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photo by James Coburn

Kalinda Nichols is studying to become a nurse educator at the University of Oklahoma.

by James Coburn
Staff Writer

Life becomes full again at Golden Age Nursing Center in Guthrie. Life can improve. Nursing education is a challenging field that prepares

students for a different level of nursing, said KaLinda Nichols, RN, at Golden Age Nursing Center and also enrolled in the masters program for education at University of Oklahoma College of Nursing. Her field

will prepare her to teach nursing education. She has been with Golden Age since 2012.

"Knowing your skills and knowing your pathophysiology is a lot more involved, Nichols said. "I'm very interested in helping the nursing shortage and to be able to guide some of those people along the way."

Many people outside of nursing may not realize there are many opportunities in

Nurse Julie Impacts
Hundreds of Campers
at OWL Camp



Julie Hensley, a medical oncology nurse at Mercy Hospital stands with a happy OWL Camper.

story and photos provided

Julie Hensley is the kind of person that changes lives and puts a smile on people's faces. By profession, Julie is a medical oncology nurse at Mercy Hospital. She dedicates her life to others and works tirelessly to serve the sick, injured and needy.

The impact of Nurse Julie reaches far beyond Mercy Hospital. She has impacted the lives of hundreds of Oklahoma's blind and visually impaired children during her tenure as NewView Oklahoma's summer camp nurse. For 14 years, Julie has taken her personal vacation to help OWL (Oklahoman's Without Limits) Campers have a week of fun and learning.

Julie became involved with NewView in 2002 when her own children wanted to volunteer for OWL Camp. She decided to go with them to see firsthand what camp was all about. She met NewView Oklahoma's President and CEO, Lauren Branch, and they became close friends. At her first camp, she recognized a need for a volunteer nurse and stepped

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NICHOLS

Continued from Page 1

nursing. They base their understanding of nursing on a limited view point. But diversity in career choices is one of the best aspects of nursing, Nichols said. "If you love computers, there's a deep need for informatics in the nursing world," she said. "So you have a nurse that's guiding the information technology person about what the nurse skills need to be and what the nurse is looking for, and how to implement that into better systems so that we can move quicker, do better with more efficiency."

Though Nichols is pursuing education, in the past, she has been involved in acute care. Intensive care provided her the initial knowledge of learning all of her basics. But then ultimately, she found her place in the geriatric setting of long-term care.

She has had three different positions at Golden Age. She is currently the quality assurance performance improvement coordinator. Nichols has also done MDS work, which is the Medicare backbone of how residents fit in a facility. She has also worked as a charge nurse there in the hall.

"There's a lot of ability to find

what you like," she said.

Her experience culminates within her ability to share knowledge and skills. Nursing provides a niche for almost everyone, she said. Additionally, there is a shortage of nursing professors in the U.S. "That was one of my biggest considerations. In my nursing life I have always ended up being a preceptor," Nichols said. "When I worked in the hospital, they'd bring me someone to mentor. It's also one of my responsibilities to do the nurse training here. We have a trainer who does all of our CNA work, but for that nursing element, I've been able to work one-one-one with them."

She is still allowed to use her education component of nursing while working in quality assurance performance improvement to do that training.

"That's part of our quality -- getting a new nurse started off on the right foot," Nichols said. "It's very individualized. You may train someone for a week and they're ready to fly. You may train someone for two weeks and they need another week. That is 100 percent fluid here."

She likes working at Golden Age in Guthrie, because the center is based on how to make its nurses grow in patient care. An investment of time

assures the time spent is productive for the nurse while being productive for the home as well, Nichols said.

"If you need a different type of teaching; if you need a different source of learning, there's so many experienced RNs here to guide that, and one will be your fit," Nichols said.

Some of the certified nursing aids at Golden Age have been there for 25-30 years, so they have a lot of institutional knowledge to share. The greatest resource for a new charge nurse working on the floor is a CNA, Nichols said.

"That's who knows what's going on," she said. "That's who knows this person likes things this way. This person wants lunch at 2 p.m. on Tuesdays. They are your resource. In a nursing home setting for sure, I think it's important to have that teamwork on your hall."

