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photo by James Coburn

Sleep well Advance practice nurse treats sleep disorders

April Merrill, RN, says her life is enriched when a sleep disorder patient returns to her office, feeling better after a good night's rest. Merrill is a doctor of nursing practice at INTEGRIS Sleep Medicine Center, located in NW Oklahoma City.

by James Coburn
Staff Writer

April Merrill had made a number of referrals over the years for patients with obstructive sleep apnea during her background focusing on diabetes care. She then learned from her own weight loss surgery in 2009 that she has sleep apnea.

"Mine was related to my weight and I lost 100 pounds,

and was able to get rid of my c-pap machine," said Merrill, RN, doctor of nursing practice at INTEGRIS Sleep Medicine Center, located in NW Oklahoma City.

"I really have a passion for bariatric patients and sleep apnea patients and being able to help them. I can share my story with them," said Merrill, who earned her advanced degree at Texas Christian

University.

Through her work at the Board of Nursing, medical director for INTEGRIS Free Clinic, Dr. Jonathan Schwartz, MD, asked Merrill to explain advanced practice roles in nursing.

"I'd been trying to help him find somebody to fit into this role and then realized, maybe that would be a good fit for me," she said. "I've been working with him, directly seeing patients since last fall."

Merrill loves being able to help her patients, beginning when they come to the Sleep Medicine Center for consultation. Patients review their sleep habits and issues

Coming Home Nurse returns to where she grew up



photo by Mike Lee

Crystal Cornwell, RN, is back nursing in the community where she grew up.

by Mike Lee, Staff Writer

Thirty year ago, Crystal Cornwell, RN, was finishing up her studies at Moore High School.

Thirty years later, she's across the street as the new director of resident services at Featherstone Assisted Living, formerly Heartland Plaza.

"It really truly has been a homecoming for me," Cornwell said. "I just don't want to go anywhere else. I'm committed to this community - the community inside and the community outside because Moore is home for me."

Heartland Plaza didn't exist when Cornwell went to Moore High. It was an empty field with backstops where teams practiced baseball.

Heartland opened in the late 1990s.

Cornwell came to Featherstone as the full-time registered on May 1, hired by Joyce Clark, who had been hired to redesign and revitalize the facility.

See CORNWELL Page 5

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Oklahoma's

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INTEGRIS

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they are having.

"Based on that and their symptoms, and their physical exam, then that leads us down the path of do they need a sleep study or not," Merrill explained.

INTEGRIS has three sleep study labs, including Southwest Medical Center, south of the INTEGRIS hospital in Yukon, and on the campus of INTEGRIS Baptist Medical Center. Studies are conducted every night of the week except Saturdays.

"I can usually get patients a study within a day or two, based on if they're willing to drive and where they want to go," Merrill said.

When left untreated, sleep apnea causes weight gain, high blood pressure and can make pain and depression worse, she continued. Ultimately, sleep apnea can lead to heart disease and stroke.

So it's important to get sleep apnea resolved and treated because of safety risks. Patients with sleep apnea are more likely to fall asleep when driving. This is why the United States Department of Transportation has pushed for drivers who are suspect

of sleep apnea to be treated, based on their weight and neck size, especially if they snore, Merrill said.

"Gentlemen with a neck shirt size greater than 17 inches and snoring, are two of the biggest indicators of sleep apnea," she said.

Obstructive apnea is when the airway is either completely or partially blocked, based on the soft palette of the tongue. Central apnea is a less common form of apnea. It is based on a signal from the brain when somebody takes a breath.

"That can occur with any type of traumatic brain injury," Merrill said. "You can see it with patients that have severe heart failure, plus patients that take long-term opiate medications."

BI-level pressure can be a treatment for central apnea. CPAPS can be modified for the type of sleep apnea a patient has been diagnosed with. The machine is like a mini computer. Algorithms built into the machine can sense the type of apnea a patient is having, and then it alters the way it delivers pressure in order to accommodate central or obstructive apnea, Merrill said.

There are also different types of masks. A full face mask will cover the nose and mouth. There is also

a triangle-shaped nasal mask for the nose.

"And then we have what is called nasal pillows. They are little cushions that sit right inside the nose," she said. "That's going to be the least restrictive, but the way it delivers air can feel different." She always tells her patients that masks are about them. They need to find one that does not leak and is comfortable enough for them to wear all night.

