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Concordia Life Care offers continuum of care



photo by James Coburn

Concordia Life Care Administrator Jerod Buttram and Jacquelyn Rolan, RN, serves as director of Health Services, offer guidance to the staff to serve the needs of residents.

by James Coburn
Staff Writer

Jerod Buttram has learned great respect for the nursing staff at Concordia Life Care Community where he serves as the administrator.

"They have to multi-task every day," Buttram said. "We don't have a lot of extra staff so they wear many hats and not only meet the residents' needs, but they do it in a very caring and

compassionate way."

All under one roof, Concordia Life Care Community is a faith based continuing care retirement community offering all levels of care through assisted living to memory support and skilled care, Buttram said.

Concordia was developed by 12 Lutheran churches during the 1950s. Today, Concordia is the only community under the auspices of Lutheran Senior Citizens, Inc.

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See CONCORDIA Page 3

Easter Seals' Adult Day Health a blessing for families



photo by Vickie Jenkins

Tony Lippe, LPN, says there's an affordable, safe place for seniors to go every day of the week to be with others.

by Mike Lee, Staff Writer

With nearly three decades in healthcare, Tony Lippe, LPN, has always focused on caring for others.

But it wasn't until he began with Easter Seals Adult Day Health Center a little more than a year ago that he really started seeing the difference he could make.

The Adult Day Health Center provides special care for adults who are unable to care for themselves for extended periods of time in a protective group setting enabling them to maintain or improve their ability to remain independent.

"It's such a mixture but they're all able to thank you and love you back," Lippe said of the patients he works with every day. "Some we've kept out of nursing homes until they pass away. One lady, I just loved to death, was 94 and was here every day until she passed away.

"You're not coming to work. We're coming to give these individuals purpose in life."

Vicki Wood serves as the director of Adult Day

See EASTER SEALS Page 5

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LOCAL COALITION PLANS RALLY TO RAISE AWARENESS ABOUT PRESCRIPTION DRUG ABUSE

Oklahoma City's We CARE coalition is rallying to raise awareness about prescription drug abuse and promote community action to address the issue. Planned is an event at the State Capitol on August 31, 2015 that will feature state and local experts, educational opportunities and a prescription drug "take back" day. All activities coincide with International Overdose Awareness Day. Featured guest for the event is Gail Box, advocate and co-founder of the Austin Box "12" Foundation.

The event will take place at the Oklahoma State Capitol (South Plaza), Monday, August 31st from 11:00 a.m. to 1:00 p.m.

For more information, contact Jeanette Cosby at 405-802-4684 or 405-463-7540. You may also visit the coalition's web site at wecarxe.org.



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CONCORDIA

Continued from Page 1

Concordia can generally serve about 200 seniors, he said.

Residents are able to age in place. When a resident qualifies to live at Concordia, they are committed to receive whatever contractual level they need through the continuum of care.

We work very hard for residents to age as long as they are safe in the lowest level of care and remain as long as they are safe and we can meet their needs," he said.

Jacquelyn Rolan, RN, serves as director of Health Services. She earned her bachelor's degree in nursing when living in Pennsylvania. She recalled the days when she was a nurse aide. Her mom was a charge nurse at a nursing home. Rolan would work there on weekends.

She then chose a path of ICU nursing for 27 years until she moved to Oklahoma where she began working in hospice and palliative care. She became very interested in working with elders. So she discovered Concordia.

"The residents are just wonderful," Rolan said. "Each one has their own personality and you get to know

them. When I came here, I said, 'How am I going to know all of these people?'" But soon she became more familiar with the residents. She learned all about them.

"It's really rewarding to help them at the end of their life," Rolan said.

Concordia offers activities in each department. Outside vendors come to Concordia to provide music. Hospices are also welcome for birthday celebrations, Rolan said. An intergenerational memory care program is provided.

"One hospice was coming in and bringing younger people like their children," she said. "They have games, card games. There's Bingo and dominoes going on every night."

Also, there is an arts and crafts program in tune to the needs of different residents. Assisted living may be more creative, she said, while in Memory services they reach their personal best, she said.