Golden Age is truly a home, she said. She hears over and over again from families coming to Golden Age that they had fear when first bringing a loved one to a nursing home. They heard about problems with nursing homes decades ago. "But they walk in and you can see them start to relax," Nichols said. "This is a home. People live here. Yesterday, one of our

residents had five of her grandchildren here and they were all playing cards. When you walk through the doors here, you realize, 'I can improve the quality of my loved one's life'."

Additionally, Nichols said leisure time is important for a nurse. They must rejuvenate, she said.

"I have a grandma. On my day off, I pick her up and she spends the day with me. We crochet and play with our dog that she loves," Nichols said. "I just do fun things with her. She likes to watch game shows. So we watch game shows and play those on the TV."

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CAREERS IN NURSING

CONNECTING WITH GRACE: LPN ENJOYS FAMILY SETTING

by James Coburn - Writer/Photographer

Mike Hammack, LPN, has a lot of family in the medical field. When his brother started going to nursing school, it motivated Hammack to join him. He was working odd jobs putting himself through college in Kentucky.

Today, Hammack serves as the prospective payer source case manager at Grace Living Center Edmond. And, Hammack has a lot of faith in Grace to keep him dedicated to the residents' needs.

"There's a lot of tenure here," Hammack said. "The staff has been here for quite some time and they can be flexible with schedules. It's kind of a family environment."

As a case manager, he follows the skilled nursing component that is available at Grace Living Center. This involves Medicare and insurances. He also works on the floor serving residents' needs in long-term care. Hammack coordinates the care between therapy and nursing. People come to Grace Living Center perhaps

with pneumonia or a fracture of the hip or knees. Orthopedic needs are common reasons people need skilled nursing after being discharged from a hospital.

"I monitor their nursing needs plus therapy to get them to where they need to be so they can go home, hopefully, or follow their prior arrangements, whether that be assisted living or something like that," he said.

He has developed a variety of skills at Grace as a charge nurse and the MDS long-term care aspect of computer work.

The nursing staff he works with are caring people, Hammack continued. "They are here to help people. In this field you have to be a caring person. You come in and it's something you want to do. It makes you feel good about yourself."

Hammack has known some of the residents since he was hired by Grace Living Center nearly eight years ago.

The nursing staff kind of becomes their new family, he said. Some of the residents continue to have family coming to see them at Grace, and it helps the residents to have a second family to rely on for their needs.

"It's just somebody to talk to and kind of connect with you on a personal level," Hammack said. "This is their home and you're here every day. You're a family member here."

Of course it's important to have a life outside of one's career. So Hammack and his wife spend a lot of time following sports events that involves his sons.

"It's pretty much what we stay busy doing," he said of their football, basketball and baseball play.

His youngest son is also interested in lacrosse, but with his baseball schedule, Hammack doesn't know when his son will have time to fit the sport into his sports activities. He plays baseball and keeps Hammack active with sports.

Hammack also played sports

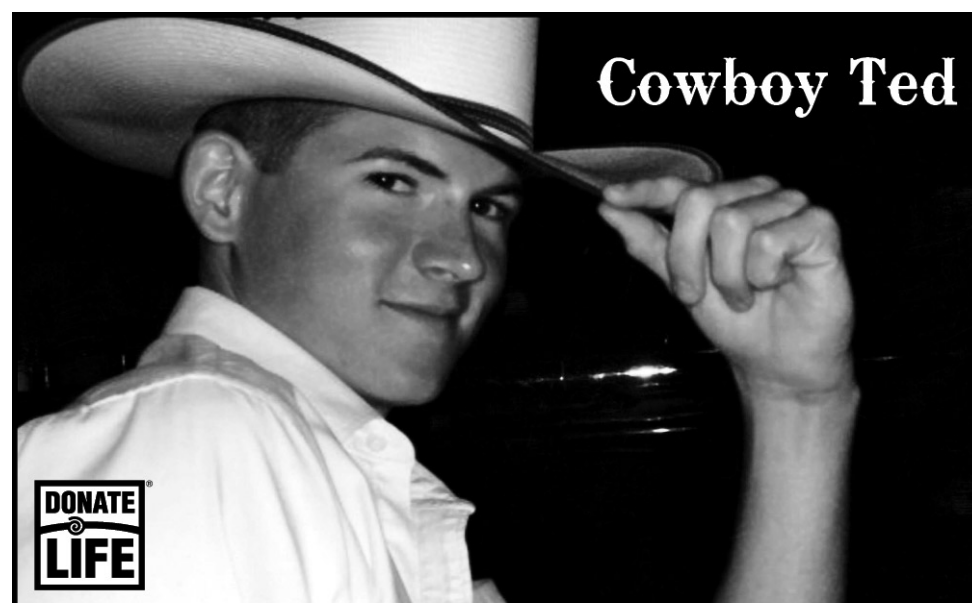
when he was a teenager growing up in Altus, he said.