"It doesn't do any good to give them a CPAP if their mask is leaking all night, because then they can still have apnea and they don't get the full benefit of therapy," she said.

Insomnia and restless legs are the other two biggest complaints from her patients that she treats. Often insomnia can correlate with an untreated apnea, she said. Insomnia patients either have problems falling asleep or staying asleep, Merrill said. When a patient has multiple awakening or disturbed sleep, they probably have apnea, she said. Patients may have multiple sleep disorders as well.

We might have some untreated apnea going on as well as insomnia," Merrill said. "So what Dr. Schwartz and I try to recommend is cognitive behavioral therapy for insomnia."

Merrill enjoys helping people to improve, not only their quality of life but also their long-term outcomes by preventing disease processes.

When away from work, Merrill has a lot of hobbies. She has two teenage daughters and she likes to drag race with her husband at Thunder Valley Raceway Park in Noble.

"My husband has been racing since he was 15. And finally last year I got into it. Now I'm addicted," Merrill said. "That's what I live for every weekend. It's either working on the car or going to the track. The girls in my office have become my fan club."

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CAREERS IN NURSING

OUTGOING SPIRIT: DEACONESS RN/TRAVELING SOFTBALL COACH

by Vickie Jenkins - Writer/Photographer

Meet Michelle Petty, RN, BSN, Critical Care Unit Manager at Deaconess Hospital. As a nurse of 16 years, Petty enjoys her job. A lot of hard work and dedication has gotten her where she is today. Some nurses go into the medical field because their mother or grandmother was a nurse, or several aunts worked in the hospital but not Petty. She felt a real calling for the medical field, knowing that she wanted to be a nurse. Being a very compassionate person, she knew she wanted to help others and knew it was the right decision for her. Now, she knows it was one of the best decisions she ever made.

"What advice would you give to someone going into the medical field?" I ask Petty. "I would tell them if they are going into nursing, go into it with the right heart and the right mind set. Going into healthcare will be challenging

and a person will need the right mentality. Know that you will be taking care of patients all day and it is not always pleasant. Have a good feeling about your job and let it show from your heart." When asking Petty what she thinks her strongest asset is, she replies, "I would say it is my positive attitude, my outgoing spirit and my love for people," she says with a big smile. "I am such a people person," she adds.

Asking Petty how she would describe herself in 3 words, she is quick to answer. With a bit of enthusiasm, she replies, "Let's see, I am fun; I am a happy person. I am very compassionate; I love all of my patients, and I am very competitive; I try to do my best and I aim to succeed," she says. Now, I can see where her personality blends in with her hobbies. Petty is a traveling coach for her softball team,

Oklahoma Exclusive. This is a team of girls, 14 years old that travel all over the US playing competitive softball. Petty has been teaching the team, Oklahoma Exclusive for 10 years now. "Summer is a very busy time for all of us. Most of the girls started out with me at the age of four. These are my girls and to me, they are my extended family," Petty says. "My daughter is on the team also, so it makes it that much more special. I guess you could say I'm just a busy body, staying active all the time," she adds with a laugh. As Petty was growing up, she played softball and always enjoyed it. She has been on several competitive teams. "My favorite sport is softball but I love all sports and enjoy playing all of them," she says with confidence. "It makes sense that my favorite TV show is not actually a show, it is sports. I love to watch football, basketball,

baseball, soccer, the list could go on and on."

I asked Petty if she had a pet peeve that she couldn't forget about. "Yes, I have one that really gets to me. It is when someone is lazy and not giving their 100%, and that applies for work and when I am coaching the girls. If they are not giving it their all, I let them know," she says. "How do you think the medical field has changed over the years since you started out as a nurse?" "I think the biggest change is the way nurses and patients aren't as personal to each other as it once was. I know technology has improved and that is a good thing, but it kind of takes that personal touch out."

Asking Petty what makes a good nurse, she replies, "I think the most important factor is a nurse that knows how to communicate.

Continued on next page



Photo courtesy of picturesbytodd.com

Jenn and Trevin met at the 2013 World Transplant Games in Durban, South Africa. Jenn is from Pennsylvania and a 12 year heart recipient. Trevin is from Oklahoma and is a seven year pancreas recipient. They spoke on the first day of the games and had an immediate connection.