Residents bake cookies and take bus rides each Wednesday, weather permitting. They are taken to different places. Recently they went to Braum's Dairy and came home with milk shakes. Their bus rides take them to Lake Hefner or

downtown Oklahoma City at times, Buttram said.

"They have different spiritual services. They have gospel music and dog therapy. There's a couple of different therapy dogs that come in," Rolan said. "There's one real cute one with long hair. And the residents love them"

Independent residents also do some performing for the assisted living or memory care residents. The skits and musical programs are especially appreciated during the holidays.

"Especially in memory, a lot of our residents will come over and help with activities and games," Rolan said.

Rolan looks for the qualities of dependability and reliability in the nursing staff. Some residents need that constant care and it's not good for the residents to experience staff changes frequently.

"And it's not good for the rest of the staff who give the care," she said. "They need compassion. They need to be here for more than the paycheck and be willing to give a lot of physical care to these patients depending where they are."

There are a lot of rewards as a nurse at Concordia. But it is hard

work, Rolan said. Assisted living can be more emotionally challenging when the residents sense they are losing their independence, Rolan said. So the staff needs to be flexible, she said.

"We try to get the staff that fits with our faith base and our type of community."

Rolan feels good knowing she has made a difference in the residents' lives.

"It feels good when the families come up and say 'Thank you. I couldn't have done it without you,'" she said. "You want to do it."

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P.O BOX 239 MUSTANG, OK 73064

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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

NURSE HAS UNIQUE "BOND" WITH NEW HEALTHPLEX

by Mike Lee - Writer

The opening of Mustang's St. Anthony Healthplex last December was big news for a lot of people.

For the City of Mustang, it was an opportunity to finally have its urgent healthcare needs met by a 24/7, 12-bed emergency room.

And for nurses like Debo Bond, RN, it was a chance to do something few nurses will ever get to do in their careers.

"It's actually very exciting to come in when there's no equipment, bare floors and rooms and you get to stock it and be part of that process," Bond said.

St. Anthony Healthplex Mustang officially opened its doors to care for patients in and around the Mustang area on December 11, 2014. The new facility is located at the corner of State Highway 152 and Sara Road.

Services include a full service Emergency Room, Diagnostic Imaging Center, Procedure Suites, and Breast Center. The second floor is occupied by St. Anthony Physicians Group

primary care physicians and specialist physicians.

Bond - and nurses just like him - were able to literally come in on the ground floor of this ambitious St. Anthony project that brought quality healthcare to the Oklahoma City suburban community.

Sleeves were rolled up and egos were pushed aside.

For the 47-year-old Bond it was a breath of fresh air to his 15-year nursing career.

It was a homecoming in more ways than one for Bond, who worked for St. Anthony when he first entered nursing.

"I went to some other opportunities and then came back for a variety of reasons," he said. "One was I was excited about being part of the commitment and a new facility and being close to home."

For Bond, the location is perfect. Living between Mustang and Tuttle, Bond attends church at LifeChurch in Mustang.

"I can usually get here legally in seven minutes," Bond said with a grin.

Key features of the facility include a comprehensive, state-of-the-art electronic health record integrated with St. Anthony partner hospitals throughout the state, spacious emergency area with attention to unique lighting and materials to ensure quietness and a soothing atmosphere. Patient-focused details in each emergency exam room will offer the feeling of a hotel rather than a clinical setting.

The Breast Center borrows spa-like design features to enhance the patient experience. The Diagnostic Center and Procedure Suites enable more high-quality outpatient healthcare services.

Bond entered nursing from a different route. He was an athletic trainer and then worked in physical therapy before beginning emergency medicine as a basic EMT then progressing to paramedic.

"Honestly, I got into nursing because of ministry," Bond said. "One

reason I love St. Anthony is I love the philosophy of treating patients from a physical, emotional, mental and spiritual standpoint. That's my philosophy. I felt like I was called.

"I feel like God has led me to become a nurse and minister to people who are broken and need healing."

The St. Anthony community in Mustang is tight-knit. With close to 19 full-time nurses, 10 part-timers and another 15 ancillary staff, everyone pulls their own weight and then some.

