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RN leading renaissance in MWC



With 40 years of nursing experience, Chief Nursing Officer Gloria Ceballos, RN, PhD is at the forefront of a nursing renaissance at AllianceHealth Midwest.

by Bobby Anderson,
Staff Writer

Gloria Ceballos, RN, PhD has worked in just about every nursing area you can imagine. From the operating room to home care to the classroom, Ceballos' 40 years in nursing has taken her to places she never thought possible.

Now, as the Chief

Nursing Office of AllianceHealth Midwest, Ceballos is lending that experience to growing local nurses who want to work for their hometown hospital. Ceballos has helped transition the former Midwest Regional Hospital to the new AllianceHealth Midwest name.

"It has been a great

ride with committing to quality of care here at Alliance Midwest," Ceballos said. "We've seen a lot of change this year, changing our name and recruiting new nurses. We've recruited over 25 brand new nurses where for a while this hospital was hiring just one or two new nurses."

Growing nurses is a passion for Ceballos.

She made sure AllianceHealth Midwest awarded eight \$5,000 scholarships to students in the medical field last year. Four went to high school students and the

Hope and understanding
Oklahoma Christian University School of Nursing prepares for mission trips



photo by James Coburn

Learning to empathize with what people endure in foreign lands when it comes to health care needs is an important mission, says Courtney McCoy, RN, assistant professor at Oklahoma Christian University School of Nursing.

by James Coburn, Staff Writer

Mission work is expanding to a new destination point for learning for students at Oklahoma Christian University School of Nursing, said Courtney McCoy, RN, assistant professor. For the first time, students will spend a weekend in the mountains at a mission training village established by Harding University in Arkansas.

"They have a big camp and half of it is used for church camps and the other half is their mission training village," McCoy said.

Seven different training villages simulate seven different countries. They are similar to dwellings one would see by going to a mission trip in that area, McCoy explained.

"Missionaries sometimes go and use it to go and acclimate themselves before going on a mission trip," she said.

Twenty-eight students of the 31-member junior class are attending the mission training village in April as well as three faculty members. The simulated mission

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CABALLOS

Continued from Page 1

rest went to college students already in a medical program.

Ceballos assigned mentors from the hospital to help them along.

"The scholarship doesn't tie them to us - we hope it does," Ceballos said. "It's more mentoring through their schooling. In the end, they could choose to work for us if they wanted to."

By being one of the largest employers in the area, AllianceHealth Midwest is able to be a strong supporter of employment opportunities within the community. AllianceHealth employs more than 1,500 individuals, equaling to more than \$70 million a year paid in salaries and benefits.

What was established in 1962 as a community hospital is now a 255-bed acute care facility. AllianceHealth Midwest was the first metro hospital to meet the requirements to be recognized as a Certified Level III Trauma Center by the Oklahoma State Department of Health.

"There are nurses that want to stay here in the community and if we encourage them they will stay," Ceballos said. "Oklahoma

needs every single nurse it can keep. Nursing is a career you can take worldwide, really. We want to keep the nurses that want to stay close to home and to their families and not have to leave."

Formerly, Ceballos worked as a consultant in Florida. Ironically, it was that job that brought her to Midwest City.

She came to help with finding solutions but found a great opportunity in front of her.

"I saw the effort this team put in. They convinced me to come," Ceballos said. "Most people don't get to see their organizations from the inside before they're hired. I got to see that and test it."

With healthcare rapidly moving to a pay-for-performance model, Ceballos says communication of that fact to employees is critical.

Under Ceballos quality scores have improved.

"We are incrementally improving and sustaining, which is very important," Ceballos said. "Nationally, hospitals are struggling with their satisfaction scores. Patients are not well when they come to us. Our goal is for them to understand why they are hospitalized and what they need to know before they leave."

"We want to make sure if they need us again they are sure to come back."

"I want the nurses to embrace the new healthcare environment because it's here to stay."

With the increasing importance of scores derived from the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS), Ceballos says it's important that nurses understand how the assessment works.


The HCAHPS survey contains 21 patient perspectives on care and patient rating items that encompass nine key topics: communication with

doctors, communication with nurses, responsiveness of hospital staff, pain management, communication about medicines, discharge information, cleanliness of the hospital environment, quietness of the hospital environment, and transition of care.

