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Nurse enjoys rewarding career online

Tamara Walker, RN, uses her nursing degree online as host of her own radio show.

by Mike Lee
Staff Writer

As the host of the online radio show Ask MomRN, Tamara Walker's patients are people she will likely never meet.

But the nurse of more than 20 years still feels like her Oklahoma City-based show fulfills the mission she trained for at Oklahoma Baptist University years ago.

"I consider what I'm doing to be non-traditional nursing," Walker said. "I'm still able to use a lot of my nursing experience in order to share important information, advice and support."

"The things that I learned



in nursing school and as a nurse have all combined to start this platform."

When Tamara Walker chose a nursing career, she never expected it would lead her to her own radio show,

to appearances in local and national media, or to a spot as a child health expert on The Rachael Ray Show.

In fact, her motivation for becoming a nurse was much simpler: a desire to provide the same type of care for others that she received as a child.

Walker wears an artificial leg because of a birth defect, and at age 15 underwent hip surgery.

Pediatrics was a natural draw for

OU PRESIDENT ANNOUNCES NAMING OF COLLEGE OF NURSING IN HONOR OF STATE COUPLE

University of Oklahoma President David L. Boren today announced the naming of the OU College of Nursing in honor of the late Fran Ziegler and Earl Ziegler, two of the University's alumni and steadfast supporters who grew up in Seminole County.

"The College of Nursing could have no more appropriate name than one honoring Fran and Earl Ziegler," Boren said. "The late Fran Ziegler and her husband, Earl Ziegler, have been among the most faithful supporters of the College

of Nursing in its entire history. They have always understood the critical role played by outstanding nurses in our health care system," he said.

"It has been my and Fran's privilege to support the University of Oklahoma College of Nursing program for the past 20 to 25 years," Earl Ziegler said. "To see the quality of the bright, young people graduating from the OU nursing program renews our faith and hope for the future."

"It just feels good and correct to know we are helping others," he said. "It is very much an honor to have the University of Oklahoma College of Nursing be named the Fran and Earl Ziegler College of Nursing."

The Zieglers' contributions to nursing are exceptional. In 1997, they endowed a Visiting Nurse Scholar Program, which enables the college to bring in experts in such areas as managed care, community nursing, nurse utilization, ethics, health care reform and health politics. Two years



University of Oklahoma President David L. Boren.

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OBU College of Nursing Holds Commissioning Ceremony for Class

Oklahoma Baptist University held its second annual College of Nursing Commissioning Ceremony Thursday, Aug. 20, in the Craig-Dorland Theatre on OBU's campus in Shawnee.

The ceremony welcomes and initiates the new class of nursing students, which will graduate in 2017, and emphasizes patient-centered care. It also recognizes the nurse's responsibility to put the interests of patients first, and it affirms that this obligation begins on the first day of nursing school and continues throughout one's nursing career. The ceremony also promotes a culture of respect, dignity and compassion in both patients and health care professionals. Dr. Lepaine McHenry, dean of the OBU College of Nursing, led the class of 2017 in the traditional pledge for OBU nursing students.

A total of 35 students from the College of Nursing class of 2017 participated in the ceremony, including Lauren Brown, Bridget Burton, Hannah Christian, Rachel Detweiler, Miranda



Oklahoma Baptist University held its annual College of Nursing Commissioning Ceremony

Dozier, Alizabeth Espenschied, Ashley Eubanks, Hannah Evans, Christine Ferguson, Bailey Garrett, Christin Garvey, Kyra Gilbert, Akeea Gilmore, Rebekah Gonzalez, Cory Grant, Kirsty Green, Kelsey Hays, Jennifer Holdridge, Katrina Horner, Alyssa Jackson, Kristi Neighbors, Alexandra Lanphear, Maci Lewis, Catherine Lingo, Kierra Mattingly, Jennifer McMartin, Ciera Miller, Morgan Minx, Gracelyn Perkins, Samantha Reiss, Brittney Russel, Tucker Schultz, Casey Smith, Skyla Underwood and Jade Young.