"It's kind of like a big family," Bond said. "We all kind of chip in to do everything from housekeeping to security."

The community has embraced the new ER.

"There was a lot of anticipation," said Bond, noting the facility even had an emergent patient show up on its doorstep two days before opening. "The word is getting out and we're reaching people. Some come all the way from Elk City or the other side



John gave Rob, his high school friend, a life-saving kidney.

"Rob and I have been friends since Mid High and High School at Edmond Memorial. There are about 5 or 6 of us that make up a core group that have remained close all these years. When I got my driver's license I checked the box to become a donor, but I didn't think much about it until Rob told me his kidneys were failing."

"John offered to get tested as a donor the first time I told him about my kidney disease. For years I felt fine, so I put him off as long as I could. When my symptoms became more severe, my wife and I prayed about it and decided to accept John's offer of a kidney in August 2010. Everyone in the recovery room stopped to watch us 'high five' after we woke up from surgery.

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photo by Vickie Jenkins

Debo Bond, RN, works at the new St. Anthony Healthplex in Mustang just a few minutes from where he grew up.

of Chickasha. It's not shocking to me but on the other hand they're hearing it from a family member we've taken care of or word of mouth."

The community is excited that nurses like Bond are taking care of them.

"We have enjoyed working with the St. Anthony officials, and are excited about the expansion of healthcare services in our community," said Mustang Mayor Jay Adams. "This facility will have a significant impact on the quality of life and economy of our community."

Bond sees his career continuing with St. Anthony. Taking time off recently to focus on a parent with health issues, he says he more than likely will begin a route towards an APRN designation soon.

"There's a lot of opportunities for growth personally for me," said Bond, who has children ages 23, 19 and

15. "St. Anthony is a big organization and there's a lot of room for upward movement, whether that's in a charge nurse role or within the St. Anthony organization."

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EASTER SEALS

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Health Services with Lippe leading the medical portion. Perri Jo Johnson is the Activities Director/CMA with Vicky Justin, CNA and Tina Adams, CNA also providing care and friendship.

The program utilizes music therapy, horticulture, arts and crafts, current events and other programs to help clients maintain a high level of functioning.

With Easter Seals, you are not alone caring for your family member or friend with frail health or disability. Services are medically-based and offer various levels of care based on the individual needs.

A medical professional meets with you to determine the level of care required.

Easter Seals Adult Day Center meets your loved one's physical, social and emotional needs in a safe, home-like setting. The program uses individual plans of care to provide a variety of health, social, recreational and therapeutic activities.

In addition, the center provides supervision, support services and, in some cases, personal care. The program is open to eligible applicants ages 21 and up.

"It gives them a whole new attitude on life," Lippe said. "They come in with a diagnosis and maybe the family thinks they are depressed. Part of it was the walls were closing in on them."

Lippe has seen one patient with Down Syndrome who never talked become a lively, active participant in discussions simply through the daily routine.

The family members get a huge relief knowing their loved ones are safe.

"We're thanked every day by almost all of them as they come through the door as they pick up mom or dad or brother or sister," Lippe said. "I never knew how much it meant because we are with them maybe 40 hours a week. They are with them all night, evenings and weekends and they just come in here drained sometimes. It gives them that respite that they've never had."

"It means so much to them to be able to get that break they need and know they are safe. And it still lets them live their life."

Lippe says it's a sad reality that many seniors end up in long-term care facilities simply because loved

ones can't take off from work to care for them or they don't know day centers are available.

The Easter Seals Adult Day Health Center provides:

- Daily interaction with new friends and professional staff. Activities are tailored for individual abilities and interests such as gardening, arts and crafts and snacks.

- Dignified assistance and support with bathing, hair and nail care and other activities of daily living.

- Professionally trained and credentialed staff, including Activity Director, Licensed Nurse, Medication Aids, CNA's.

Whether enjoying the lovely outdoor garden and pond, relaxing in the theater room, enjoying soothing spa services or participating in music therapy, you can feel confident your loved one is in excellent hands.

Easter Seals Oklahoma Adult Day Health Center designated as a "Center of Excellence"

It's a distinction not easily earned.