The survey also includes four screener questions and seven demographic items, which are used for adjusting the mix of patients across hospitals and for analytical purposes. The survey is 32 questions in length.

"Those questions are being correlated with patients coming back in the hospital," Ceballos said. "Patients who answered poorly in some of these questions nationally are correlating maybe with readmissions, not taking their medications or not following up with their doctors. The patients still have to make the decisions but when they leave the hospital we should have given them the opportunity to have those questions answered."

And one by one, Ceballos is answering any questions people might have about whether AllianceHealth Midwest is the right place for them.



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MISSION

Continued from Page 1

experience will provide an educational experience without the additional cost of traveling out of the country.

"Harding has had it for a while. We just saw it at a mission's conference and went and checked it out," she said. "So we're going to give it a try this year."

Oklahoma Christian has a tradition of outreach. It will continue to send students abroad to Honduras, but the trip is optional for students due to its additional cost, McCoy said about half of the class this year will venture to an impoverished area of Honduras a few weeks after graduation.

"We are excited about the Harding trip just because it gives them a taste of that foreign trip even if they are not able to actually go on the foreign mission trip," McCoy said.

Mission work helps the students to empathize with the struggles of humanity. Students are enlightened by the challenges and needs of health care outside of the United States. They see how fortunate they are to live in Oklahoma and how different the world can be in other places, McCoy said.

"So I think it helps them in their

nursing career to be more empathetic and understanding by being able to see people in more vulnerable positions," McCoy said. "It kind of makes them more aware of their resources and things that we have here."

The students spend two weeks in Honduras helping to educate the community. Education is vital for a short-term mission trip, even more valuable than bringing a lot of medications that will be soon depleted.

"So we really focus on empowering them to take care of their own health," she said. "We give them some tools to do that. So we do a lot of health teaching in the schools and then we basically do screenings like the public schools here do health screenings."

"We try to do that over there for them, too, and maybe catch things like vision, hearing and heart defects and respiratory problems so that we can get them hooked-up with a doctor early."

Besides spending time with the Honduran children at school, the students will also spend a day or two in the local hospital to give students an idea how the area facilitates health care. They learn the differences

between American medicine and that of a foreign land.

"In the past we have gone to the equivalent of health departments here," McCoy said. "We work with one major clinic that we coordinate the trip with. The name is Predisan and they are a faith-based clinic with free clinic services or they pro-rate it based on the income of the patient."

"But they have a full service pharmacy and all types of stuff. So we usually try to spend a little bit of time there, too, and get a feel for what they do."

McCoy said money is the main challenge for the people there being able to access health care and to live a healthy life. Poverty there leads to higher crime rates and violence, which causes the need for immediate medical attention.

She said Predisan is growing with its Healthy Schools Program of having nurses travel to remote villages. The drive often takes about a couple of hours from the clinic to a destination point, many of which are in the mountains without access to what Americans take for granted.

McCoy is a graduate of Oklahoma Christian and learned from her past experiences in Honduras, she said. She said mission work has instilled in

her more of a purpose as a nurse.

"It really helps you stay mindful of holistic care and caring for the whole patient," she said. "When I go to class and talk about it to my students every day, it keeps it at the forefront of your mind. I feel the need to practice what I preach and so it helps me stay more aware of that."

McCoy is an expectant mother, so she will not be going to Arkansas this year with the students. Her baby is due on May 15 and will not be going to Honduras as well.

"We're really excited about the weekend at Harding," she said.

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

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CAREERS IN NURSING

TEAMWORK IN THE ER: ST. ANTHONY'S HOSPITAL - SHAWNEE

by Vickie Jenkins - Writer/Photographer

Brandi Parsons, RN stays busy as she works as the ER Clinical Coordinator at St. Anthony's Hospital in Shawnee, OK. In the past, Parsons has worked in different areas in the hospital but she found her calling was in the ER. "I love my job," she says.

Parsons received her nursing degree from Seminole State College and went to nursing school at St. Gregory's in Shawnee, OK. She gives a lot of credit and praise to Dr. George Newhouse and Nina Kirk, who were two of her mentors while she was in school. "I had a lot of speedbumps along the way and they got me through some tough times. I will always be grateful to them for helping me along the way. They were both so encouraging to me," she states.