The new nursing class will be among the first students to occupy Jane E. and Nick K. Stavros Hall, the new state-of-the-art home for the OBU College of Nursing, which will open for classes in the spring semester. The building is located on the southwest corner of the intersection of MacArthur Street and Kickapoo Avenue. The two story 31,000 square foot nursing education facility will contain five classrooms, a 107 seat lecture hall, as well as a state-of-the-art computer lab. The facility will also feature six state-of-the-art, high-tech skills simulation labs, totaling 24 beds.

For more information on the OBU College of Nursing, visit www.okbu.edu/nursing. With campuses in Shawnee, Oklahoma, and Oklahoma City, OBU offers 10 bachelor's degrees with 86 fields of study and four master's degree

programs. The Christian liberal arts university has an overall enrollment of 1,979, with students from 42 states and 30 other countries. OBU has been rated as one of the top 10 regional colleges in the West by U.S. News and World Report for 23 consecutive years and has been Oklahoma's highest rated regional college in the U.S. News rankings for 21 consecutive years. OBU is one of three universities in Oklahoma and the only private Oklahoma university listed on Great Value College's rankings of 50 Great Affordable Colleges in the Midwest. Forbes.com consistently ranks OBU as a top university in Oklahoma and the Princeton Review has named OBU one of the best colleges and universities in the western United States for 11 consecutive years.



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SHOW

Continued from Page 1

her.

Walker worked in pediatrics at Baptist Medical Center for three years, and like most nurses, found one of her biggest challenges was finding enough time to care for all of her patients.

Working with an artificial leg was also challenging, especially after spending several hours on her feet.

So she left full-time nursing in 1994 to raise her children. She also started a childcare business, and her combination of nursing experience and knowledge of children's health and development made her the person friends and family came to for answers.

So why not use that knowledge on a broader scale?

Walker launched MomRN.com in 2001, with the mission statement practical advice for raising a happy, health family.

A few years later she offered to act as a resource for a local radio station that needed parenting information for its lunchtime programming. Walker never expected to be put on the air, but was offered a radio show that lasted

until the station changed ownership and switched formats two years later.

Walker took her show to BlogTalkRadio in April 2008 where it remains today.

Her listeners range in number from 2,500 to 3,500 each show and she's seen spikes of up to 10,000 listeners depending on the topic.

This year was the first time she took a summer break but her show resumes at the end of August.

Walker's radio show has hosted experts and celebrities like Kathy Ireland, Kirk Cameron, Lucy Liu, Tom Arnold, Nancy O'Dell, Niecy Nash and Dr. Ian Smith from VH1's Celebrity Fit Club.

Listeners will commonly call or email their basic health concerns they are having with their children.

When is a child sick enough to go to the doctor?

What's this rash caused by?

What are the symptoms of an ear infection.

Are immunizations safe?

The last question has been a big one the past few years with vaccines making headlines worldwide.

Walker is careful with her responses, knowing that she sometimes may not have all the

information.

"I feel like vaccines are really something parents need to educate themselves on," said Walker, who is pro-vaccine. "Unfortunately, there is so much misinformation out there on the Internet. It's hard for parents to know who to trust. They really need to talk with the family physician and pediatrician about which vaccines they feel comfortable with and know why they're choosing them."

Walker teaches children and teens how to protect themselves through her MomRN Safe Kids and MomRN Safe Teens classes.

Her method differs from others in its approach.

Her emphasis is not only on keeping kids safe, but on preparing them to go out into the world with confidence rather than fear. She does this by teaching kids the warning signs they need to look out for in a person's behavior, and training them to focus on the person's actions and how they make them feel, rather than on if the person is a stranger or someone they know well.

Walker says she hopes to do more speaking engagements in the next few years and possibly write a book.

This January, Walker took on another role: empty nester.

With her youngest of two moving out, Walker experienced the role for the first time.

"It's been good," she said. "They're still close by and we see them frequently. I thought I would always be one of those moms that couldn't stand when their kids move out but we had time to prepare so it's been good."