The role of a Center of Excellence is often one of mentor, according to Jed Johnson, Assistant Vice President Adult & Senior Services, Easter Seals America.

"These centers serve as resources for fellow Easter Seals affiliates who are involved in the start-up of a new adult day services site, in the acquisition of a center, or in the performance improvement of an existing program," he said.

Adult Day Health Center Hours of Operation are Monday - Friday from 7:30 a.m. - 5:30 p.m.

Information regarding transportation is available upon request.

Lippe says that no referrals are required.

Private pay or financial Assistance is available through the Department of Human Services, Veterans Administration and Medicaid Advantage Waiver Program.

For Lippe, it's been the boost his career needed.

"For a nurse, it's Monday through Friday. We're closed on holidays. It's not a nursing home and it's not a hospital," Lippe said. "I'll probably retire from here."



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140 GENERAL NURSING

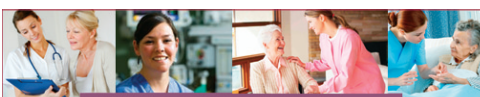
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140 GENERAL NURSING

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Oklahoma's NURSING TIMES

Kamp Joins Mercy Clinic Edmond Santa Fe

The human body has always fascinated Lauren Kamp, which is why she chose a career in medicine. "The human body is an intricate and wonderful miracle," she said. "I chose the medical field because I love critical thinking and the challenge medicine provides, and I also love building relationships and helping people in their most vulnerable time of need." Kamp recently joined Mercy Clinic's primary care office on Santa Fe Avenue in Edmond. In her new role, she looks forward to listening to patients and empowering them to make choices that will improve their health.

"I think all people just want to be heard and respected, which is what I strive for in my practice," she said. "Empathy, compassion and trust are all components that I want to cultivate in my relationship with patients."

Kamp received her bachelor's degree in nursing from Oklahoma Baptist University in Shawnee, Oklahoma, and her master's degree in nursing from the University of Oklahoma Health Sciences Center in Oklahoma City. She has prior experience as a registered nurse in the pediatric intensive care unit and neonatal intensive care unit at The Children's Hospital at the University of Oklahoma Medical Center, and as a labor and delivery nurse.

In her spare time, she serves on the Innovative Board for The Children's Hospital Foundation and recently joined Junior League of Oklahoma City. She loves volunteer work and staying active in the community. She also enjoys cycling, reading, cooking and running, and is currently training for her first half marathon.



OCU Named a 'Best in the West' College by Princeton Review

Oklahoma City University is one of the best colleges in the West according to The Princeton Review (www.PrincetonReview.com). The well-known education services company lists OCU among its "Best in the West" recommended schools in its 2016 Best Colleges: Region by Region website feature that posted earlier this month.

"We are pleased to be recognized again by The Princeton Review," said OCU President Robert Henry. "Inclusion on this list reflects Oklahoma City University's commitment to providing high quality education and academic rigor."

The feature is accessible at www.princetonreview.com/bestwestcolleges. Only 125 colleges in 15 Western states made the "Best in the West" list for 2016. Collectively, the 649 colleges on The Princeton Review's "regional best" lists constitute about 25 percent of the nation's 2,500 four-year colleges.

In its website profile on OCU, The Princeton Review stated that students describe the college as a "close-knit community" and provides them with the resources to "accomplish as much as possible."

"Undergrads love OCU's size which translates to, 'big enough to have exciting things happen all the time but small enough so you see people you know and don't feel overwhelmed,'" the review added.

"We chose OCU and the other outstanding institutions on this list primarily for their excellent academics," said Robert Franek, The Princeton Review's senior vice president of publishing. "We also gave careful consideration to what students enrolled at the schools reported to us about their campus experiences on our student survey for this project. We designed our 80-question survey to include questions that prospective applicants might ask on a campus visit. Only schools that permit us independently to survey their students are eligible to be considered for our regional 'best' lists, and only schools at which we see a strong level



OKLAHOMA CITY UNIVERSITY

of satisfaction among their enrolled students — whom we consider their customers — make it to our final slate of regional 'best' college selections."