It was in 2002 that her grandmother had several heart issues. Not much later, her grandmother passed away from a sudden cardiac

arrest. "This was the first death in my family that I had ever experienced," Parson said. "It was life-changing for me in so many ways. There was a special lady, my grandmother's nurse, Violet that stood in the gap while I was dealing with the loss of my grandmother. It was at that time, I knew I wanted to be a nurse, just like her. I set out to be the best nurse ever and I still aim for that," she said with a smile. "I feel like I am honoring Violet in a special way," she added.

"What do you consider to be your biggest asset?" I ask Parsons. "I think it must be compassion. I really feel for the patients. It makes me feel good to know that I make a difference." Co-workers describe Parsons as driven, creative and fun-loving. "That's nice to hear," Parson replies.

Parsons' doesn't have a typical day at the hospital. "Working in the ER, each day is so different,"

she says. That is because we get patients from 5 counties plus some from Oklahoma City. "I am so thankful that here at St. Anthony's, we have a wonderful staff, excellent doctors and nurses and excellent techs. We all work as a team and we are a strong team. That is so important in patient care," she adds.

Asking Parsons if there is anything about her job that she would change, she replies, "I would definitely make more time to spend with the patients. One of the main things that I would like to share with others is about teamwork. Working as a team, we always have an extra set of hands. Being on a team is critical, especially in the ER. It's like a clock gear. Each piece has its own job and when we work together, everything runs smoothly. In the ER, each moment counts! It is up to us to take care of each patient the best we can. We see our results

when our patients leave the hospital, knowing that all of us have done our very best. Even to this day, I get thank-you cards from patients that I had 4-5 years ago. I appreciate each one of them so much," Parson said.

When Parsons is not working, she spends much of her time with her husband, Shawn, who is a police officer. They have 2 daughters, 24 and 22, and a son, 11. Both daughters attend Rose State college. Both girls are following in their parents' footsteps. One daughter is going into nursing while the other one is going into police work. "Our son is into sports, mainly baseball." Parsons also is a party planner and loves birthday parties. She is also in charge of the annual toy drive at St. Anthony's. She collects toys throughout the year and gives them to the children in Pediatrics. The hospital makes their day a little brighter. "Children are so scared when they come to the hospital. It

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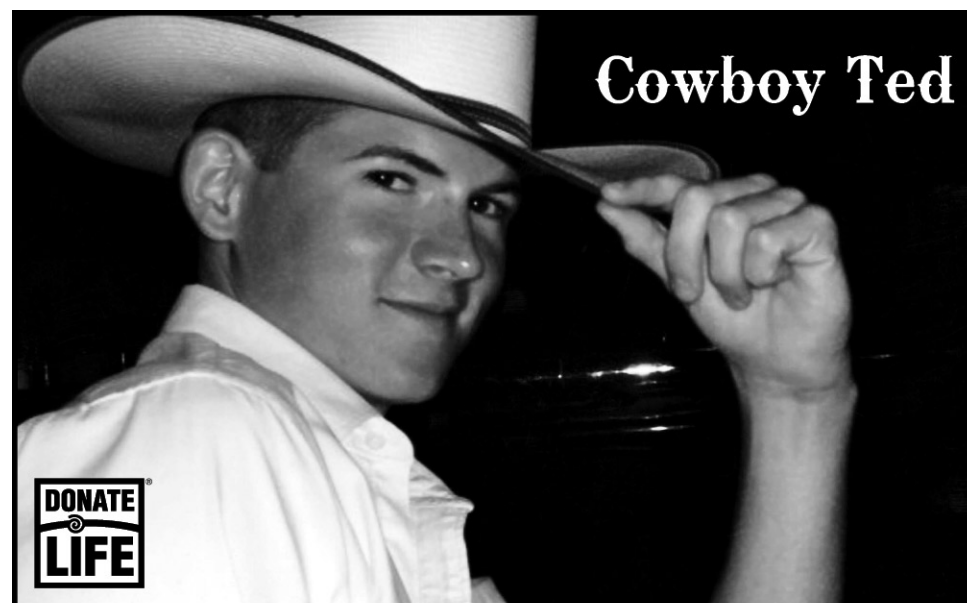
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Brandi Parsons is the ER Clinical Coordinator at St. Anthony's Hospital in Shawnee, OK. Teamwork is one of the key factors for excellent patient care, according to Brandi.

is amazing what some little stuffed animal or a small toy will make everything seem okay for them," she said.