But if the last couple of decades have proven anything it's that this nurse is anything but typical.

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CAREERS IN NURSING

NURSE ENJOYS ALL THE "COOL STUFF" IN HER CAREER

by Mike Lee - Writer

It was somewhere in high school when Savanna Ray, RN, was introduced to the medical field.

There was no calling then when she shadowed McBride Clinic's Dr. Robert German as an athletic trainer.

But everything about it was just so darn cool that Ray couldn't imagine doing anything else with her life.

"I really liked it when he got the bone saw out," Ray admitted with a smile.

After joining the St. Anthony Healthplex in Mustang on the ground floor of its December 2014 opening, Ray is enjoying advancing her career in the ER.

"I like that it's not monotonous. Something different is always walking through the door," Ray said. "You never know who you're going to meet and the people you're going to touch. With ER I get cardiac patients, abdominal pains, emergent surgery - I get to deal with everything and I get to know a little bit about everything."

"I feel sometimes when you're too

specialized you get so focused on that and there's a lot more out there."

She cut her nursing teeth at Integris Baptist, beginning there as a clerk then going up the ladder as a nursing assistant and eventually nurse.

"I was there as a baby so to speak," said Ray, who spent nine years with Integris.

Nursing wasn't even on her radar when she was hired as a clerk as a sophomore at the University of Central Oklahoma.

The pre-med major thought she had everything already figured out.

"I was wanting to go to medical school," she said. "I got my nursing assistant license and starting working with patients so much I thought I'd rather be a nurse and get to do all the cool stuff."

Doing the cool stuff is what brought her to St. Anthony.

Ray was born and raised in North Oklahoma City and went to Putnam City West High School. Her husband is

from South OKC. The two just bought a house on Council and Memorial.

Her new role is a unique one serving the emergent needs of an entire population.

"The response that we've gotten since we opened has just been pure excitement and anticipation," Ray said. "When people come in whether they're a patient or family member or friend their immediate response is 'Wow, this place is gorgeous.' That gives me a sense of pride working here and really makes my job enjoyable, too."

Avoiding the burnout is something Ray has considered. A love of all things new keeps her fresh.

"There are a lot of things that can turn monotonous in the ER but at the same time it's those critical situations we have everyday that really keep you on your toes."

"I have looked into other things but just the thought of leaving the ER makes me depressed."

Ray has a pair of bachelor's degrees with her first biology degree from

UCO. From there she moved over to Oklahoma City University to get her BSN.

Kramer School of Nursing challenged her like no other.

"I got a phenomenal education there. They are really hands-on," Ray said. "The book work is really good. I think it helped I was already in the medical field going in so I was really comfortable with a lot of things and it wasn't really hard for me to grasp certain theories in nursing but overall I think if I hadn't been medical going in they made everything so seamless and easy."

"It's a great program. I tell everybody I went there." And she tells everyone that she's a nurse for St. Anthony. To her, it's about the coolest job out there. "I really liked interacting with the patients. I love being able to educate," she said. "For the common, lay person medicine is really scary and for me it's really not. It's just our bodies and it's really cool. I like to educate patients and make them



My name is Ralph and my story began in August 2004 when I was diagnosed with Cardiomyopathy. For years I was treated with medication but by 2010 my disease had progressed. I had a pacemaker/defibrillator implanted which saved my life on two or three occasions. By 2012 I had to have a heart pump and was told that the only way to prolong my life was to receive a heart transplant.

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Savanna Ray, RN, says the thought of leaving ER work makes her depressed.

comfortable with their care." Even 10 years into the field, Ray finds her career wide open. Another degree could be up next. Or maybe something else entirely. "It's possible. I don't have any kids right now and my husband and I talking about starting a family so I think I'm going to focus on that right now," Ray said. "I'm a charge nurse here at Saints which is a really great opportunity for me. I'm really enjoying that role and enjoying

getting some management experience and figuring out what I want to do.

