

Recruiter Showcase

A PROVEN LEADER

Your best career path runs right through our doors

EOE AA M/F/Vet/Disability

RN Charge Nurse
RN Case Manager
RN Wound/Ostomy Nurse
Registered Nurse
Nursing Assistant – CNA
Apply online at <http://bit.ly/1NYxeHI>
SEE OUR AD ON PAGE 7

HCR ManorCare



Denise Bragg, RN and manager of Progressive Coronary Care at Oklahoma Heart Hospital, believes in the OHH vision, she says.

by Mike Lee
Staff Writer

Denise Bragg has stayed with excellence during her career. The registered nurse has been with Oklahoma Heart Hospital since it opened in 2002 just east of

Mercy Hospital in Oklahoma City.

Bragg became a nurse 15 years ago after graduating from the University of Central Oklahoma with a Bachelor of Science in Nursing degree. When she

started at OHH, she was at the bedside as an OCU nurse. Now she manages Progressive Coronary Care.

"I just saw the atmosphere and the environment, the fact that the nurses have a voice, the leadership in the organization and just the vision of what they're trying to do. It's a place I saw myself retiring," Bragg said. "I still love it. It's probably the best place in the world in my opinion."

She oversees a

OHCA employee
selected as top 100
nurses for 2015

A registered nurse employed by the Oklahoma Health Care Authority (OHCA), Cindi Bryan, RN, was recently named a "Great 100 Nurse" for 2015 in Oklahoma.

The award "recognizes concern of humanity significant contribution to the profession of nursing and the mentoring of others You exemplify all of the principles on which the Great 100 Nurses Celebration was founded," the award letter states.



Cindi Bryan, RN

The Great 100 Nurses Celebration was founded 29 years ago in New Orleans. It has since honored thousands of nurses across Louisiana, North Carolina, Texas and recently Oklahoma.

A native of San Jose, Calif., Bryan moved to Oklahoma to attend Oklahoma Christian College, met her husband and stayed in the state to raise a family. She graduated from OSU Technical School in 1978 with an associate degree in nursing and obtained a Bachelor of Science in Nursing in 1990 from St. Mary's of the Plains College.

A nurse for 37 years, Bryan has worked in various areas including labor and delivery, an adolescent psychiatric unit, population care management, a pediatric telephone triage at OU Medical Center, and as a school nurse and a Tissue Donor Coordinator.

"The Oklahoma Health Care Authority is proud of Cindi and her contributions to our agency, members and the nursing profession. Her dedication and passion for

OKLAHOMA'S NURSING TIMES

P.O. BOX 239
MUSTANG, OK 73064

Presorted Standard
U.S. Postage
PAID
Permit #1
Oklahoma City, Ok 731

See BRAGG Page 3

See BRYAN Page 5

List your Home Mention this ad and receive \$500 Bonus at Closing!*



NURSES FOR NURSES

Gayla Campbell

METRO FIRST REALTY

*Up to \$1000. (Ask me how)

www.gaylacampbell.com

Gayla Campbell, REALTOR®
Oklahoma Business Sales, LLC
Metro First Realty
CELL: 405-990-9507

Follow me on Facebook as
gaylacampbell

Business Viewpoint: Develop a game plan to make the most of your career

By DENISE GEUDER

As a child I was interested in the field of medicine and was greatly influenced by my caring pediatrician.

During high school I worked as a candy-striper for three years at our local hospital in New Jersey where I grew up. While there, I loved seeing the compassion I witnessed and the interactions between nurses and patients. That led to my interest in nursing.

Oral Roberts University was one of the colleges I visited before my senior year and I had the opportunity to meet the dean of the school of nursing. From that moment on, my career was determined.

Even after working in nursing for 35 years, I am still passionate about telling young people why it's such a great career. First, it has countless avenues you can take and allows for a flexible working schedule. From part-time to full-time options, nursing gives you the opportunity to move in and

out as you need to for your family.

There are multiple departments to work in from birthing units to end-of-life positions, being an educator, floor nurse, advanced practice nurse, etc. Numerous work settings also exist for nurses besides the traditional hospital or clinic setting, such as in the community, at a university, a school or even in the legal arena.

As in any career field, you need a game plan to make the most of it. Early on, I was given the opportunity to enter into leadership. One of the greatest challenges for me was maintaining a respectable work-life balance while raising a family. Here are the five key lessons I've learned:

1. Early in your career find a mentor who you admire and respect. Meet with him/her regularly for advice. You may have to seek out this person but it will be worth it. My mentor had a good work-life balance and I still carry her guidance with me to this day.