"What inspires you to come to work every day," I ask Parsons. "Oh, that's an easy question," she says. It's the people and our team; we save lives. That also includes sitting

with the patient and holding their hand when they are told about their diagnosis. It's patting their back and encouraging them when they need it the most. It's being there to listen even though you've heard the story a dozen times. It's a brighter day with just a smile. What inspires me? Saving lives."

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Through this new service offered at the Tulsa hospital, patients with gynecologic cancer will now be able to complete their full scope of treatment at CTCA. Dr. Choo will also perform complex gynecological surgeries and robotic surgeries.

Dr. Choo graduated from the National University of Singapore. He completed an obstetrics and gynecology residency at Boston City Hospital in Boston, MA, and a fellowship in gynecologic oncology at the University of Michigan Medical Center in Ann Arbor.

Dr. Choo is board certified by the American Board of Obstetrics and Gynecology and the American Board of Obstetrics and Gynecology, Division of Gynecologic Oncology. He is a member of the American College of Obstetricians and Gynecologists, Society of Gynecologic Oncologists and the American Society of Clinical Oncologists. He is also a member of the International Gynecologic Cancer Society and the Oklahoma State Medical Association. Dr. Choo has been a member of the teaching faculty at the University of Michigan, University of Hong Kong, University of Oklahoma, Texas Tech University, and Oklahoma State University. Practicing in Tulsa since 1989, his area of expertise includes gynecologic surgery, robotic gynecologic surgery, radical pelvic surgery and chemotherapy for gynecologic cancers. "With the addition of a remarkable physician like Dr. Choo, we are now able to expand our services for gynecologic cancer patients at our hospital in Tulsa," Daniel Nader, DO, FCCP, chief of staff at the Tulsa hospital. "We are excited about the opportunity to offer our patients more options under one roof."

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We are accepting applications for an RN Case Manager! \$1000.00 Sign On Bonus! 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

204 REGISTERED NURSE

907 South Detroit, Suite 905 Tulsa, OK. 74120 In Home Health Services **At this time we are accepting resumes for Full Time Registered Nurse/Case Managers.** Experience in the Home Health Field is preferred. For more information about the position call 918-592-1221 or toll free 1-855-592-1221. Equal Employment Opportunity



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Drawing...Art Therapy

by Vickie Jenkins

Almost all of us can remember our childhood days. We were stress-free, not a care in the world as we used our imaginations; using our fat, little fingers to sculpture our own little work-of-art with play-dough, color with brightly-colored crayons and draw numerous pictures. Our artwork seemed to take over the refrigerator. Did you know that as we were being creative, we were relieving stress? No wonder we were having so much fun!

Meet Danny Gordon, a self-taught multi-award winning artist/illustrator from Oklahoma City, OK. Danny has been drawing since the age of five years old. "I come from a family of 7 children. When I was growing up, my brothers and I would sit around the dining room table after dinner and draw pictures; animals, cars, houses, robots and anything else that seemed to fit a typical little boy's style. Well, except for me. I was drawing people," Danny answered with a smile.

After graduating high school, Danny attended several area colleges where he furthered his artistic skills

and won numerous awards in the process, including the Most Prestigious Art Student in Oklahoma for 2 consecutive years, Prestigious Honor of Graphic Communication of Oklahoma and numerous awards for first place for his outstanding artwork. Most of his drawings consisted of portraits of people. Each canvas brought out the unique and creative side of Danny.

One of Danny's first jobs was at C.R. Anthony Co. as an illustrator/fashion designer where he designed the ads for newspapers and magazines. His artwork was featured in various art shows, libraries, schools and children's books. It was in 2004, Gordon's art work expanded into "Danny's Doggies." These were pictures of a dog's head drawn into cartoon form. The dogs took on their own personality as they held up signs of what they said to their owner. "Everyone liked the idea of the dogs," Danny said. "I know everyone likes cats too but I love to draw pictures of the dogs. I have drawn over 600 kinds of dogs and that's not even all of them," he said.