"Nurse practitioner is definitely a possibility for me but I may go back and get my master's in business and do clinical manager and director. My five-year plan kind of has a question mark at the end right now. There's so many possibilities in nursing I want to do everything but I can't."

But whatever she does, you can bet it's going to be cool.

St. Anthony Healthplex Mustang Welcomes Pediatrician Brittany Daniels

St. Anthony Healthplex Mustang is pleased to announce a new addition to their health care team, as Brittany Daniels, M.D., joins St. Anthony Physicians Group.

Dr. Daniels received her undergraduate degree in zoology-biomedical sciences. She then went on to complete her medical degree at the University of Oklahoma College of Medicine, followed by a residency at Children's Hospital at OU Medical Center.

St. Anthony Healthplex Mustang is located at the corner of State Highway 152 and Sara Road.



ZIEGLER

Continued from Page 1

later, their support helped establish an endowed position in palliative care and was a foundational gift that helped create OU's Palliative Care Program, a multidisciplinary education initiative for students, residents and health care professionals to provide advanced training in end-of-life care. They also established an endowment that provides 40 scholarships a year to OU nursing students.

Fran served on the Campaign Council to build the Sam Noble Museum of Natural History, and she and her husband provided support for the museum's construction and endowment.

The Zieglers were donors of the Allan Houser sculpture, "Homeward Bound," for OU's Norman campus and the "Dreamcatcher," a sculpture by Star Liana York, for OU's Health Sciences Center campus. Both sculptures are indicative of the Zieglers' love for southwestern art.

The couple also contributed to petroleum engineering scholarships and Sooner Heritage Scholarships on OU's Norman campus. For their outstanding dedication to the University, both Fran and Earl have been honored with the OU Regents' Alumni Awards.

Earl, an Endowed OU President's Associate, also supports the Energy Center and the Alumni Scholars Program.



St. Gregory's invites public comment for upcoming nursing accreditation visit

The Nursing Department at St. Gregory's University in Shawnee, Oklahoma, invites comments from the public about the bachelor's degree in nursing in preparation for its on-site evaluation by the Commission on Collegiate Nursing Education (CCNE) to be held October 12-14, 2015.

The Commission forwards public comments to the evaluation team members to include in their review of the institution,

but at no time during the review process are these comments shared with the program, the Accreditation Review Committee or the Board. During its review of the program, the evaluation team considers third-party comments, if any, that relate to the accreditation standards.

Written and signed third-party comments will be accepted by CCNE until September 21, 2015.

The public is invited to submit comments regarding the University to: Commission on Collegiate Nursing Education, Attn: Third-Party Comments, 1 Dupont Circle NW, Suite 530 Washington, DC 20036

The public may also submit comments by email to ThirdPartyComments@aacn.nche.edu.

Founded in 1875, St. Gregory's University is Oklahoma's oldest institution of higher learning and only Catholic university. St. Gregory's offers a liberal arts education rooted in the Benedictine tradition of cultivating the whole person – mind, body and spirit. With campuses in Shawnee and Tulsa, St. Gregory's features both traditional and adult degree programs, including associate's, bachelor's and master's degree programs. For more information about the University, visit www.stgregorys.edu.



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140 GENERAL NURSING

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We are seeking caring and dependable people to work in the homes of elderly and disabled clients Gentiva Health Services is seeking caring and dependable people to work in the homes of elderly and disabled clients in Lawton, Fletcher, Apache, Elgin, Randett, Devol, Frederick, & Walters area. Will assist with preparing meals, shopping, personal care, errands, light housekeeping, and other assigned duties. We offer flexible day, evening, and weekend shifts. Must be at least 18 years of age with a clean criminal background. MUST have reliable transportation. No certifications or prior experience required. Fax resume to 580-248-9995. Please contact us by phone at (580) 248-9998 for any questions. To apply in person please visit us at 2210 W. Gore Blvd, Suite 3, Lawton, OK, 73501. E.O.E. M/F/D/V