The day after returning home Trevin booked a flight to Philadelphia to visit Jenn. They realized what a strong bond they had due to similar life experiences. They both grew up playing sports, unexpectedly got sick in high school and needed life saving organ transplants in college. After dating long distance they realized they wanted to be together. They were married on January 10th, 2015, and currently live and work in the Philadelphia area.

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CORNWELL

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"I was actually just looking forward to working as a nurse again because I had been working as a DON for a long-term and skilled (facility) for about five years prior," she said. "I was looking forward to being a hands-on nurse."

Featherstone's corporate director took notice of the level of daily interaction Cornwell had with her residents and her co-workers.

She was offered the job on the spot.

You see, Cornwell has a unique perspective. She says residents will more freely engage with her on matters ranging from what activities are scheduled at the residence to what they do and don't like for dinner.

"I'm really enjoying the fact that now I get to make a difference in those areas, too," she said. "The biggest thing I've done since coming on is holding employees accountable. I'm definitely making the culture where it's driven by the residents. I'm trying to take all those years of complaints I've heard and do something about that."

Cornwell can see a difference. Residents know when Cornwell listens. And that makes all the difference. That's why they're so eager to add their two cents when she gives tours to prospective families.

"I have the residents chasing them down saying 'You want to put your parents, here. This is the best place,'" Cornwell said. "I might as well give them a name tag and let them do tours."

With Moore High School across the street Cornwell welcomes any interaction. Cornwell organized a Valentine's Dinner for residents and called the high school's art department to ask for special placemats.

Thirty placemats were sent over for the big dinner.

"Most residents pulled them out and took them home with them instead of putting their plates on them," she said.

Cornwell's job does range the gamut. On this day she's already met with a family, a marketer and a home health referral company. She's worked with corporate on payroll issues, met with a maintenance man to discuss a plumbing issue and she has a pot of green beans on the stove for dinner.

Featherstone

Retirement

properties offer beautifully appointed studio, one-bedroom and two-bedroom apartments in a senior housing environment. Most apartments are furnished with kitchenettes and all with private bathrooms. Many of the senior apartments are individually climate-controlled and include all utilities.

"Being able to be apart of all of it," she says, about what she's likes best about her new role. "I'm really enjoying the fact that I get to be a part of both sides. I get to make sure healthwise and carewise they're getting optimal care. Care goes so far beyond just taking care of their needs. Seeing them smile and seeing them happy, I like being part of that."

"I love being close with them and being part of their family."

Cornwell still does daily nursing. She manages most health issues on-site and handles contacts with the physicians.

"I think the physicians have responded very well because of my nature and what I'm used to, especially with the seriousness of the skilled units I'm real proactive in identifying problems before they become serious. My communication to the physicians shows that."

And her staff has truly made a commitment to make Featherstone an ideal place to live in Moore.

"I don't think it would be possible if I didn't have the staff that I have that believe in me and my ideas," she said. "The staff has been very, very open to it because from the nursing side they've heard the same complaints all along. They've been the same people that have gone to administrative persons and asked to change. So they're real excited to have someone that is trying to change those features."



Michelle Petty, RN, BSN takes charge as the Critical Care Unit Manager at Deaconess Hospital as well as taking charge of her girls softball team as their traveling coach.

Continued from Page 4

feeling for both the patient and the nurse."

Without the communication, you have nothing. A nurse has to be compassionate and know that her patient care is the most important thing at that time. Remember, that patient is looking for the best care ever. Every nurse wants to hear that they are the one." "What is the most rewarding thing about your job as a nurse?" I ask. "I think it is when you hear the patient tell you how impressed they are with the care that has just been given to them. When the patient leaves the hospital knowing that they were taken care by the one of the best nurses around. That's a good

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phone calls please.

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and Certified Nurse
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RNs, and CNAs. Please
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EOE

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11-7 Tuesday-
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flex) Weekend
Doubles. 7-3, 3-11
Also a Nurse Aide.**

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the following positions: 3-11
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and A Certified
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Assistant For
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Doubles. We
Also Have An
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Open For
10 To 6 Shift.**

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Adams in Corn, OK. Ask
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Director 580-343-2295.

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WOC Nurses are the Total Package

WOC Nurse Week recognizes WOCN members and WOC nurses

During the week of April 12-18, 2015, the Wound, Ostomy and Continence Nurses Society (WOCN®) will recognize wound, ostomy and continence (WOC) nurses for the care they provide to millions of patients. This year's theme, "WOC Nurses are the Total Package," acknowledges the versatile roles WOC nurses play in facilitating and enhancing care for patients suffering from wounds, ostomies and urinary and fecal incontinence that may require both acute and rehabilitative support.