His oldest son shares an interest in health care with Hammack. He attends the Bio Science Academy at Francis Tuttle. He'll be a junior this year and has a range of options that he is considering in the medical field.

Grace Living Center recognizes that people love to maintain daily activities. They do not give up on life. So the residents can go on outings to places such as a casino or the Oklahoma Science Museum at the Kirkpatrick Center in Oklahoma City and they go to movies.

Sometimes new residents will recognize someone living at Grace Edmond that they already know. One of the patients in the skilled nursing unit recognized someone in the therapy gym who lived down the street from them in Perkins, Hammack said. People have their routines.

"Right now there is a group of



"I'm just a good ol' southern boy....I love my family and God...I like to hang out with my friends...I like ridin' horses, fishing, camping, pretty much anything outdoors...I like being at the family ranch, helping run it and workin' cattle." This is what Ted wrote about himself in his Facebook bio.

Ted's Facebook page is full of comments from his friends and family. They miss his bear hugs, they miss his talks, his heart of gold, his good ol' advice, his two-step, his smile, the list just goes on and on. Ted brought joy to everyone around him. He was a much-loved young Cowboy – both

an OSU Cowboy and a 'real' cowboy. It was no surprise that he became an organ donor and saved the lives of so many.

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Mike Hammack, LPN, stays dedicated to Grace Living Center because of its commitment to patient care and its employees, he says.

six or eight guys that sit around in the common area to socialize," he said. Residents of Grace are there because Grace is their home. And the nursing staff gets to reflect on the benefits of compassion and skills they have provided to the elders. The personal rewards are tangible.

Activities are ongoing at Grace allowing the residents to live their lives with enrichment, she said. They will go to a circus or some might enjoy fishing. The elders go to the park for a picnic.

Resident Council meetings are

provided for the elders to state what they want to do on a given day. A peer mentor group will help with fund raisers devoted to activities. The mentor group of staff workers also do activities on their own such as bowling.

Long-term care is highly regulated, but it's a rewarding field. They are special, special people and Grace Edmond is a 5-star facility. The nursing staff does the work that a lot of people aren't interested in doing or don't want to do. So it's a gifted group.

CAMP

Continued from Page 1

in to help. Many of the youth that attend OWL Camp have additional medical needs beyond their eyesight. One of these campers is Shaylin. Shaylin's mother, Dawn shared, "We



OKC Thunder Bus brought books for campers, including books in Braille.

LOVE Julie. Shaylin's first year of camp, Julie was warm and welcoming and assured us that she had everything under control. Each year, we are confident and have peace of mind that Shaylin will be safe and well taken care of. We appreciate Julie for her sacrifice each summer! She is allowing special needs kids a week of fun and experiences that they may not otherwise get."

The best part about having Julie as a camp nurse is that she understands the mission of NewView Oklahoma and the long-term goals we are trying

to accomplish. She knows that, by having a camp that is accessible to these youth, NewView is opening doors to opportunities that some of these children have only dreamed of.

"I wish every child who is blind or visually impaired had an opportunity to go to camp with us for at least one year," said Julie. "I think it could change their lives in a lot of different ways. Every year, NewView provides new opportunities and challenges. And the children step up to the challenges even though some kids say 'I never had any idea that I could do this.'"

The success of OWL Camp is directly tied to the contributions of our volunteers, and especially those of Julie Hensley. Not only was she previously awarded our Volunteer of the Year Award, but she has also made an impact on hundreds of Oklahoma's blind and visually impaired children. And for that, we're eternally grateful to this wonderful woman, nurse and friend.