The Princeton Review editors made their selections based on data the company collected from its survey of administrators at several hundred colleges in each region, as well as its staff visits to schools over the years, and the perspectives of college counselors and advisors whose opinions the company solicits.

The Princeton Review survey asks students to rate their colleges on several issues — from the accessibility of their professors to the quality of their science lab facilities — and answer questions about themselves, their fellow students, and their campus life. Comments from surveyed students are quoted in the school profiles on The Princeton Review site.

Some student comments in the OCU profile included "enthusiastic," "ridiculously intelligent" and "incredibly personable" professors. One impressed senior stated: "They are motivating and expect the best out of their students. After we graduate I know we will be supported and helped in any way to find a career."

The Princeton Review also scores the schools on its "Best Colleges: Region by Region" lists in six categories. The scores — which are ratings on a scale of 60 to 99 — appear on the school profiles. They are tallied primarily from institutional data the company obtained from the colleges. Some also factor in student survey data. OCU had strong ratings for having accessible professors [93] and interesting professors [88].

The 125 colleges that The Princeton Review chose for its "Best in the West" 2016 list are located in fifteen states: Alaska, Arizona,

See OCU next page

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Oklahoma's Nursing Times

Hospice Directory

- another free service provided by Oklahoma's Nursing Times -

Alpha Hospice:
7512 N Broadway Ext., suite 312
Okc, 405-463-5695 Keith Ruminer/
volunteer coordinator/chaplain

Autumn Bridge Hospice:
405-440-2440

Autumn Light Hospice:
580-252-1266

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

Centennial Hospice:
Becky Johnson, Bereavement
Coordinator 405-562-1211

Chisholm Trail Hospice:
Tiffany Thorne, Vol. Coordinator,
580-251-8764

Choice Home Health & Hospice:
405-879-3470

City Hospice:
Beth Huntley, Vol. Coordinator,
405-942-8999

Comforting Hands Hospice:
Bartlesville: 918-331-0003

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

Compassionate Care Hospice:
Amy Legare, Bereavement/Vol.
Coordinator, 405-948-4357

Cornerstone Hospice:
Vicky Herrington, Vol. Coordinator,

918-641-5192

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

Crossroads Hospice:
Elizabeth Horn, Vol. Coordinator,
405-632-9631

Cross Timbers Hospice:
Ardmore-800-498-0655
Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray

Excell Hospice:
Toni K. Cameron, Vol. Coordinator
405-631-0521

Faith Hospice of OKC:
Charlene Kilgore, Vol. Coordinator,
405-840-8915

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

Frontier Hospice: Kelly Morris, Vol.
Coordinator, 405-789-2913

Full Life Hospice:
Vicki Barnhart, Vol. Coordinator,
405-418-2659

Golden Age Hospice: 405-735-5121

Good Shepherd Hospice:
4350 Will Rogers Parkway Suite 400
OKC OK 73108 405-943-0903

Grace Hospice Foundation:
Sharon Doty, Dir of Spec. Projects -
Tulsa 918-744-7223

Harbor Light Hospice:
Randy Pratt, Vol. Coordinator,
1009 N Meredian, Oklahoma City, OK
73107 405-949-1200

Horizon Hospice:
LaDonna Rhodes, Vol. Coordinator,
918-473-0505

Heartland Hospice:
Shawnee: Vol. 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

Hospice of the Cherokee:
918-458-5080

Humanity Hospice:
Kay Cole, Vol. Coordinator
405-418-2530

InFINITY Care of Tulsa:
Spencer Brazeal, Vol. Director,
918-392-0800

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

Interim Healthcare Hospice:

405-848-3555

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

LifeChoice Hospice:
Christy Coppenbarger, RN, Executive
Director. 405-842-0171

**LifeSpring In-Home Care
Network:**
Terry Boston, Volunteer and
Bereavement Coordinator 405-801-3768

LifeLine Hospice:
April Moon, RN Clinical Coordinator
405-222-2051

Mays Hospice Care, Inc.
OKC Metro, 405-631-3577; Shawnee,
405-273-1940

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

Mercy Hospice:
Sandy Schuler, Vol. Coordinator,
405-486-8600

Mission Hospice L.L.C.:
2525 NW Expressway, Ste. 312
OKC, OK 73112 405-848-3779

Oklahoma Hospice Care
405-418-2659 Jennifer Forrester,
Community Relations Director