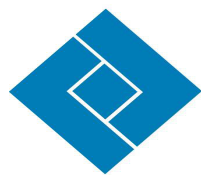
"WOC nurses are educators, researchers, decision makers and clinical experts; in other words they're the 'total package,'" said Phyllis Kupsick, MSN, RN, FNP-BC, CWOCN, President of the WOCN Society.

Through a restricted educational grant for materials and programming, Smith & Nephew is supporting WOC Nurse Week. Both the WOCN Society and Smith & Nephew share a common goal of improving patient

outcomes while reducing costs.

A key goal of WOC Nurse Week is to increase awareness of the specialty and to demonstrate the value of the WOC nurse. WOC nurses play a pivotal role in providing optimal patient care in multiple healthcare settings, including inpatient, outpatient, long-term care and home health.

WOC nurses are highly prepared expert clinicians who serve in a variety of roles including educator, consultant, researcher and administrator to enhance and facilitate care for individuals with wound, ostomy and continence health care needs.



Wound
Ostomy and
Continence
Nurses
Society™

Walk-in Medical Clinic Now Open at St. Anthony Healthplex Mustang

The St. Anthony Well Again Medical Clinic is the newest addition to St. Anthony Healthplex Mustang.

Illnesses are usually unexpected and always inconvenient, but with the St. Anthony Well Again Medical Clinic you can walk in and be seen quickly. "It's convenient care," stated family medicine physician Bobby Rader, M.D. "These are the things that need to be seen right away but aren't emergencies. It could be anything from sore throat, cough, and seasonal illnesses to sports injuries," he added.

The St. Anthony Well Again Medical Clinic is located on the second floor of St. Anthony Healthplex Mustang, 201 S. Sara Rd., Suite 200. The clinic is open Monday -Friday 8 a.m. to 5 p.m.



St. Anthony

YMCA Raises \$1.3 Million to Help Strengthen Community

Thanks to the generous contributions of local residents and businesses and the work of 363 volunteers, the YMCA OF GREATER OKLAHOMA CITY's Annual Campaign raised \$1,358,387 this year to help the Y continue to help those in need to learn, grow and thrive. Gifts to the Y stay in the community, directly supporting services and programs that have a positive impact on residents in the metro area.

"Many people in Oklahoma City rely on the essential services and programs the Y offers," said Mark McCubbin, campaign chair for the YMCA OF GREATER OKLAHOMA CITY. "An incredible combination of the Y's members, staff, volunteers, partners and the community-at-large work together each year to raise these funds that make it possible to serve our community. Their support enables us to not only continue with the work we already do, but help expand our reach to more people in need."

As a result of the campaign, the Y will be able to help more than 58,000 youth and teens, providing a wide range of activities to nurture potential, including sports leagues, family nights and community service projects. It will also provide hundreds of students the opportunity to attend the Y's summer day camp and experience resident camp at YMCA CAMP CLASSEN in the Arbuckle Mountains. Financial gifts to the campaign also help fund the YMCA Military Welcome Center

at Will Rogers World Airport and allow cancer survivors to enroll in LIVESTRONG® at the YMCA, a free 12-week program that provides health and wellness guidance for cancer survivors and their primary caregiver.

As one of the leading nonprofits for strengthening community through youth development, healthy living and social responsibility, the Y depends on financial gifts to do its vital work so that everyone, regardless of age, income or background, has an opportunity to receive the support and guidance to learn, grow and thrive.

For 126 years, the YMCA of Greater Oklahoma City has been a cornerstone of the community, putting Christian principles into practice through programs that build healthy spirit, mind and body for all. In 2014, The YMCA of Greater Oklahoma City provided \$3,026,452 in financial assistance to individuals and families who would otherwise be unable to afford a Y membership or participate in Y programs. "As a non-profit organization, the Y relies on financial support of donors to help us keep our promise to never turn anyone away," said Mike Grady, President and CEO of the YMCA OF GREATER OKLAHOMA CITY. "We believe that meaningful change in individuals and communities is possible with support from our community, and the financial gifts we receive will help enrich the well-being of people of all ages and all walks of life."