140 GENERAL NURSING

WE ARE SEEKING LICENSED PRACTICAL NURSE OR CERTIFIED MEDICAL ASSISTANT needed for busy Family practice clinic. 4 1/2 day work week, exc. salary & benefits. Fax resume to: 580-536-2427. 5610 SW Lee Blvd, Lawton, OK 73505

We are looking for self-motivated individuals to work with people with developmental disabilities in a group home setting. HTS STAFF Expanding agency looking for self-motivated individuals to work with people with developmental disabilities in a group home setting. This position requires a high school diploma or GED and a valid driver's license. Company paid training provided. Premium pay for fully trained HTS. Please apply at: Supported Community Lifestyles Enid, Inc. 2506 N. Jefferson Enid, OK 73701 580-234-0313

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 Apply in person at Golden Oaks Retirement Village 5801 N. Oakwood Enid, OK 73703

We have positions open for Registered Nurse Case Manager and Licensed Practical Nurse Hospice Nurse. Hospice Nurses. Hospice of Green Country, the only non-profit United Way supported hospice in Tulsa, has positions open for RN Case Manager and LPN Hospice Nurse. OK nursing license required. Previous hospice experience and Allscripts software a plus. Qualified candidates who desire a focus on excellent patient care, please send resume to fax 918-747-2573. 1120 S. Boston, Suite 200 o Tulsa, OK 74119. EOE

We Are Looking To Add Licensed Practical Nurses For 2-10 And Night Shift. Also Hiring Certified Nurse Aides. The Bartlesville Health And Rehab Community Family Is Looking To Add Lpns For 2-10 And Night Shift. Also Hiring CNAs. We Offer Major Medical, Dental And Vision To Full Time Employees, As Well As Payroll Deductions Such As Scrubs And Shoes. Come Apply At 3434 Kentucky Place, Bartlesville, OK 74006

140 GENERAL NURSING

We are taking applications for Registered Nurses, Licensed Practical Nurses, Certified Medical Assistants and Certified Nurse Assistants. Artesian Home of Sulphur is taking applications for RNs, LPNs, CMAs and CNAs. Please apply in person at 1415 W 15th between 8:00AM to 4:00PM Monday thru Friday. Ada, Ok 74820

Licensed Practical Nurses Full-time/Days Licensed Practical Nurses Part-time/ Days & Nights Certified Nurse Assistants Full-time/ Nights (with shift differential) Summers Health Services seeking to fill the following positions: LPNs FT/Days LPNs PT/ Days & Nights CNAs FT/ Nights (with shift differential) Apply in person at 119 N 6th, Okeene, OK or call Cindy at 580-822-4441 We offer competitive wages.

Now Hiring Weekend Registered Nurse, Weekend Licensed Practical Nurse, Housekeeper, Cook And Dietary Aides. Apply in person, Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

We are Accepting Applications For: Director of Nursing · Certified Medical Aide Evenings and Nights · Certified Nurse Aide WK DBL · Licensed Practical Nurse Night Shift · PRN all shifts & roles. University Village Retirement Center. 8555 S. Lewis, Tulsa, OK 74137. Equal Opportunity Employer

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We are Taking Applications For Immediate Employment For: Dietary Aid And Weekend Registered Nurse. Apply in person: Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

140 GENERAL NURSING

We are hiring Full-Time Oklahoma Certified Nurse Aid, Minimum 2 Years Experience Required, Maturity and Reliability a Must. #103 E. Central Suite 400. Miami, OK 74354

Now accepting applications for a 3-11 Certified Nurse Assistants/Certified Medical Assistants Corn Heritage Village is now accepting applications for a 3-11 CNAs/CMA's. We offer competitive benefits and wages in a positive, friendly work environment. 106 W Adams in Corn, OK. Ask for Melissa Collins, HR Director 580-343-2295.