**One Health Home
Health in Tulsa:** 918-412-7200

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

Physician's Choice Hospice:
Tim Clausing, Vol. Coordinator
405-936-9433

Professional Home Hospice:

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

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

Quality Life Hospice:
405 486-1357

RoseRock Healthcare:
Audrey McCraw, Admin. 918-236-4866

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

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

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

Sequoyah Memorial Hospice:
Vernon Stone, D. Min. Chaplin, Vol.
Coordinator, 918-774-1171

Sojourn Hospice:
Tammy Harvey, Vol. Manager
918-492-8799

Sooner Hospice, LLC:
Matt Ottis, Vol. Coordinator,
405-608-0555

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

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

Woodard Regional Hospice
580-254-9275 Cathy Poe, RN Director

OCU

Continued from Page 8

California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oklahoma, Oregon, Texas, Utah, Washington, and Wyoming. The Princeton Review also designated 225 colleges in the Northeast, 159 in the Midwest, and 140 in the Southeast as best in their locales on the company's "2016 Best Colleges: Region by Region" lists.

The Princeton Review does not rank the 649 colleges, either overall, by region, or in various categories. The Princeton Review is an education services company known for its tutoring, test-prep courses, books, and other student resources. The company is not affiliated with Princeton University.

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**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*

A friend of mine recently told me she thought I was a relationship addict. I'm not sure I really understand what that is and I certainly don't think that is me. But now I am curious. What is a relationship addict?

Relationship addiction can show up in any number of ways: as an obsession, for example - a constant thinking, ruminating about the person you're in a relationship with. Or there may be a compulsive quality about the behavior - for instance, making frequent detours just to drive or walk by the partner's workplace. There may also be signs of tolerance increase. In the relationship addicts case, this translates into needing more and more of the other person's presence to feel OK.

Jealousy and possessiveness may surface as the need "to protect the supply" occurs. And there is most definitely the symptoms of withdrawal. When a separation from the person is experienced he or she may become anxious, depressed and unable to focus on activities of daily living.

The crucial distinction between relationship addicts and other people who fall in love is that the former expect this fleeting phase of a relationship to become a utopian endless summer that sustains forever the poetry, the ecstasy, and the feelings of merger they experience in their infatuation.

Not only have women been socialized to nurture and take care of men in relationships, but they - in particular - have believed the myth of romance. As women, we have accepted the notion that if only we find the right person, we'll fall in love and live happily ever after - as fairy tales promise.

Given this stage setting, it is not surprising that even women who are not relationship addicts show many signs of dependence. But obsessions, compulsions, and the temporary high of being "in love" are neither love nor proof of love; on the contrary, they are the signposts of falling in love - that tempting ecstatic feeling that can so easily lead to dependence and addiction.

One of the safeguards to avoiding addiction to relationships is to lead a balanced life. Think of the recreational runner you know, for instance. Those least likely to become addicted to their sport are the ones whose lives have variety: they include time for work, for fun, for friends, for family. The people to be concerned about are those who become impatient at anything that interferes with their single-minded pursuit of their "drug."

If any of this information sounds like your behavior please seek out "Leaving the Enchanted Forest" by Stephanie Covington. It is an eye-opener!!

2015 Jim Thorpe Courage Awards Gala

For 21 years, INTEGRIS Jim Thorpe Rehabilitation has presented Courage Awards to individuals who display exceptional bravery and grace through the most difficult of circumstances.

We are proud to announce this year's winners: Sam Allton, Mac McCrory and Jason Wisdom.

Sam Allton's voice was at a whisper when he arrived at INTEGRIS following a massive stroke. The road to recovery would be a long, tough one. Allton's stroke left him nearly speechless, nearly completely paralyzed on both sides of his body and with limited swallowing capability. Beloved co-workers visited him regularly - his smile and good humor leading the way through grueling physical therapy sessions. The effect of Allton's uplifting outlook was apparent as he began to eat a regular diet, hold telephone conversations with his children and regain use of both sides of his body. Today, he can even walk short distances with minimal assistance. Now living in Tennessee with his daughter, Allton continues his therapy efforts and sends regular updates to his Oklahoma home about his persistent progress.

