an important role in protecting podoplanin in lymphatic vessels, which is important for transporting immune cells.

"Using these results, we can move toward developing therapies that help maintain healthy vessel function during inflammation or immune responses," said Xia, who published his new findings in the journals *Blood* and *Nature Immunology*.

Other OMRF scientists who contributed to Xia's research are Yanfang Pan, Tadayuki Yago, Jianxin Fu, Kai Song, Yuji Kondo, Brett Herzog, Mike McDaniel and Hong Chen.

McEver, whose findings appear in the journal *Science*, has discovered a new interaction involved in the body's response to inflammation. McEver was a contributor to the research, which was led by Andres Hidalgo from the Centro Nacional de Investigaciones Cardiovasculares in Madrid, Spain.

"Inflammation results in the recruitment of white blood cells to a place to combat infections or deal with injury," said McEver, who holds OMRF's Alvin Chang Chair in Cardiovascular Biology. "In this new study, we were able to show that platelets, blood cells that protect against bleeding, can facilitate an inflammatory response in a particular way not seen until now."

These findings could prove beneficial in helping to reduce collateral injuries caused by the immune system's response to injuries or infections.

"Drs. Xia and McEver continue to do important work and are a testament to the high caliber of research underway here at OMRF," said OMRF Vice President of Research Paul Kincade, Ph.D. "Research like this takes time and dedication while opening doors to a wide range of possible discoveries."

Funding for Xia's research was provided by grants P01HL085607 from the National Heart, Lung, and Blood Institute and GM103441 from the National Institute of General Medical Sciences. McEver's research was funded by grants HL034363 and HL085607 from the National Heart, Lung and Blood Institute. All four grants are funded by the National Institutes of Health.



Soonerthon Raises \$40K in One Day for Oklahoma's Children

Donation will advance pediatric research, education and clinical care

On Jan. 21, enthusiastic college students joined together to help make a meaningful difference for Oklahoma's children and their efforts paid off in a big way – more than \$40,000 was raised in one day. The students were a part of The University of Oklahoma Campus Activities Council Soonerthon (OU Dance Marathon) and their drive was fueled with a white-hot determination "For The Kids." Proceeds will support Children's Hospital Foundation and its mission to improve the health of children through the advancement of pediatric research, education and clinical care.

"As an affiliate of Children's Miracle Network Hospitals, we are so very proud of the students who committed themselves, for a continuous 24 hours, to raise money to help Oklahoma's sick and injured children," said Kathy McCracken, executive director, Children's Hospital Foundation.

Remarkably, students originally set a goal to raise \$15,000. When they met the goal by noon, the students challenged themselves to increase the amount to \$25,000. Through teamwork, registration fees, peer-to-peer fundraising, canning on campus and the sheer power of social media, the students successfully completed their 24-hour fundraising event by raising more than double the amount they had originally intended to raise.

Student Kate Decuyper counts change for Soonerthon. "It is amazing to see the entire campus rally around such an amazing cause. The fact that we had raised our goal in only 12 hours truly demonstrates the heart and strength of the OU community," said Jessica Freeman, Soonerthon Overall Chair. "Every year I am overwhelmed with the generosity of Soonerthon's donors, but



today was truly something special. The best part is we are not stopping here. We have six more weeks left to keep fundraising so we can make a huge impact for Children's Hospital Foundation."

All funds raised by the students will help them to reach their overall annual fundraising goal of \$380,000. The final amount will be announced Mar. 7 at Soonerthon in the Huston Huffman Center. At that time, more than 2,000 students will come together to celebrate their accomplishments by spending the entire day up on their feet dancing. With an impassioned motto of "For The Kids (#FTK)," the day will focus on Children's Hospital Foundation Miracle Kids and lots of fun.

Children's Hospital Foundation, proud affiliate of Children's Miracle Network Hospitals, is a nonprofit 501c (3) organization in Oklahoma striving to improve the health of children. Since its inception in 1983, Children's Hospital Foundation, through its volunteer board and vast community support, has funded pediatric research and education programs including collaborative projects with the OU Department of Pediatrics, The Children's Hospital at OU Medical Center, OU Children's Physicians and the University Hospitals Authority and Trust. For more information, contact Executive Director, Kathy McCracken at 405.650.1718 or visit our website: www.okchf.org.