2. Decide what your priorities are and live accordingly. My family has always been a big part of my life, so anytime I was about to make a change in my career path, I considered how my family might potentially be impacted and I made sure they were on board with it.

3. Set yourself up for success. Whether obtaining an advanced degree, taking on projects outside your scope, volunteering in the community, etc. Everything you do beyond your main

responsibilities will provide valuable learning and leadership opportunities that may not exist in your current role.

4. Take risks. Don't put yourself in a box. You never know how far you can go until you take a risk. For example, at one point I was asked to take a turn in my career. I mapped out a plan that included taking on new responsibilities and keeping the current ones I enjoyed and wasn't ready to give up. This was the key elevation point for me to eventually secure a VP position.

5. Take care of yourself. Research solidifies the benefits of exercise, eating healthy and getting adequate sleep, not just for our own health but for those around us. How can we properly care for patients when we aren't feeling well?

Nursing can be a challenging field at times, but keeping the patient as my core motivation has led to countless lessons beyond the hospital. Life is a gift and patients should be treated with compassion. I learned that long ago and still embrace it today by providing our Mother Standard of care philosophy caring for patients just as you would a loved one.

I still enjoy the career I began long ago and I hope many others will too.

Denise Geuder RN, MS, CNOR is vice president of Patient Care Services at Cancer Treatment Centers of America in Tulsa.

This Column was originally published in the Tulsa World August 27th, 2015.

St. Anthony Welcomes Michelle Ellenburg, Nurse Practitioner

St. Anthony Hospital is pleased to welcome Michelle Ellenburg, M.S.N., R.N., to the practice of St. Anthony Physicians Group Internal Medicine & Family Practice Midtown.

Ellenburg received her nursing degree from Oklahoma City University. She then completed a Master of Science, Family Nurse Practitioner Program, at the University of Oklahoma Health Sciences Center.

St. Anthony Physicians Internal Medicine & Family Practice Midtown is located at 608 N.W. 9th St., Suite 4106, in Oklahoma City. The clinic is open Monday-Friday 8 a.m. to 4 p.m., to make an appointment call 405-272-5433.



Michelle Ellenburg, Nurse Practitioner

- **Incontinence** – pull ups, briefs, underpads, guard liners, washable underpads
- **Enteral Nutrition** – all brand and formulas of enteral nutritional products
- **Bathroom Safety** – Grab bar installation, shower sprayers, elevated toilet seats, shower chairs/benches
- **Full Line DME** – walkers, rollators, canes, quad canes, wheelchairs, hospital beds
- **Respiratory** – Home oxygen, cpap, portable systems, nebulizers
- **Aides to Daily Living** – reachers, pill minders, hip kits, cushions, pads

Medical Mart is a provider of medical supplies to the OHCA Advantage Waiver and DDSD programs.



MEDICAL MART

SCRUBS & MEDICAL EQUIPMENT

405-360-4405

623 N. Porter Ave., Suite 100. Norman, OK

BRAGG

Continued from Page 1

56-bed Inpatient Unit, 27 beds in the Day Patient area and the Outpatient Cardiac Rehab Center and the Inpatient Cardiac Rehab and the Consierge.

The impatient unit takes any patient that is not critical or having a vascular procedure. They may start in the impatient area, wind up in surgery and go to a different area of the hospital. Most of OHH patients will come through one of these areas during their time in the hospital.

"We take cardiac patients that had a heart attack, patients we are treating medically for heart conditions, congestive heart failure, cath patients and procedural patients that have been to cath lab, people who have gotten pace makers, have had ablation studies and that sort of thing," Bragg said.

There is a 1 to 4 nurse to patient ratio in her area that functions like a step down unit with telemetry. Every patient is monitored. "We do a majority of admissions from the hospital as far as a in-patient area goes," Bragg said.

Heart recovery is what captured

her imagination to stay in her field of nursing. Her original goal was to become a nurse anesthetist. But she decided to stay in management because she feels that OHH is the place that makes a difference in patients' lives.

"I think we continue to do that. I think the quality and the environment that we offer nursing is outstanding," she said. Bragg liked seeing patients get better in open heart recovery.

"They have a couple of bumpy days after that, but you love seeing that recovery taking place," Bragg said.