Mac McCrory was unable to walk after suffering the effects of multiple embolic strokes. He thought the worst was behind him. His physical therapy progressed as he relearned daily living activities, and he consistently completed tasks to improve his memory/recall awareness, also affected by the numerous strokes. Although showing definite signs of improvement in all areas of his therapy, McCrory sustained another setback when he learned he would require cervical spine surgery. But this news didn't deter his hard work to reach his goals. Through the help of this therapists and the support of his family, McCrory accepted the challenge not only by facing his obstacles head on, but by encouraging other patients along their rehab journeys. McCrory's recovery continues as he is now able to walk independently and has regained use of his upper extremities.

Jason Wisdom's life changed dramatically on Oct. 13, 2013. A mosquito bite left him paralyzed with one of the worst documented cases of West Nile virus. After two months of exhausting hospital treatment in which he experienced a multitude of life-threatening respiratory issues, Jason was admitted to the INTEGRIS Jim Thorpe Rehabilitation. Once a family man, entrepreneur and triathlete; 38-year-old Jason now required complete assistance. Eating was particularly worrisome since the threat of choking was ever-present. His faith never wavering, Jason pushed himself in every aspect of his recovery. The consummate athlete, he participated fully in his sessions and even set personal goals on the side as his therapies continued. From his discharge date on Feb. 21, 2014, Jason keeps in constant touch with his therapist friends to apprise them of his continued improvement, visiting the unit frequently to encourage others. Nearly one year to the day of his ICU arrival, he completed the INTEGRIS Jim Thorpe Courage 5K Run. Although fatigued and tired due to back pain, he refused a wheelchair to finish.

INTEGRIS Jim Thorpe Rehabilitation will honor these courageous individuals at the seventh annual Courage Awards Gala.

The event will take place Saturday, Aug. 22 at the National Cowboy & Western Heritage Museum, 1700 NE 63rd St., Oklahoma City. Doors open at 6 p.m. and dinner and awards ceremony will begin at 7:00 p.m.

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Probably Martin Luther King, Mickey Mantle and the nursing board director of the State of Oklahoma.



James Farris, RN

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My granny.



Krisi Ama, RN

My dad. He passed six years ago.



Mark Howard, RN

Free OKC Holistic Wellness Conference Set

The 14th Annual Oklahoma City Holistic Health Fair will be combined with a Wellness Conference, September 29-30, in the Business Conference Center of Metro Technology Center, 201 NE 48.

"An Holistic Approach to Wellness" is the topic of the free conference.

Twenty-four popular speakers from past Holistic Health Fairs will give 16 presentations and lead eight interactive workshops. A Labyrinth Blood Pressure Study will also be conducted as people learn about the meditative aspects and health benefits of walking a labyrinth.

Mandala coloring and art therapy sessions will also be featured at the new annual event, which runs from 9 a.m. to 5 p.m. each day.

"We decided to combine our annual Holistic Health Fair with a weekday Wellness Conference offering holistic wellness information to health conscious business owners, employees, students, seniors, caregivers, anyone interested in improving their overall well-being," said Gail Peck, Director of Creation for EarthWind Holistic Center,

one of eight event sponsors.

The purpose of the event is to showcase several facets of holistic and alternative healing and educate the public about the various types of complementary therapies and mind, body, spirit modalities, Peck added. "Holistic health stresses the importance of treating the whole body (mentally, physically, spiritually and emotionally)."

Presentations and interactive workshops will be offered from 10 a.m. to noon and 2 to 4 p.m. each day. The Exhibitor Area, Labyrinth Walk and Mandala Coloring will be open to the public all day.

Featured exhibitors include naturopaths, homeopaths, master herbalists, holistic practitioners, healthcare providers, wellness products and services, educational information, alternative/complementary therapies, and mind, body, spirit modalities.

For additional information, contact (405) 943-2741 or wisdom110@hotmail.com.



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