Crohn's and Colitis Support Group Reaches Out to Community

Crohn's & Colitis Foundation of America, Oklahoma Chapter, and Dr. Tauseef Ali, from the St. Anthony Physicians Group Gastroenterology, are partnering together to help educate and support those who suffer from digestive diseases. A support group open to the community, covering topics related to IBD diagnosis, management and handling complications, meets the first Wednesday of every month. From 5:15 p.m. to 6:15 p.m., meetings are held in the Rapp Foundation Conference Center, located on the 4th floor of the Saints Medical Plaza Building, 535 NW 9th Street, in Oklahoma City.

February 4, is the next meeting featuring Tauseef Ali, M.D., as he discusses the "ABC's of IBD." For more information on the support group, contact Jennifer Lester at 405-772-4367 or Tricia Mauldin at 405-919-0398.

Faith Community Nurses' Conference

The conference will be held March 6, 2015 at Crossings Community Center, 10255 N Pennsylvania, Oklahoma City, OK 73120 and is hosted by Faith Community Nurses Association (FCNA OK.)

FCNA OK is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for 6.0 contact hours applicable for RN, LPN, or LMHT relicensure. Kansas State Board of Nursing Provider Number pending.

For registration information, contact Marilyn Seiler, 405-340-0691, ext 197 or email at parishnurse@stjohn-catholic.org or see the FCNA website: www.fcnaok.org for a brochure and registration form.

Oklahoma's Nursing Times

Hospice Directory

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Okc, 405-463-5695 Keith Ruminer/
volunteer coordinator/chaplain

Allevie Hospice:

405-605-7787

Autumn Bridge Hospice:

405-440-2440

Autumn Light Hospice:

580-252-1266

Carter Healthcare & Hospice:

OKC - Adam Colvin, Vol. Coordinator,
405-947-7705, ext. 134; Tulsa - Mike
Gregory, Vol. Coordinator,
918-425-4000, ext. 114

Centennial Hospice:

Becky Johnson, Bereavement
Coordinator 405-562-1211

Chisholm Trail Hospice:

Tiffany Thorne, Vol. Coordinator,
580-251-8764

Choice Home Health & Hospice:

405-879-3470

City Hospice:

Beth Huntley, Vol. Coordinator,
405-942-8999

Comforting Hands Hospice:

Bartlesville: 918-331-0003

Companion Hospice:

Steve Hickey, Vol. Coordinator, Guthrie:
405-282-3980; Edmond: 405-341-9751

Compassionate Care Hospice:

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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:

Sheila Guffey, 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
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Faith Hospice of OKC:

Charlene Kilgore, Vol. Coordinator,
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918-343-0493; Tollfree: 866-476-7425

Frontier Hospice:

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Coordinator, 405-789-2913

Full Life Hospice:

Vicki Barnhart, Vol. Coordinator,
405-418-2659

Good Shepherd Hospice:

4350 Will Rogers Parkway Suite 400
OKC OK 73108 405-943-0903

Grace Hospice Foundation:

Sharon Doty, Dir of Spec. Projects -
Tulsa 918-744-7223

Harbor Light Hospice:

Randy Pratt, Vol. Coordinator,
1009 N 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; Norman: Vol. Coor. Lisa
Veauchamp, 405-579-8565

Heavenly Hospice:

Julie Myers, Coordinator 405-701-2536

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918-343-0777 Owasso: 918-272-3060

Hospice by Loving Care:

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Hospice of Green Country:

Tulsa: 918-747-2273, Claremore:
918-342-1222, Sapulpa: 918-224-7403

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Hospice of Owasso, Inc.:

Todd A. Robertson, Dir. of Marketing,
877-274-0333

Hospice of the Cherokee:

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Humanity Hospice:

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405-418-2530

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Spencer Brazeal, Vol. Director,
918-392-0800

Indian Territory Home Health & Hospice:

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Interim Healthcare Hospice:

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Image HealthCare :

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LifeLine Hospice:

April Moon, RN Clinical Coordinator
405-222-2051

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OKC Metro, 405-631-3577; Shawnee,
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McCortney Family Hospice

OKC/Norman metro 405-360-2400
Ada, 580-332-6900 Staci Elder Hensley,
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Mercy Hospice:

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Oklahoma Hospice Care

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Coordinator, Lawton: (580) 248-1405

Quality Life Hospice:

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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

SolAmor Hospice:

Lisa Riggs, Vol. Coord. 405-842-0171

Sooner Hospice, LLC:

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405-608-0555

Tranquility Hospice:

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

Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:
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580-254-9275 Cathy Poe, RN Director

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**Vicki L Mayfield, M.Ed., R.N.,
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Therapy Oklahoma City**

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

Q. *These days we are urged to "follow our passion" but what if we really don't know what our passion is? I know there is something missing in my life but I don't know how to get started. Do you have any suggestions?*

A. I found an interesting article written by Warren Berger that you and many others might find helpful. The following 8 questions can help you figure out where your heart lies and what you really ought to be doing:

1. What is your tennis ball? The most successful people are obsessed with solving an important problem, something that matters to them. They resemble a dog chasing a tennis ball. To increase your chances of happiness and success, find your tennis ball - the thing that pulls you.

2. What am I doing when I feel most beautiful? This is about identifying not only what draws you in, but also what makes you shine. Think about the time and place when you feel most alive - whether it's when you're solving a problem, creating, connecting with someone, traveling. Find a way to do more of it.

3. What is something you believe that almost nobody agrees with you on? "Originality is deceptively hard," Paypal co-founder Peter Thiel has stated. Try to find a problem or challenge no one else is tackling, go through the open door that no one is looking at.

4. What are your superpowers? Unpack the combination of personality traits and aptitudes you bring effortlessly to any situation. If we can identify our inherent character strengths and build on them, we can lead happier, more successful lives.

5. So what did you enjoy doing at age 10? Eric Maisel, a psychotherapist, states that the things we loved as a child are probably still the things we love, before others started telling us what we should do.

6. What are you willing to try now? One of the best ways to find your purpose and passion is through experimentation. To launch ourselves anew, we need to get out of our heads, we need to act. "We learn who we are - in practice, not in theory - by testing reality."

7. Looking back on your career, 20 or 30 years from now, what do you want to say you've accomplished? What have you accomplished at this point?

8. What is your sentence? The journalist and pioneering Congresswoman Clare Booth Luce, while visiting John F. Kennedy expressed her concern that he was trying to do too much. She told him a great man is a sentence - meaning that a leader with a clear and strong purpose could be summed up in a single line (e.g., "Abraham Lincoln preserved the union and freed the slaves.")

Your sentence could be, "I created a program to help at risk youth before they got into serious trouble." What do you want your sentence to say?

Tech Trek Accepting Nominations for Math and Science Camp for Girls



Seventy-six, seventh grade girls from Oklahoma will have the opportunity this summer to experience one of two Tech Trek math and science camps. Teacher nominations of campers are now being accepted for Tech Trek at SWOSU (Southwestern Oklahoma State University) in Weatherford and Tech Trek at TU (University of Tulsa).

The American Association of University Women (AAUW) branches from Weatherford and Tulsa, in collaboration with SWOSU and TU, are one of eleven sites across the United States to conduct this national pilot program outside of California. Last year, forty-eight girls from across the state participated in the second year of Tech Trek at SWOSU. Due to its success, Tech Trek is expanding its program to two locations in Oklahoma, so that more girls can receive the opportunity to experience Science, Technology, Engineering and Mathematics (STEM) learning and activities to which they may not otherwise be exposed. Tech Trek is one of AAUW's goals to increase participation of women in math and science.

Tech Trek is a week-long summer math and science camp uniquely designed for girls entering the eighth grade during the 2015-16 school year. Campers stay on a college campus during the week of Tech Trek while they learn about STEM; perform experiments and hands-on activities; and interact with female role models who are already working in STEM fields. Aside from a \$50 registration fee, the camp is provided free of

charge to Oklahoma residents.