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INTEGRIS Marks 20th Anniversary of OKC Bombing

The INTEGRIS James L. Hall, Jr. Center for Mind, Body and Spirit and the Oklahoma City National Memorial & Museum are hosting a private reception and presentation in remembrance of the 20th Anniversary of the Oklahoma City bombing.

With the recent expansion of the Memorial, guests will enjoy private tours, wine, hors d'oeuvres and music followed by a presentation from the Center's Murali Krishna, M.D. Krishna, president and chief operating officer of INTEGRIS Mental Health and president and co-founder of the James L. Hall, Jr. Center for Mind, Body and Spirit, was on the front lines that day and days that followed. "I have seen it with my own eyes," recalls Krishna. "Oklahomans are the kindest people on earth. I have seen acts of kindness, acts of compassion - nowhere could top it. I have

seen Oklahoma City rise to vibrancy following the acts of terror on April 19, 1995."

In honor and service of the Oklahoma Standard, Krishna will share his insights and recognize our city for the resilience and growth it has demonstrated during the last 20 years.

The event will take place Thursday, April 23 from 5:30 to 7:30 p.m. at the Oklahoma City National Memorial & Museum, 620 N. Harvey in Oklahoma City.

Ticket cost is \$50.00 per person, \$500.00 per sponsorship. Victims, family members, survivors and rescue workers are invited to Krishna's presentation free of charge. Reservations are required. For more information, please contact the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit at 405-713-9950.

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

Alleve 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:

Amy Legare, Bereavement/Vol.
Coordinator, 405-948-4357

Cornerstone Hospice:

Vicky Herrington, Vol. Coordinator,
918-641-5192

Hometown Hospice:

Robin Boatman, Com. Relations, Broken
Arrow: 918-251-6441; Muskogee:
918-681-4440.

Crossroads Hospice:

Elizabeth Horn, Vol. Coordinator,
405-632-9631

Cross Timbers Hospice:

Ardmore-800-498-0655
Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray

Excell Hospice:

Toni K. Cameron, Vol. Coordinator
405-631-0521

Faith Hospice of OKC:

Charlene Kilgore, Vol. Coordinator,
405-840-8915

Freedom Hospice:

Tulsa: 918-493-4930; Claremore:
918-343-0493; Tollfree: 866-476-7425

Frontier Hospice:

Kelly Morris, Vol.
Coordinator, 405-789-2913

Full Life Hospice:

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

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

Hospice of Oklahoma County

& the INTEGRIS Hospice House
Ruth Ann Frick, Vol. Coordinator,
405-848-8884

Hospice of Owasso, Inc.:

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

Hospice of the Cherokee:

918-458-5080

Humanity Hospice:

Kay Cole, Vol. Coordinator
405-418-2530

InFINITY Care of Tulsa:

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

Indian Territory Home Health &
Hospice: 1-866-279-3975

Interim Healthcare Hospice:

405-848-3555

Image HealthCare :

6116 S. Memorial Tulsa, Ok. 74133
(918) 622-4799

LifeSpring In-Home Care Network:

Terry Boston, Volunteer and
Bereavement Coordinator 405-801-3768

LifeLine Hospice:

April Moon, RN Clinical Coordinator
405-222-2051

Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,
405-273-1940

McCortney Family Hospice

OKC/Norman metro 405-360-2400
Ada, 580-332-6900 Staci Elder Hensley,
volunteer coordinator

Mercy Hospice:

Steve Pallesen, Vol. Coordinator,
405-486-8600

Mission Hospice L.L.C.:

2525 NW Expressway, Ste. 312
OKC, OK 73112 405-848-3779

Oklahoma Hospice Care

405-418-2659 Jennifer Forrester,
Community Relations Director

One Health Home

Health in Tulsa: 918-412-7200

Palliative Hospice:

Janet Lowder, Seminole, & Sabrina
Johnson, Durant, 800-648-1655

Physician's Choice Hospice:

Tim Clausing, Vol. Coordinator
405-936-9433

Professional Home Hospice:

Sallisaw: 877-418-1815; Muskogee:
866-683-9400; Poteau: 888-647-1378

PromiseCare Hospice:

Angela Shelton, LPN - Hospice
Coordinator, Lawton: (580) 248-1405

Quality Life Hospice:

405 486-1357

RoseRock Healthcare:

Audrey McCraw, Admin. 918-236-4866

Ross Health Care:

Glenn LeBlanc, Norman, Chickasha;
April Burrows, Enid; Vol. Coordinators,
580-213-3333