The hospital was designed in a way to reflect the needs of patients, physicians and family members. Its configuration was designed efficiently with patient comfort in mind.

"We're nearly 14 years old and I think the design has held up pretty well," Bragg said. "We're the first hospital in the Oklahoma City area to not limit visitation in the critical care. Families have always been allowed to be at the bedside with the patient."

OHH pioneered the use of the electronic medical record. This experience was difficult but intriguing, but Bragg wouldn't trade the experience for the world, she said.

"It helps us with our patient care. I think it helps us with safety," she said.

The hospital's design serves as a convenience for the clinical team so they can care for their patients without having to leave the area," she said. "We don't have a lot of support services. The nurse is responsible for doing a lot of that care at the bedside. So I think that enhances, patient safety, patient care, patient satisfaction. It leaves it in the nurses' hands."

Nurses do their own lab work and EKGs and know when to expect those test results back. This makes the care highly efficient, Bragg said of the physicians' vision when they designed a state-of-the-art hospital setting.

"Leadership has been very supportive of the vision," Bragg said. "They had a vision of having a lot of staff at the bedside to take care of the patients"

Leadership provided the staff with the equipment, tools and the voice to make changes, she said. They are empowered to keep up with what is changing in an ever changing world, Bragg said.

Cuts have been made, but not at the bedside. Cuts have been made in

contracts to be consistent in what is ordered.

"So I think it's just an amazing place. I think the staffing ration and the team really has a voice -- the fact that they are treated as part of a team -- that sort of environment that if you see something and you think it can be made better, it gets addressed," Bragg said.

Bragg also takes good care of herself. She likes to read and run her fitness center, she considers a hobby along with being outdoors.

I love my work. I like being a nurse," she said.

Complete Tree Service



CTS

LANDSCAPING AND STUMP REMOVAL



The Membership Trading Community
405.524.4839
oklahomacity.itex.com

coleman.ronald54@yahoo.com
or
ronaldcolemanjr81@hotmail.com

405-842-4717

Oklahoma's NURSING TIMES

Published each Monday And Locally Owned And Operated by Metro Publishing L.L.C.



JOIN US ON facebook

www.oknursingtimes.com

Phone (405) 631-5100

Fax (405) 631-5103

P.O BOX 239 MUSTANG, OK 73064

OKLAHOMA NURSES: integrating points of care

**Registration Now Open for the
2015 Annual Nurses Convention!**

**October 21st & 22nd
Midwest City, OK**



OKLAHOMA NURSES ASSOCIATION

Now's a great chance to become an ONA/ANA Member and utilize your membership discount for Convention registration!

www.oklahomanurses.org

PHONE: 405.840.3476 FAX: 405.840.3013
WWW.OKLAHOMANURSES.ORG EMAIL: ONA@OKLAHOMANURSES.ORG

Editor and Publisher, Steven R. Eldridge - News@okcnursingtimes.com
 Advertising Director Annette Deckard - Annette.Deckard@usnursingnews.com
 Advertising Services Lisa Weigel - Advertising@okcnursingtimes.com
 Writers: James Coburn, Bobby Anderson, Vickie Jenkins
 Send all news, story requests, letters to the editor and press releases to news@okcnursingtimes.com

Articles and advertisements in Oklahoma's Nursing Times do not necessarily reflect the opinions of the newspaper or Metro Publishing, L.L.C. We do not assume responsibility for statements made by advertisers. The acceptance of advertising by Oklahoma's Nursing Times does not constitute an endorsement of the products, services or information. We do not knowingly present any product or service, which is fraudulent or misleading in nature.

Opinions expressed in columns and letters to the editor are not necessarily the opinions of employees, ownership of this newspaper or the publishing company.

In Loving Memory of Randy and Owen Eldridge and Gay Eldridge Hannan

CAREERS IN NURSING

REACHING FOR HUMANITY: OFFERING UNDERSTANDING AND COMPASSION

by James Coburn - Writer/Photographer

Gayla Roberts said her experience with long-term care and home health prepared her for the hospice world.

"But then again, I think it's a God given talent. But then again it just came natural," said Roberts, LPN, Humanity Hospice, located in Oklahoma City.

Roberts has been with Humanity Hospice since January of this year. When Keisha Jackson's life-long dream of starting her own hospice came to fruition, a team of hospice professionals who have worked together since 2006 joined her at Humanity Hospice.