REWARDING JOB OPPORTUNITIES working with people with disabilities. Full time, part time, evenings and weekends. Springs Inc., 222 N Main St Sand Springs, OK 74063. 918-241-0236

161 LICENSED PRACTICAL NURSING
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204 REGISTERED NURSE

REGISTERED NURSE ALEXANDER HEALTH CENTER. The REGISTERED NURSE reports to the Director of the AHC and provides direct patient care in a university clinic setting to both students and employees. Minimum: Oklahoma R.N. license with current BLS/AED certification; minimum of three years work experience in an emergency, ambulatory care or college health facility. Preferred: BSN; EMR proficiency, 12-Lead ECG monitoring, phlebotomy experience. Hours are 8am to 5pm, Monday-Friday, 12 months. 800 South Tucker Drive. Tulsa, OK 74104 The University of Tulsa is an EOE F/M/Disabled/Veteran.

204 REGISTERED NURSE

Are you a licensed RN and interested in a rewarding career with a great team? You should come talk with us! We are currently seeking qualified candidates for a Hospice RN Case Manager. We are also taking applications for certified HHA's / Aides. We offer a competitive salary and great benefits. Send your resume to fax #918-551-6890. 1515 E 71st St SUITE 100. Tulsa, OK 74136. EOE

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Oklahoma's NURSING TIMES

Special to the Nursing Times

National Aviation Day: A Day to Celebrate the Medical Miracles that Occur in the Air Everyday

By Blair Beggan, Director of Communications, The Association of Air Medical Services

National Aviation Day, August 19th, is observed annually in the United States to celebrate the history and development of aviation. It also happens to coincide with the birthday of Orville Wright who, together with his brother Wilbur, made significant contributions to powered flight. Aviation certainly has come a long way in the last century, and you don't have to work in the field of aviation to celebrate! For the members of the Association of Air Medical Services, this holiday honors all the flight doctors, flight nurses, flight paramedics and patients who have become part of our air medical family over the years. Today, we are happy to share with you the story of Leia Isabella Martinez, a little girl who will help all of us to remember that miracles do happen.

When Raquel Martinez first became pregnant with her daughter Leia, she never could imagine the birth would turn out the way it did. The name Leia means "delicate daughter of the heavens", and this poetic description fits her to a T.

With a due date in April, Raquel worked her 60-hour-a-week restaurant management job. But in February, occasional contractions prompted a doctor's order for full bed rest. In mid-March, Raquel had her last doctor's appointment where she found out that she had developed gestational diabetes. The next night, Raquel was planning to spend at her grandma's, but during the day she realized something was happening. It turned out Leia had decided to arrive earlier than planned.

Leia's delivery was not easy. She came via induced labor. The delivery progressed, but very, very slowly. The doctor tried suctioning the baby out twice to no avail. "Finally I was able to push her head

out," Raquel said, "and then everyone started panicking." Multiple medical staff climbed onto the bed and put pressure on Raquel's abdomen. "They said they had to get the baby out right away. It was hard to breathe, and I felt like I was going to faint."

The doctors informed Raquel that Leia was nearly stillborn and in extremely critical condition. She required a ventilator and was having seizures. Doctors said that if she did survive, she might have seizures for the rest of her life. In addition, her left arm was broken, and she had a brachial plexus injury on her right side. Val Verde didn't have a NICU (neonatal intensive care unit), so Leia was flown as soon as possible to Methodist Children's Hospital in San Antonio.

Methodist Air Care arrived quickly for the transport. This is a specialty team, with Methodist AirCare providing the pilot and safety office, and Methodist Healthcare providing the nurse and respiratory therapist. The specially-equipped helicopter was piloted by Bill Soeth, with Flight Nurse Jessica Schroder on board acting as Safety Officer. Completing the team were two of Methodist Children's neonatal staff: Registered Nurse Mildred Moczygemba and Respiratory Therapist Ali Soujoudi.

Raquel and Beto were given a few minutes with their daughter prior to transport. Though it was a traumatic situation to have their newborn taken away so soon after birth, they were just grateful that she was alive and that she would soon receive the critical care she needed.