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Oklahoma's NURSING TIMES

New Pediatrician Joins Mercy Clinic Edmond Santa Fe

As a board-certified pediatrician, Dr. Lauren Kenney Garabelli believes in not only addressing parents' concerns, but also engaging her pediatric patients in their health care visit.

"I believe it is important to give the children a chance to talk and be a part of the visit to gain their trust and build a strong doctor-patient relationship," said Garabelli, who recently joined Mercy Clinic's primary care office on Santa Fe Avenue in Edmond. "I want every parent to feel comfortable asking me any question and have confidence that I will get to the bottom of any concerns they have regarding their child."

In her new role at Mercy, she is excited about caring for patients from childhood to adulthood.

"I look forward to working with families and standing by their side as they experience all the stages of childhood," she said. "I hope to promote wellness among children through routine well child visits and anticipatory guidance, and to help families work through the challenges that accompany many illnesses."

Garabelli received her bachelor's degree and medical degree from Wake Forest University in Winston-Salem, North Carolina. She then



Dr. Lauren Kenney Garabelli

completed her internship and residency in pediatrics at Baylor College of Medicine in Houston, and trained at Texas Children's Hospital. She has worked as a pediatrician since 2009 at practices in Baytown, Texas, and in the Oklahoma City area.

Garabelli, a native of Oklahoma, is married and has two young children. In her spare time, she enjoys going on walks, swimming, and taking trips to the park and zoo with her family. She also loves cookouts with family and friends.

Parent University 2015 Sponsored by INTEGRIS Hispanic Initiative

Obesity, hypertension and diabetes are all chronic diseases that are having a high incidence in the Oklahoma population. The INTEGRIS Hispanic Initiative's Parent University and Move for Life-Family programs are designed to provide families with the necessary elements to live a healthy life and give each family member the support they need to develop as individuals according to their talents and abilities.

In order to accomplish this goal, the programs integrate the areas of nutrition, physical activity and mental health in a balanced manner so that each person takes advantage of them according to their need.

A Parent University 2015 workshop will be held from 9 to 11 a.m. on Saturday, Aug. 29, at Sacred Heart Catholic School, 2706 S. Shartel Ave., Oklahoma City, OK 73109, and will continue monthly for eight weeks. The first session will include an introduction to the program, registration, height, weight and body circumference measurements and blood pressure screening.

For more information or to register, call the INTEGRIS HealthLine at 951-2277, and press #2 for Spanish.

I N T E G R I S
Health

New Moms Concerned About Beginning Breastfeeding

Consumer Magazine to Give Away 50 Double Electric Breast Pumps During World Breastfeeding Week — August 1–7

Beginning breastfeeding is the second-greatest concern of pregnant moms, ranked just after proper recovery from labor and birth, said more than 1,000 survey participants of Healthy Mom&Baby, a consumer magazine (print and online) from the mother/baby nurses of the Association of Women's Health, Obstetric & Neonatal Nurses (AWHONN).

Most expectant moms want to breastfeed their newborns yet most say they don't know how to prepare. When asked by Healthy Mom&Baby, moms said they plan to:

- Begin breastfeeding: 78% plan to breastfeed post-birth with the rest "unsure"
- Get a breast pump and supplies to support breastfeeding: 76% plan to obtain a breast pump either through their insurer or through purchase, as well as nursing supplies, including breastmilk bottle and storage systems, warmers, and breastfeeding tops, dresses and wraps

To help moms prepare for the recommended six months of exclusive breastfeeding, and onward for a year or more, Healthy Mom&Baby will give away 50 Philips Avent Double Electric Comfort Breast Pumps (retail \$199) with an online survey (http://bit.ly/begin_breastfeeding) during World Breastfeeding Week (August 1–7, 2015). New moms are encouraged to ask questions about beginning breastfeeding during a Healthy Mom&Baby "Begin Breastfeeding" Twitter chat on Wednesday, August 5 at 2 pm EST, using the hashtag #beginbreastfeeding.

Healthy Mom&Baby has just released Breastfeeding Basics: You, Your Baby & Your Nurses. Designed for pregnant women, this new nursing resource shows how breastfeeding is natural. Moms and babies need patience, practice and the support of their nurses while they get the hang of it.