Tech Trek invites teacher nominations of potential campers, which are due by February 20. Tech Trek is looking for girls across the state of Oklahoma who are excited by math and science; have at least a "B" average with the potential to excel; have not necessarily had the opportunity for experiences like Tech Trek; and have a high level of maturity when interacting with peers. Current seventh-grade girls will need to be identified and nominated by their middle school teachers and counselors. After being nominated, girls will be asked to complete a camper application and undergo a "get-to-know-you" interview. Forty girls will then be selected to attend Tech Trek at SWOSU from June 7 - 13, and 36 girls for the inaugural year of Tech Trek at TU from June 14 - 20.

"Tech Trek is an educational and fun way to bring girls together who share an interest in science and math," states Tech Trek at SWOSU Camp Director Lisa Appeddu. "They are able to explore the different fields of STEM and related careers in a positive environment. Tech Trek provides the opportunity for girls to see the benefits of expanding their education and making a difference in the future of Oklahoma."

For more information about the camps, nomination materials, volunteer opportunities or to donate to Tech Trek, please visit the website <http://techtrek-ok.aauw.net/> or email techtrek@swosu.edu or info@techtrektulsa.org.



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Robbi Ketch, LPN

"I would have changed places with Whitney Houston because I wish that I could sing. I would love to WOW people with my voice."



Christine Onaolapo, RN

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"I would trade places with one of my patients to see what it is like to be in a hospital, so I can be a better nurse."



Shari O'Connor, RN

"It would be Charley Boorman. Charley has acted in a few films but now takes adventurous motorcycle tours all around the world."



Micah Puckett, RN,
PMRU Team Leader

Sports Animal Star Provides Guys' Guide to Romance Just in Time for Valentine's Day

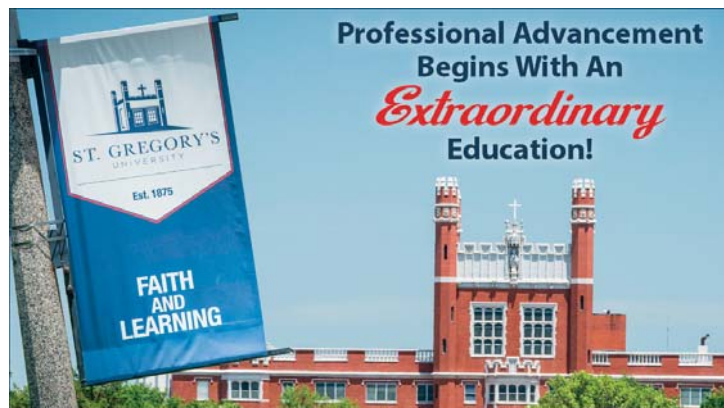
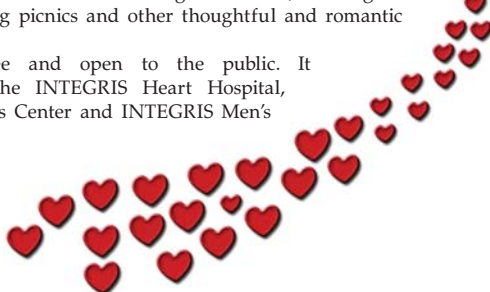
When you think of men's health you most likely think of medical issues, diet and exercise, but there is another aspect of men's health that is equally as important and often ignored. We're talking about matters of the heart. Not the blood pumping organ but the epicenter of love and romance.

Morning Sports Animal radio station star Ron Benton, otherwise known as Spinozi, and some of the other guys will be broadcasting live from INTEGRIS Pacer Fitness Center on Monday, Feb. 2, from 11 a.m. to 1 p.m.

Spinozi wants to help guys out this Valentine's Day by giving them some pointers on how to have healthy relationships. He has written a book called 12 Things A Guy Can Do To Let the Woman In His Life Know How Amazing She Is. The book details leaving love notes, sending flowers for no reason, preparing picnics and other thoughtful and romantic ideas.

The event is free and open to the public. It is being hosted by the INTEGRIS Heart Hospital, INTEGRIS Pacer Fitness Center and INTEGRIS Men's Health University.

We'll have food, refreshments and plenty of giveaways. Be sure to join us for the fun.



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