"She hand-picked who she wanted to be on her hospice team," Roberts said. "I was really quite honored to be asked."

Roberts has been a hospice nurse since 2006. She has 20 years of experience as a civil service employee. She had always wanted to become a nurse since high school. When she was 37, she quit her government job and went to school

at Gordon Cooper Technology Center in Shawnee.

Roberts started her career at Parkland Manor in Prague. She moved to Edmond in 2003. Her first job in the metro area was director of assisted living before working in home health.

"There's certain nurses that are better at one kind of nursing than another," she continued. Roberts cannot imagine doing anything else.

"I had a nurse that had a daughter that was in a NICU unit. She stood at the bedside and just balled her eyes out," Roberts recalled. "She said, 'Gayla I don't know how you do this.' I said, 'Honey there is no way I could do your job.'"

Hospice is for families. Being there with a dying patient brings a myriad of emotions. Sadness, peacefulness and a completion. Roberts develops a relationship with them as a second family. Roberts

has become very attached to some of them, she said.

"It's such an honor to be there," Roberts said. "It's like you're the last person who touched this patient. I do pretty good until I go to the funerals afterwards. When you go to the funerals afterwards, you see the families and they are so appreciative of the services that you provided."

Being a hospice nurse means attending to mind, body and spirit as part of life. Roberts also does things to enrich her own life when she is not working. She likes to garden and shop.

"I have six grandkids and spend a lot of time with them," Roberts said. "You have to find a break during the day for yourself, especially if you've had a stressful day. And this bunch here, if you've had an exasperating day, you can come in here. You can laugh; you can cry. We just love each other."

Kay Cole is a social worker,

and she's part of the circle of care at Humanity Hospice. She was the first employee, other than owner Keisha Jackson who came on board when the hospice opened in April of 2014.

"In terms of social work and hospice, we do a little bit of everything," Cole said. "A lot of it is grief counseling, readying the patient and family for death, helping them meet their spiritual and emotional needs"

Cole helps to facilitate the advanced directives, but the majority of her work is grief counseling, she said. For some families, the thought of a loved one dying is a sudden ordeal to deal with. It's difficult.

"Knowing that it's coming doesn't necessarily make it easier," Cole said. "I think the grieving process is the same whether it's an event or a long-standing event. The difference is when the patient is slowly passing, we have more time to meet the family's emotional needs and spiritual



I had my first heart surgery at only five days old. A defective heart valve limited my activity as I grew, and it was tough because I wasn't allowed to do what I wanted to do. I wasn't able to play sports which I loved. A heart valve transplant changed my life. I can do anything that I want to now. I don't know anything about my donor, but I am so grateful. The donor's family made a lifesaving decision and gave me my life back.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. You may also call **800-826-LIFE (5433)** and request a donor registration card.

LifeShare



**OKLAHOMA ASSOCIATION
OF HEALTHCARE RECRUITERS**

**OAHCR is a statewide organization of
professionals who have joined together to:**

- 1) promote and exchange sound and ethical principles and values of recruitment**
- 2) network/share pertinent information on recruitment and retention of healthcare professionals.**

OAHCR

**OAHCR meets bimonthly. For more information, please contact Shawna Keith, Healthcare Recruiter at 918-599-5228
SKeith@osumc.net or visit our website at:
www.oahcr.com**



Gayla Roberts, LPN; and Kay Cole, social worker; help families and their loved ones prepare for their final journey together in life and the transition beyond this life.

needs in getting them ready to go on that journey."

She works very closely with the nursing staff. They all share the same attitude that Roberts has in terms of death and dying, Roberts said. They all have the same deep desire to make sure that it a positive event for the family and the patient.

"The nurses, I have so much respect for them. They do things I

couldn't do," Roberts said. "And these nurses I work with have worked with social workers in the past, and they really know when to utilize a social worker instead of trying to do it all on their own."

Cole views every death she has experienced as a positive experience. Families become accepting, she said. And it reinforces her desire to be part of that process.

BRYAN

Continued from Page 1

nursing are a great example to us all," said OHCA Chief Executive Officer Nico Gomez.

Employed by the OHCA since August 2009, Bryan started as an Exceptional Needs Coordinator then moved into a position with the Health Management Program, which manages the care for SoonerCare members with chronic conditions. During her tenure with the agency, she learned about and has become a champion for motivational interviewing (MI).