In "Prepare for Breastfeeding" and "Begin Breastfeeding," Healthy Mom&Baby nurse advisor Charlotte Wool, PhD, RN, stresses the importance of breastfeeding: "It's worth the effort because your breastmilk is perfect food your body makes specifically for your baby's nutritional needs and optimal growth." Dr. Wool shares practical tips and advice from nurses to show moms what's ahead, how to avoid common problems and how to nurse or provide breastmilk even if your baby is born prematurely.

"Research shows that moms and their infants are most likely to succeed with breastfeeding when they have the support of their healthcare providers, nurses and families," said AWHONN Chief Executive Officer Lynn Erdman, MN, RN, FAAN. "Women should be encouraged and supported to breastfeed exclusively for the first six months of an infant's life and to continue to breastfeed for the first year and beyond."

"Similar to that of AWHONN, our mission at Philips Avent is to support parents during this special time and help their newborns receive a healthy, happy start in life," said Boon Lai, Vice President of Marketing for Philips North America. "Through this educational grant with AWHONN and our donation of breast pumps, we're excited to provide new parents with the resources they need to take on one of the most important milestones with their babies."

The breast pump giveaway and the new parent resources received support under an educational grant from Philips Avent.

Nurse expert-authored health and wellness advice, from preconception and pregnancy, to labor, birth and parenting is Healthy Mom&Baby magazine and website. More than 1.2 million women a year receive the quarterly magazine, read the free online magazine flipbook, and gain practical advice and information from nurses through the Healthy Mom&Baby website at Health4Mom.org. Follow Healthy Mom&Baby on Facebook and Twitter. Healthy Mom&Baby is published by AWHONN in partnership with Maitland Warne.

Crew named the top patient care team by INTEGRIS

The crew in the office of Dr. Carnahan and David Torchia, PA, in Miami, OK. They were recently named the top patient care team for high ratings on Patient Satisfaction for April – June 2015. The team was recognized for providing a remarkable patient experience.



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Davis-580-369-5335 Volunteer
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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:

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Sojourn Hospice:

Tammy Harvey, Vol. Manager
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Sooner Hospice, LLC:

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Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator
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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*

Do you believe you are mentally strong? Maybe its something that you never thought about. Read the following list to see if you can recognize some of your strengths and areas that you might need to work on.

6 THINGS MENTALLY STRONG PEOPLE DO

1. They move on. They don't waste time feeling sorry for themselves.

If you notice that you have trouble letting go of feelings, especially for days, then this might be something to think about. Move on, let it go!!

2. They embrace change. They welcome challenges.

It's all in how you word it... does change mean fear and uncertainty. Loss of control. If you can insert the word "challenge" it may make a huge difference. Change will always be a constant. But it can create different opportunities, maybe something better than what you have now.

3. They stay happy. They don't waste energy on things they can't control.

Okay, lets be realistic, no one is happy all the time but if you are overly focused on something that has happened in your life that you have no control over, what is happening to your energy? Many times the things we waste our precious energy on, never happen. If its not something that you need to think about then create a mantra, come up with some new responses when you find yourself thinking too much.

4. They are kind, fair and unafraid to speak up.

Being mentally centered and comfortable in your own skin affords you the opportunity to speak your mind and not be afraid. They know that they can't please everyone and don't waste time worrying about it.

5. They are willing to take calculated risks.

So they do their homework, get their ducks in alignment, then move forward. Taking no movement produces no results. When people say they are waiting to win the lottery but never buy a ticket, its probably not going to happen.

6. They celebrate other people's success. They don't resent that success.

Mental strength creates a comfort and a genuine joy in celebrating the success of others. In fact it can be inspiring and create growth in yourself.

So how did you do? Are you as mentally strong as you thought?

The Children's Center launches Pediatric Home Ventilator Program

by Vickie Jenkins

The Children's Center Rehabilitation Hospital launched the Pediatric Home Ventilator Program on May 4, 2015. This program was designed to enable children who are ventilator dependent to grow and develop in their own homes.

Anna Nguyen, Ph.D., Chief Clinical Officer of The Children's Center Rehabilitation Hospital, explains, "The Pediatric Home Ventilator Program is dedicated to supporting the care of children with diseases that require chronic mechanical ventilation. Our goal is to improve the complex care these children require to safely and seamlessly transition from hospital to home, and, to make life easier for their families." An additional benefit of the program will be realized when patients and families complete their training and are discharged, allowing The Children's Center Rehabilitation Hospital to admit and care for additional patients.