Mildred shared what she remembered most about meeting Raquel. "They brought her in a wheelchair. I told her about the



transport and the whole process, and I also gave her a warning that her baby was gravely ill. She looked me straight in the eyes and said, 'I know that you will do the very

best that you can for her.' I'll never forget that." Throughout the flight, the crew worked tirelessly to take care of Leia and make sure she

See MIRACLES next page

INTEGRIS Family Care Plaza Mayor Grand Opening

INTEGRIS' mission is to improve the health of the people and communities we serve – and a large part of that is our growing Hispanic community.

Plaza Mayor at the Crossroads is an important new part of that community, and INTEGRIS is now a part of it as well. At INTEGRIS Family Care Plaza Mayor, Nurse Practitioner Ana Garcia provides expert health care to patients of all ages. You'll find that everyone – from the receptionist to the clinical staff to Garcia herself – not only speaks the language, they understand Hispanic culture, traditions and ways of life.

The Grand Opening will be held at 7000 Crossroads Blvd., Suite 2086 Oklahoma City, OK 73149, Thursday, August 27th from 4:30 to 6:30 p.m.

Join Ana Garcia, APRN-CNP, and the friendly staff for tours, light refreshments and giveaways.

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MIRACLES

Continued from Page 8

was OK. Thankfully, soon thereafter the flight arrived, Leia made huge progress: she no longer needed the ventilator. Raquel shared that Leia's flight team continued to offer support. "They really cared about her progress. They would check on

her, and then they would visit me and tell me how well she was doing.

I know they didn't have to do this, but they did. It meant so much to me."

So this National Aviation Day, let's give thanks to miracles like Leia and the men and women who help save lives everyday on air medical flight crews.

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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

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Compassionate Care Hospice:

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Coordinator, 405-948-4357

Cornerstone Hospice:

Vicky Herrington, Vol. Coordinator,

918-641-5192

Hometown Hospice:

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

Crossroads Hospice:

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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,
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Freedom Hospice:

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OKC OK 73108 405-943-0903

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

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73107 405-949-1200

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LaDonna Rhodes, Vol. Coordinator,
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405-214-6442; Norman: Vol. Coord. Lisa
Veauchamp, 405-579-8565

Heavenly Hospice:

Julie Myers, Coordinator 405-701-2536

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

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Hospice of Green Country:

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Frick, Vol. Coordinator, 405-848-8884

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Hospice of the Cherokee:

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Indian Territory Home Health & Hospice:

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405-848-3555

Image HealthCare :

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Christy Coppenbarger, RN, Executive
Director. 405-842-0171

LifeSpring In-Home Care Network:

Terry Boston, Volunteer and
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PromiseCare Hospice:

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

Quality Life Hospice:

405 486-1357

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Valir Hospice Care:

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

Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director



**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. My job is killing me. Every day it gets harder and harder. I have increased my antidepressant dosage but that really isn't helping. I don't know what to do. How can I stay sane and healthy while trying to make a living?

A. The number of people in treatment programs and out patient therapy related to job stress is extremely high. People really are dying in an attempt to make a living.

So lets look at taking an inventory of your finances. Do you currently pay for things that you do not really need or could make changes? For example:

- Cable - do you really need 5,000 channels?
- Eating out - How much are you spending on take out, fast food?
- Coupons - Are you trying to save by using coupons for groceries, clothing, etc.
- Phone plan - How much are you spending on your phone?

How are you trying to stay sane on the job?

- Taking your breaks?
- Taking your lunch?
- Delegating?
- Tuning out negative people?
- Debriefing with trustworthy people?
- Hiding out in the bathroom?

Sometimes re-framing the thoughts you have about your job can be helpful? • Its only 8 hours, then I am out of here.

- When I leave here I am going to yoga.
- I am here for financial comfort so I will look forward to my next paycheck.
- I see her micromanaging the unit but its 1115 and I will be out of here at 1530.
- This is only a part of my life, I have my children and my pets.

How do you debrief from your stress? • I don't, I am too tired when I leave work so I go home and get on the sofa and look at face book. • I eat. • I have increased to 2 glasses of wine. • I go to the gym. • I go home and go to bed.

So come up with a different way to look at your job, inventory your finances, debrief with people who have a sense of humor and find a healthy way to burn off your stress.