Russell Murray Hospice:

Tambi Urias, Vol. Coordinator,
405-262-3088; Kingfisher 405-375-5015;
Weatherford-580-774-2661

Seasons Hospice:

Carolyn Miller, Vol./Bereavement
Coordinator, 918-745-0222

Sequoyah Memorial Hospice:

Vernon Stone, D. Min. Chaplin, Vol.
Coordinator, 918-774-1171

Sojourn Hospice:

Tammy Harvey, Vol. Manager
918-492-8799

SolAmor Hospice:

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

Sooner Hospice, LLC:

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

Tranquility Hospice:

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

Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:
405.609.3636 Chandler
Shawnee/Cushing: 405.258.2333 Toll
Free: 888.901.6334

Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director

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Come on, this again?

He's not wearing any pants and
he's chasing my dog

Boys will be boys

Yeah, but yours is 24 and drunk.

POLICE : KNOCK KNOCK

ME : WHO IS IT

POLICE : ITS THE POLICE

ME : WHAT DO YOU WANT

POLICE : WE JUST WANNA TALK

ME : HOW MANY OF YOU ARE THERE

POLICE : 2

ME : THEN TALK TO EACH OTHER

THAT MOMENT WHEN



YOU STEP ON A LEGO



**Vicki L Mayfield, M.Ed., R.N.,
LMFT Marriage and Family
Therapy Oklahoma City**

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

Q. I am concerned that I might not ever really "be in love." I have been married twice but never really felt the love that I experience when I am around certain people. How are some people lucky enough to find it?

A. Love is a word that is often loosely thrown out, sometimes impulsively, often too soon. It is a word that can make or brake the strongest or weakest of people. It can be a beautiful word that expresses the strong connection or passion that we have for someone or it can be a word to obtain something that we want or need without really feeling anything.

Love can be immediate and spontaneous as when we hold our baby for the first time or get our first puppy. It can create healthy responses in the body and provide comfort and emotional nourishment.

Love can also create disease if used dysfunctionally. A pre-requisite for loving others is being able to love yourself. Young love is different from older, wiser love. Why we love is another component. If you have an agenda for love the outcome will be different than love for genuine, authentic reasons.

You mentioned being married twice. Why did you get married? What motivated you to make that choice?

Debra had been married twice and stated the following reasons for her choices: "I was 19, going to college and living at home. I was not happy living with my parents and wanted to move out. I met a guy a few years older, he had his own apartment and a good job so after dating a couple of months we got married. I was looking for someone to "take care of me and help me move out of my parents house." I did not really love him but I cared for him. We divorced 7 years later because I lost interest in the marriage.

Debra's married for the second time because she wanted to have a family. This man was well established, nice home, comfortable income and appeared to be the man Debra wanted. They married, she had two children but again found herself not happy in her marriage.

There are many people who have been married once, twice or multiple times who report never really experiencing the love they desire. Working on yourself first and proceeding slowly is the best recipe for finding relationship love. Nothing is perfect and will never be. All relationships require commitment and investment to withstand times that stress you.

3 Reasons A Fitness and Wellness Regimen Can Empower Women

Celebrity Trainer Holly Perkins Says Women Should Look Great To Please Themselves, Not Others

From an early age, women have foisted on them images of the "ideal" female body, and self-esteem can plummet when they fail to measure up.

But celebrity trainer Holly Perkins says it's time women stop buying into those societal pressures.

"There's this perception that all women need to look like perfect runway models," says Perkins, a leading national weight-loss expert. "They can feel the anxiety building when they are trying to meet someone else's expectations. That's when the effort to lose weight or get fit can add to the stresses of life instead of relieving them."

Certainly, women should want to improve their health, get fit and look gorgeous all at the same time, says Perkins, who recently released a home-exercise system designed specifically for women called baladea (www.baladea.com), with regimens she developed to fuse fitness and wellness exercises.

But getting in shape needs to be something women want for themselves, and not an effort to mimic some airbrushed image on a magazine cover at the supermarket, she says.

Perkins realized several years ago that her clients met their weight-loss goals faster when she created programs that addressed both their fitness and wellness needs at the same time.

They also felt happier about themselves. So she incorporated yoga and other stress-relieving and relaxation techniques into the baladea program.