"Is there one drawing that stands



Danny Gordon, Local Artist/Illustrator.

out from the rest?" I ask Danny. "I have always been a perfectionist, even when I was little. When I would draw and make a mistake, I would discard it right then. As my artistic skills improved, I didn't discard as many pictures. Overall, I think one of my favorite drawings is one of my dogs, the Beagle. I name all of the drawings of the dogs and I choose a name that seems to fit their personality," he replied with a laugh.

Wondering where Danny comes up with his ideas, he said, "Well, I am inspired when I see something. It can be anything. It causes me to be creative. Like with my dog art, I see a dog and his owner, and it makes me really think and study it. After a little while, everything becomes comical and it makes me want to make people laugh. That is one of my goals; to see people happy. I like the interaction between a dog and its owner. It's kind of like the conversations are little secrets between the two of them."

This successful and popular body of whimsical dog art has grown into a product line which includes collectible bean bag plush toys, dog toys, prints, and more. Not only does Danny's artistic abilities come alive with his creativeness, his personality of passion for others shines through.

"Another one of my passions has always been teaching art to children. Many years ago, before I drew my first dog, I began teaching basic drawing lessons to children at the church that I attended. Since then, I have been visiting elementary schools throughout

Oklahoma, teaching children to draw."

Danny has visited many schools over the years. Children love for him to visit the classrooms where Danny gives the children a personal art lesson. "I usually draw a character like a mascot of the school or something. I let the children create what they want me to draw, choosing what the character will look like, how they will be dressed, if they are going to play sports or not. Children have a brilliant imagination and their mind runs wild sometimes," he says with a laugh. "They have come up with some great ideas. One class even chose their character to be the class mascot. It was so much fun."

Danny is the artist and founder of Comical Canine Gift Shop, located at 7918 N.W. 23, Bethany, OK. "Last year, we opened the Comical Canine Gift Shop and Art School where my comical dog prints and products are sold plus I am able to teach art classes for children age 7 and up. Here, you will be able to choose from a print of a dog, mug, coasters, backpack, tote bag, magnets and t-shirts. All of the items can be personalized depending on what is chosen.

Teaching children how to draw is another one of Danny's talents. "Anyone can learn to draw whether they know it or not plus they have fun learning. Here are some basic learning skills that are taught in my art class. The students will be able to use simple basic shapes to draw a variety of images. They will learn

See THERAPY next page

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Oklahoma’s Nursing Times Hospice Directory

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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 - 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 Meredian, 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; Norman: Vol. Coord. 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

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

THERAPY Continued from Page 8

about character design. An important step in drawing is when the student is able to demonstrate the ability to listen to a specific story and create a character. They use their imagination and this is so healthy for them. Basic Illustration is also taught. This allows the students to demonstrate the ability to hear a specific theme, concept or story and create a relevant image. The students will be able to use a variety of created lettering in segmented forms to create fun and interesting letters and lettering effects. One of the student’s favorites is Cartooning. The students will be able to demonstrate the ability to create humorous characters and scenes by using simple basic shapes. The children have fun with it plus they leave with their art work. This also gives the students a real feeling of confidence; a special feeling when the child draws a picture on their own and they succeed in their own little masterpiece. The look of surprise on their face is just priceless,” Danny says.

“The children love to think of something to draw and put it on paper. I have to share a story with you,” Danny said. One of my students, Ava, wanted to draw a picture of her cat, Beanie. She carefully completed her wonderful rendition of Beanie, then the amazing part happened! This was a reminder for me that no matter how many times my art is printed on a product, it’s utterly exciting! Ava chose to have Beanie printed on a t-shirt

so that she could proudly wear it to school. She and her mother made this decision. Each of them was able to see the entire process of transforming Ava’s art into an actual product and their response was truly heartfelt. After I scanned Ava’s art and she and her mom saw the picture of Beanie on my large computer screen, they were so excited! I printed the t-shirt and the looks on Ava’s and her mother’s face was priceless! I love teaching children how to draw, showing them how they can create their own little masterpiece, putting it on to a useable product. Now, Ava’s mother is talking about having her art work printed onto a mug. She also wants a tote bag for her grandparents,” Danny explains.