"The 'Spirit' of MI really resonated with me and I fell in love with it. The 'Spirit' of MI consists of partnering with

patients, accepting the patient's inherent worth and respecting their autonomy to change or not. Also, its showing compassion by putting the patient's needs before my own and evoking for the patient their own reasons to change," Bryan said.

In an effort to develop MI proficiency, she has pursued and earned a Chronic Care Professional Certification from Health Sciences Institute and obtained Registered Health Coach III certification. She became a member of the Motivational Interviewing Network of Trainers in 2014.

Bryan will be recognized during an award celebration at the Hard Rock Hotel in Tulsa on September 30.

Oklahoma Institute for Child Advocacy Names Treba Shyers as 2015 Laura Choate Resilience Award Honoree

Shyers to be Honored at 2015 Oklahoma Kids Count Conference

The Laura Choate Resilience Award will be presented at the 2015 Oklahoma Kids Count Conference, sponsored by the Oklahoma Institute for Child Advocacy (OICA) and Sunbeam Family Services.

This year's recipient, Treba Shyers, is an advocate for children in the foster care system, serving as dually adjudication and post adjudication review board coordinator for the Tulsa County Juvenile Bureau. As a former foster child, Treba is committed to providing appropriate solutions for foster children and supporting them even after they age out of the system. Treba has overcome trauma and depression, experienced as a result of her time in foster care, to work for the betterment of the lives of Oklahoma children.

"Treba Shyers' life story is a perfect example of resilience," said Terry Smith, OICA director. "She recovered from a difficult childhood living in multiple foster homes to now being a passionate advocate for children in the child welfare and juvenile justice systems. She truly cares about these children and is more than worthy of this award."

The Laura Choate Resilience Award was created to celebrate individuals who have been significantly impacted by adverse childhood experiences but have overcome obstacles, made a lasting contribution to the lives of young people, exhibit bravery and demonstrate dedication to fostering resilience in youth.

The award is named for Laura Choate, a lifelong advocate for Oklahoma children and the first recipient of the Resilience Award. Laura has worked with the OICA to reform the state's child welfare and juvenile justice system to better serve and protect Oklahoma children. As a youth, Choate was a plaintiff in a class-action lawsuit that resulted in effective changes to Oklahoma's juvenile justice system and was used as a model by many other states to establish higher standards.

The Oklahoma Kids Count Conference provides training to improve the lives of Oklahoma children and discuss issues impacting them. Topics at this year's conference include: foster parent training, early childhood development, mental health, substance abuse, family preservation and poverty. The conference will be hosted September 9-10 at the University of Central Oklahoma. To register for the conference, visit <http://oica.org/oklahoma-kids-count-conference/>.



Danielle White, M.S.N., R.N.

St. Anthony Welcomes Danielle White, Nurse Practitioner

St. Anthony Hospital is pleased to welcome Danielle White, M.S.N., R.N., to the practice of St. Anthony Physicians Group Family Medicine Norman.

White received her nursing degree from the University of Connecticut. She then completed a Master of Science, Family Nurse Practitioner Program, at the University of Oklahoma Health Sciences Center.

COME IN... WE'RE HIRING
REGISTERED NURSES
SIGN ON BONUSES FOR FULL TIME NURSES
\$2,500 SIGN ON BONUS DAY SHIFTS
\$4,000 SIGN ON BONUS NIGHT SHIFTS
JOIN OUR TEAM, WE MAKE A DIFFERENCE!