We are now AllianceHealth Deaconess



photo by Vickie Jenkins

Jim Kendrick, CEO of Oklahoma Network and Devon Hyde, CEO of Deaconess announce new name of hospital: AllianceHealth Deaconess.

by Vickie Jenkins

On August 11, 2015 Deaconess Hospital changes its name to AllianceHealth Deaconess and joined the nine other CHS-affiliated hospitals in the state to form AllianceHealth Oklahoma. One of the state's largest healthcare systems, AllianceHealth Oklahoma combines the strength, resources and commitment to quality of 10 hospitals, more than 70 clinics, six home health agencies and more than 4,500 employed physicians and employees to serve patients across the state.

"Working together, we can embrace how we serve patients across Oklahoma, stated Devon Hyde, CEO of AllianceHealth Deaconess. "We are determined to offer patients the best possible experience, when and where they need it. When patients see the name AllianceHealth Oklahoma, we want them to expect high quality and safe care."

What does this name change

mean for you? "It creates a network so that when patients are receiving care in one of the outlying facilities, they have an understanding that there is a continuity of care throughout the state of Oklahoma. We have a pervasive presence in those communities, and if patients need to seek higher levels of care, it is certainly available within our network," states Hyde.

"Currently, we provide healthcare in 10 Oklahoma communities, but no one has a sense that we are affiliated and provide coordinated care throughout the state. With the connection among our partners strengthened by a system name, common visual identity and consistent, strategic communications, our patients will know at every point along the continuum of care that they are being cared by our health network. From a hospital perspective, we are one of the largest health systems in the state.

See DEACONESS next page



NURSE + TALK

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

What do you love about serving the residents at Willow Creek? WILLOW CREEK

"I love the stories they have to tell. I love the one-on-one interaction with people that are like grandparents."



Marci Warren, LPN

"My favorite thing about working with my residents is they all feel like family."



Holly McCorkle, CMA

Each week we visit with health care professionals throughout the Metro



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Mustang, Ok. 73064

"Getting close to them, knowing them and hearing the stories that they have, talking to them and helping them"



Andrew Sheridan, CNA

"I like to help people. When I work here I feel like I can help people a lot like they do us."



Starla Hitchcock, CNA

DEACONESS

Continued from Page 10

Most people don't realize it but the branding will help patients easily recognize that our hospitals are part of a single network where they can expect to receive high quality care and the best possible experience," Jim Kendrick, Network CEO comments.

The hospitals in AllianceHealth Oklahoma are:

- AllianceHealth Deaconess
- AllianceHealth Blackwell
- AllianceHealth Clinton
- AllianceHealth Durant
- AllianceHealth Madill
- AllianceHealth Midwest
- AllianceHealth Ponca City
- AllianceHealth Pryor
- AllianceHealth
- AllianceHealth Seminole
- AllianceHealth Woodward

All programs and services of these hospitals are also part of the AllianceHealth Oklahoma family; the physician practices are renamed as AllianceHealth Medical Group, Home Health agencies are now known as Alliance Oklahoma Home Health. Today, there are agencies located in Oklahoma City, Midwest

City, Ponca City Pryor and Woodward. In Clinton, the agency offers home health and hospice services.

"Another great thing about these communities coming together, we get to see our employees be a part of an organization. It creates a greater level of coordination and care whether it be locally or throughout the regions, we provide outlets of an alliance. All organizations in the state of Oklahoma are now branded with the new AllianceHealth. It starts today and I am very excited about it," Kendrick states. "All 10 hospitals have been locally operated, which they will continue to do, but they will now identify with the AllianceHealth Oklahoma network. Now, whether it is patient care or physician recruiting, we are going to do the best job we can having that visual alliance, we can now identify with the new, basic network through Oklahoma."



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You and thousands of others contributed an incredible \$21,574,097 to our 2014 campaign. Your kindness and compassion will continue to help United Way of Central Oklahoma create lasting change in our community.

We are extremely grateful for you!

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