Danny Gordon is a talented artist and enjoys his work of drawing and making children happy. Danny offers you a whimsical, funny and humorous dog art created from a unique and stylistic perspective. Each piece is a blend of caricature and accurate art that captures the small nuances of each dog breed he draws.

Starting May 7, 2016 and every following Saturday, Danny will offer two new comical pets to paint. You can go to the website www.comicalcanine.com which will show which pets are to be painted for that Saturday evening of painting and socializing. Danny’s Paint Your Pet Party is a non-alcoholic environment of fun for the family. For more information, please contact Danny Gordon at 405-498-3423 or stop by to see him at Comical Canine Gift Shop, 7918 N.W. 23, Street, Bethany, OK where you are always welcome.

GREGORY BOYLE TO SPEAK ON BOUNDLESS COMPASSION AT TOWN HALL

“Tattoos on the Heart: The Power of Compassion” author Gregory Boyle will speak at OKC Town Hall Thursday, April 21 at 10:30 am at St. Luke’s United Methodist Church, 222 NW 15th Street. His Homeboy Industries, located in Los Angeles, is the largest job creation program targeting gang intervention program in the country offering job training, tattoo removal and employment to members of enemy gangs.

Boyle is an ordained priest and received his BA from Gonzaga University and his MA from Loyola Marymount and has obtained many Theology Degrees. His book which addresses the escalating problems and unmet needs of gang-related youths was named Best Books of 2010 by Publishes Weekly. He has received many awards including California Peace Prize, The Caring Institute’s Caring People Award, The Harmony with Hope Award and The Civic Medal of Honor. Considering that he has buried 150 young people from gang-related violence, his joyful tenor remains an astounding example of true leadership.

Individual lecture tickets are \$25 and are available at the door. Student groups of 20 or more are \$10 per student and \$25 per adult. Group reservations are due by April 14 by calling 202-4262. Balcony seating only. Space is limited. Luncheon with the speaker immediately follows the lecture for \$16. Luncheon reservation information is available by calling 405-755-2362. For more information visit www.okctownhall.com.

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



**Vicki L Mayfield, M.Ed., R.N.,
LMFT Marriage and Family
Therapy Oklahoma City**
*If you would like to send a
question to Vicki, email us at
news@okcnursingtimes.com*

When your drug of choice is: Love

First hit. Body tingles, soul shivers. Colors bleed vibrant. Time stands still. Everything suggests divine presence. Second hit. Worries fade away, replaced by euphoria. Obsession begins, craving more. Third hit. Calm, happiness, contentment. Need a bigger dose to feel. Need a bigger dose to think. Need a bigger dose to function. Fourth hit. Can't live without it. Too much time between hits. Getting fidgety. Moral compass points only to the next hit. Insanity lingers. Fifth hit. Fatal.

Is this the cycle of a drug addict? Or a human falling in love? Turns out, it doesn't matter. The brain can't distinguish the differences.

"This is the chemical formula for love: $C_8H_{11}NO_2 + C_{10}H_{12}N_2O + C_{43}H_{66}N_{12}O_{1282}$ dopamine, serotonin, oxytocin. It can be easily manufactured in a lab, but overdosing on any of them can cause schizophrenia, extreme paranoia and insanity.

Let that sink in.

Phase I: CONSUMPTION

Making contact with that special person who makes time stand still, causing huge quantities of dopamine to be released in the nucleus accumbens. The drug addicts brain, after just one hit of their favorite substance, behaves in a similar way, causing the same dopamine release.

Phase II: REINFORCEMENT LEARNING

The drug addict begins taking larger and larger amounts over a longer period to sustain the high. The love addict creates a release of endorphins, activating opiod receptors just as the drug addict experiences.

Phase III DRUG SEEKING

After several dates, the bond becomes stronger as oxytocin and vasopressin are released. The oxytocin system helps code the beloved as "an object of care." Dopamine, oxytocin, serotonin and vasopressin simultaneously engulf the brain and body in maddening waves. For some this neurobiological climax is the point of no return ---an unparalleled high.

Phase IV TOLERANCE

While the euphoric excitement that comes with a new relationship subsides, a subdued sense of contentment replaces it. Episodes of boredom could ensue. A sensation of not being able to stay away from the partner results in several failed break-up attempts.