The program will initially serve 20 patients, with the goal of expanding to admit more qualified patients. Patients will be cared for by Pediatric Pulmonologist Robert Katz, M.D. who brings more than 30 years of training and experience working in pediatric pulmonology and pediatric critical care to The Children's Center Rehabilitation Hospital.

The types of patients who typically need home ventilation are those with restrictive pulmonary disease or respiratory insufficiency. These might include patients with muscular dystrophy, tracheomalacia, spinal cord injury, cerebral palsy or scoliosis.

Once qualified, the patients' families will undergo six to eight weeks of training at The Children's Center Rehabilitation Hospital, followed by discharge

based on the readiness of the family and availability of resources in the home. They will receive training with nurses and respiratory therapists to ensure they can do almost everything for their child, including monitoring the ventilator, pulse oximetry to monitor oxygen saturations, feeding and gastric tube care, skin care for affected areas and more. In order to facilitate the training and ensure all equipment and resources are in place before the patient is released, The Children's Center Rehabilitation Hospital has assembled an interdisciplinary team including the pediatric pulmonologist, pediatrician, case manager, social worker, nurse and respiratory therapist. Coordinating all aspects of the program is essential, as Dr. Nguyen outlines. "We have been working very closely with the Oklahoma Health Care Authority and Durable Medical Equipment companies to make sure the child has the necessary equipment and the supplies that will be used in the home. Moreover, we are working to ensure the families have the support they need to conduct ongoing care for their child. Our goal is to make the transition process from hospital to home seamless for our ventilator dependent patients and their families."

Each case will be individually evaluated and coordinated by the team at The Children's Center Rehabilitation Hospital. After discharge, patients will continue to receive outpatient follow-up evaluations on a monthly or quarterly basis at The Children's Center Rehabilitation Hospital's Pediatric Clinic. Additionally, the program team will continue to meet on a weekly basis to discuss particular patient clinical needs and identify areas for quality improvement as the program grows.



NURSE + TALK

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

What do you admire about the nursing staff you work with at Villagio Senior Living?

"It's very close-knit. It's like a small family. We all pull together no matter what's going on and hold a very high standard of care for our residents."



Jamie Cox, CMA, CNA

"I really love everyone and especially Linda, the DON. It is very nice and wonderful."



Keonia Wilson, CNA, CMA

Each week we visit with health care professionals throughout the Metro



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"To me it's like a family tight-knit environment. Everybody works well together. When someone needs assistance, someone is there as quick as they can get there."



Desiree Williams, CNA

"What I admire about the people I work with here is that they do have experience. They have caught the vision of where we want to go and they're excited."



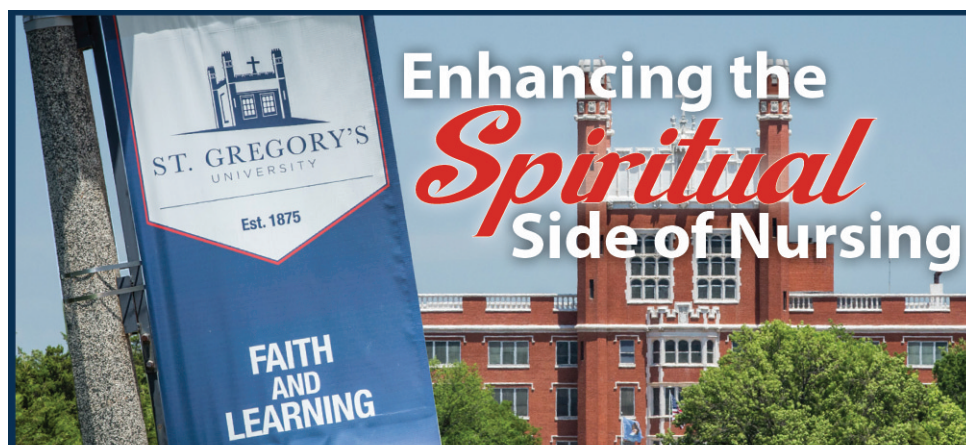
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