ROLLING HILLS
 HOSPITAL
 1000 Rolling Hills Lane, Ada OK 74820
 580-436-3600

APPLY IN PERSON... OR ONLINE AT: ROLLINGHILLSHOSPITAL.COM

Oklahoma's NURSING TIMES

Index to Classifieds

- 1 0 0 Ambulatory
- 1 0 8 Administrative
- 1 1 3 Case Management
- 1 1 5 Chemical Dependency
- 1 1 8 Clinical Instructors
- 1 1 9 Collection
- 1 2 1 Critical Care
- 1 2 3 Certified Medical Assistant
- 1 2 4 Certified Nurses Aide
- 1 2 7 CRNA
- 1 2 9 Dental
- 1 3 0 Dialysis
- 1 3 1 Dietary
- 1 3 7 Education
- 1 4 0 General Nursing
- 1 4 3 Geriatrics and Long Term Care
- 1 4 6 HMO
- 1 4 9 Home Health
- 1 5 2 Hospice
- 1 5 4 Housekeeping
- 1 5 5 Infection Control
- 1 5 6 Instructor
- 1 5 8 IV Therapy
- 1 6 1 Licensed Practical Nurse
- 1 6 4 Managerial
- 1 6 5 Massage Therapy
- 1 6 7 Medical/Surgical
- 1 7 0 Nurse Practitioner
- 1 7 3 OB/Gyn
- 1 7 6 Occupational Health
- 1 7 9 Office
- 1 8 2 Oncology
- 1 8 5 O.R./PACU
- 1 8 8 Orthopedic
- 1 9 0 Pediatric
- 1 9 1 Pharmacist
- 1 9 2 Physicians Assistant
- 1 9 7 Public Health
- 2 0 0 Rehabilitation
- 2 0 4 Registered Nurse
- 2 0 7 Research
- 2 1 0 Sales Representative
- 2 1 3 Service
- 2 1 7 School Nurse
- 2 2 0 Spec Producers
- 2 2 3 Support Staff
- 2 2 5 Traveling Nurse
- 2 2 6 Miscellaneous

124 CERTIFIED NURSES AIDE

All Shifts - Will Train - Nurse Aide & Certified Nurse Aides
 The Village Health Care Center, 1709 South Main Street, B.A. OK, 918-251-2626

Certified Nurse Aides Needed 2p-10p Shift & Weekend Doubles with baylor pay.
 New Wage Scale for 2015 Shift Differential, Health Life, Dental, PTO. Alzheimers exp. desired. Apply in person. Green Country 3601 N Columbia Tulsa, OK 918-428-3600

140 GENERAL NURSING

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

Now hiring licensed Certified Nurse Assistants, Licensed Practical Nurses, and Registered Nurses.
 HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring licensed C.N.A.s, L.P.N.s, and R.N.s. Please apply in person at: Heritage Community 1401 N Lelia St, Guymon, OK 73942. EOE

We are accepting resumes for Licensed or Licensed Candidate MHPs
 CREOKS Behavioral Health Services is accepting resumes for Licensed or Licensed Candidate MHPs for our Sallisaw clinic. 1108 N. Wheeler. Sallisaw, OK 74955

140 GENERAL NURSING

MEDICAL ASSISTANT, full time.
 Great pay and benefits. Send resume to 4411 W Gore Blvd, Lawton, OK 73505 or fax to 580-354-9621.

Now accepting applications for a 3-11 Certified Nurse Assistants/ Certified Medical Assistants

Corn Heritage Village is now accepting applications for a 3-11 CNA's/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

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

Registered Nurses/cm Hospice. An Immediate Full-time/Part-time Position. Home Health/ hospice Marketer.
 CALL 918-459-5073 OR APPLY AT 4271 W Albany St, Broken Arrow, OK 74012

Now hiring full time and part time Licensed Practical Nurses, Registered Nurses, and Certified Nurse Assistants.
 HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring full time and part time LPNs, RNs, and CNAs. Please apply in person at: Heritage Community 1401 North Lelia Street, Guymon, OK 73942 EOE

140 GENERAL NURSING



A Home Care Executive Director NEEDED

A Home Care Executive Director with Entrusted Hearts by Baptist Village is desired to serve on our team. Bachelor's degree required and must be able to attain a Home Care Administrator's license upon hire. A minimum of five years experience in home health administration is highly desirable. Please visit our website at: www.baptistvillage.org and email your resume to ajackson@baptistvillage.org.

Exciting Expansion! Adding 2 NEW positions -

MDS-Skilled nursing & we will train you - Administrative QA Nurse-Admit papers for skilled admits Monday-Fri 10a-6p Please call Gayle Thorpe at 580-402-1734 Greenbrier Skilled Nursing Center 1119 E. Garriott Road, Enid OK 73701

140 GENERAL NURSING

Registered Nurse and Licensed Practical Nurse Opening! Night Shift.

Jim Taliaferro. State employment and benefits. Pay DOE. 602 S.W. 38th St. Lawton, OK 73505. 580-678-5930.

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 looking for hardworking weekend Certified Nurse Assistants, Certified Medical Assistants, and Licensed Practical Nurses to come and join our team.

TEN OAKS We are looking for hardworking weekend CNAs, CMAs, and LPNS to come and join our team. Please apply at the community at 3610 SE Huntington Circle, Lawton, OK. No phone calls. EOE.