Phase V WITHDRAWAL

As the relationship comes to an end, a withdrawal-induced anxiety with symptoms such as compulsive phone checking, sweaty palms and increased heart rate. There is depression, anhedonia and lots of junk food. Even though their behavior was unforgivable, the brain protests and remembers them positively.

Phase VI RELAPSE

If the chemical wiring is very strong, a positive motivational state will drive the subject back towards the subject of addiction. And the cycle repeats itself.

St. Anthony Welcomes Hannah Baer, PA, to St. Anthony Well Again Medical Care Clinic in Mustang

St. Anthony Hospital is pleased to welcome Hannah Baer, PA, to the practice of St. Anthony Well Again Medical Clinic at St. Anthony Healthplex Mustang.

Baer earned an undergraduate degree in human biology, health and society at Cornell University in Ithaca, New York, and a second undergraduate degree in physician assistant studies at the University of Nebraska Medical Center in San Antonio, Texas. She then completed a Masters of Physician Assistant Studies at the University of Nebraska Medical Center in Lawton, Oklahoma.

Baer has served in the Army National Guard for close to eight years, and currently serves as a Medical Service Officer.

St. Anthony Well Again Medical Care Clinic is located on the second floor of St. Anthony Healthplex Mustang, 201 S. Sara Rd., Suite 200.



Hannah Baer, PA, will practice at the St. Anthony Well Again Medical Clinic at St. Anthony Healthplex Mustang.

Special to the Nursing Times

Assisted Living vs. In Home Care

by Ron Burg

It can be really hard to make a decision about the living situation of an aging parent or loved one. Most people are going to want to remain in their homes for as long as possible, but sometimes that just isn't best for the situation. It is very subjective, and it depends on the individual scenario. If you are in the position that you need to make a decision on what to do about care for your aging loved one, consider the following before you decide:

Questions You Need to Ask First - 1. Do they live alone? 2. Is there a way to improve their quality at home? 3. Is there someone that could move in or that they could move in with? 4. Do they need someone to prepare their meals? 5. Do they need medication reminders? 6. Do they need regular medical care? 7. What does your loved one want to do?

It is important that you consider what your loved one wants to do. After all, it is their life that is going to change. If they don't want to move into an assisted living home, don't make them. If they do want to move into an assisted living home, let them. Their wishes should always be at the front of the decision, as long as they are of sound mind.

Assisted Living - Assisted living can be a good decision for those who need a little more assistance on a regular basis. The staff at the assisted living facility is going to interact with the residents multiple times a day, and they will learn their routines. The good thing about an assisted living home is that someone can be there within seconds if something were to go wrong. This is especially important for those senior that have chronic conditions.

In Home Care - There are benefits for at home care. It allows your loved one to continue living independently, but can also provide services if you need them, and it can help give you peace of mind. In home care is a good option for seniors who follow a consistent schedule and just need minor help. Say your parent needs help preparing lunch and maybe taking a bath afterward. An aide can come in during that time and help them out on a scheduled basis. This is a really helpful thing if there are other family members who provide most of the support, but who need a break sometimes.



NURSE + TALK

Read what other health care professionals have to say...

What are your favorite activities when you are not at work? INTEGRIS Baptist Medical Center

"Most of my free time is definitely spent with my family. I have three children. We love to do things outside."



Traci Stites, RN

"I have a 4-month-old son at home. I spend a lot of time taking photos of him and sleeping as much as possible."



Darbi Crist, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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

"I enjoy going hiking and the outdoors."



Terri Preston, RN

"What I enjoy during my leisure time is actually going to the gym, also some gardening and spending some time with my grandchildren."



Carol Morrow, RN

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"I realize now that you're in nursing school you're used to having your classmates around you, but do they have to come with us on our dates?"

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ALL week long

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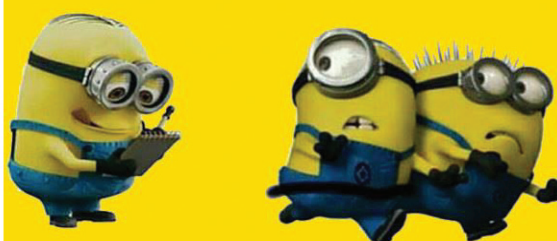
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WHAT TEST???



I HATE IT

When everyone else in my class is a human and I'm a cat.

Don't leave...



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