Perkins offers three reasons why the right fitness and wellness regimen can empower women and emancipate them from society's image pressures:

- **Because looking good makes you feel good.** That's especially true when you're trying to look good

to please yourself and not others, Perkins says. "There's this sense of empowerment when you exercise, eat a healthier diet and lose weight because it's what you want and not because of peer pressure or societal pressures," she says.

Self-esteem rises when you improve your image on your terms, she says, and as a result "looking gorgeous never felt better."

- **Because the science says so.** Research shows that stress can keep you from losing weight and might even cause you to add pounds. Even if you eat well and exercise, an excessive amount of stress can counteract all your efforts. That's why meshing fitness and wellness works so well, Perkins says.

"Stress reduction and relaxation can significantly improve weight loss," she says. "That allows you to look and feel your absolute best."

- **Because while improving your look, you also become healthier.** You will feel amazing not just because of elevated self-esteem, but because your body really is functioning better because of the diet and exercise, Perkins says. Your energy level will rise and "you will feel ready for anything," she says.

"You can look awesome and you can feel happy at the same time," Perkins says. "It's all about letting your true self shine."

Holly Perkins is a national fitness expert and developer of baladea (www.baladea.com), a customizable fitness and wellness system for women. She holds a bachelor's degree in Exercise Physiology and is a Certified Strength and Conditioning Specialist (CSCS), one of the most prestigious certifications in the industry. She believes that making fitness a fun lifestyle is the best way to achieve true change. As one of the nation's leading weight-loss experts and a highly sought-after celebrity trainer, she has been featured in numerous magazines, newspapers and on national TV shows.

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NURSE + TALK

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If you were a super hero, what powers would you have? Deaconess Hospital, Birth Center

"I would want to be able to fly."



Jennifer Baird, RNC

"I would have x-ray vision which would make my job a lot easier although breathing underwater sounds like it would really be FUN!"



Kendell McCormick, RN

Each week we visit with health care professionals throughout the Metro



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"All babies would be born healthy with loving parents and stable homes."



Angela Rowe,
RNC-NICU

"If I was a super hero, I would knock down ALL obstacles that keep new mothers from achieving their breastfeeding goals."



Christina Pickle,
MSN, RN, IBCLC

Hospice of Oklahoma County Changes Name to INTEGRIS Hospice

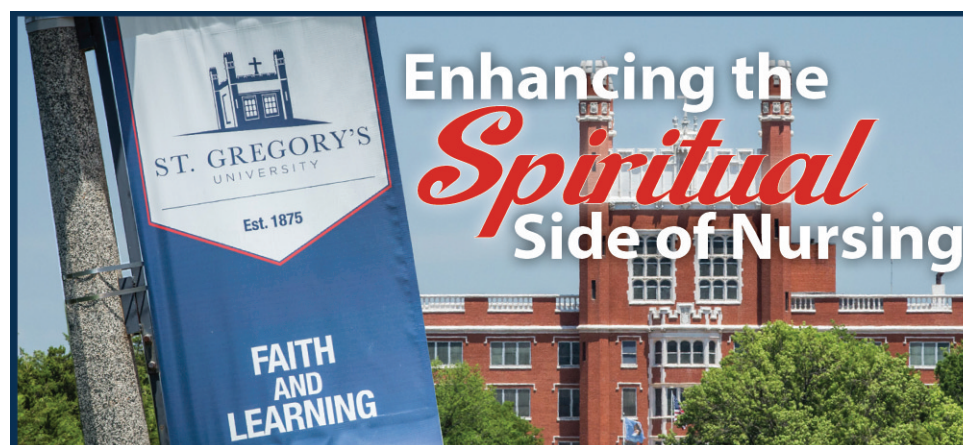
Hospice of Oklahoma County has a new name. It will now be known simply as INTEGRIS Hospice.

The new name is meant to be reassuring to patients and the community as it is more easily recognized as aligned with INTEGRIS hospital facilities and services. The INTEGRIS Hospice House will retain its name, creating an even stronger connection as patients transition through care settings.

Please note this change is in name only. The INTEGRIS Hospice staff and care team will remain the same, as will its management. "As always, the delivery of care and service to our patients and families is our first priority," says Philip Lance, president of the INTEGRIS Cancer Institute. "We have taken measures to ensure a seamless process so they will be unaffected by the transition."

INTEGRIS looks forward to the new name and is confident the simplification will better reflect the outstanding INTEGRIS brand the community has grown to trust.

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