A PROVEN LEADER

Your best career path runs right through our doors

At Norman Specialty Hospital, our people set us apart. Their caring spirit, supportive nature and commitment to excellence help us provide exceptional services. If you possess the same qualities as our highly skilled team, then consider exploring a future with us!

**RN Charge Nurse
 RN Case Manager
 RN Wound/Ostomy Nurse
 Registered Nurse
 Nursing Assistant - CNA**

For more information, please contact:
 Norman Specialty Hospital
 1210 W. Robinson Street
 Norman, OK 73069
 Phone: (405) 321-8824

Apply online at <http://bit.ly/1NYxeHI>

EOE AA M/F/Vet/Disability

HCR ManorCare

Are you Reading This? So are more than 24,000 RNs & LPNs

Oklahoma's NURSING TIMES

CLASSIFIED RATES!

Per Line, Per Insertion

Open	4x	12x	26x	48x
\$5.01	\$4.41	\$4.22	\$3.93	\$3.66

Classified Display: 14 lines to an inch.

COLOR

Spot: \$50 for each color · Full Color: Only \$125
 (color as available)

WORLD-WIDE! YOUR AD ONLINE FOR ONLY .32 EXTRA PER LINE!
www.oknursingtimes.com

For More Info: Contact us at advertising@oknursingtimes.com or by phone (405) 631-5100

Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100
 or email ads to advertising@oknursingtimes.com

Oklahoma's NURSING TIMES

ST. ANTHONY NURSE RECRUITMENT Event

SEPT 9TH, 1PM - 8PM



St. Anthony is growing across the Oklahoma City metropolitan area and in Shawnee! Our expansion means there is most likely a Saints close to you! With our growth, we still maintain our special family-oriented, team spirit. Our healthcare team members are passionate about our mission to serve and reveal the healing presence of God. St. Anthony's quality and safety outcomes are some of the highest in the nation.



We have amazing opportunities for experienced nurses in a variety of clinical settings.



And now with **NEW HIGHER RATES** of pay for nurses, we hope you consider becoming a member of the Saints in Action team.



REFRESHMENTS | DOOR PRIZES | GIVEAWAYS

St. Anthony Healthplex North
13401 N. Western Avenue
Oklahoma City, OK 73114

St. Anthony Healthplex South
13500 S. Tulsa Drive
Oklahoma City, OK 73170



For more information, call 405.272.6671 or visit
www.saintsnearyou.com or www.stanthonyshawnee.com.

St. Anthony is an equal opportunity employer.

140 GENERAL NURSING

Full-time/Part-time Physician Assistant or Nurse Practitioner.

Seek OK PA or NP for FT or PT in Outpatient Services. Caring & supportive team. \$1000 Signing Bonus. (918)588-8813. 1620 E. 12th St, Tulsa, OK 74120. EOE

Certified Nurse Aides & Certified Medication Aides can earn up to \$11.00 to \$11.50 an hour. All shifts available.

IMMEDIATE ON site training for DDCNA's at Billings Fairchild Center. Certified Nurse Aides and Certified Medication Aides can earn up to \$11.00 to \$11.50 an hour. All shifts available. Call Doris McAbee at 580-725-3533. E Maple St, Billings, OK 74630. EOE

140 GENERAL NURSING

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 now hiring an Licensed Practical Nurse for the 3-11 shift and Certified Nurse Assistant's on the 11-7 shift.

Please apply in person at The United Methodist Health Care at 2316 W. Modelle, Clinton, OK

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, CMA's and CNAs. Please apply in person at 1415 W 15th between 8:00AM to 4:00PM Monday thru Friday. Ada, Ok 74820

140 GENERAL NURSING

We are looking for a part-time Nurse Practitioner to work 1 PM to 7 PM two or three days a week, although this is somewhat flexible.

Our small pediatric office is looking for a part-time Nurse Practitioner to work 1 PM to 7 PM two or three days a week, although this is somewhat flexible. No call or hospital, occasional weekend morning clinics and vacation coverage. The person we choose will have several years experience in office pediatrics, a collegial and team friendly attitude, and will genuinely enjoy children and families. Experience with EMR software is a plus. We take excellent care of our patients, value our colleagues, and enjoy our jobs. We offer competitive salary, full benefits for part time employees, including a 401k retirement plan, short term disability and life insurance, vision insurance, and paid vacation and holidays. 700 Wall St, Norman, OK 73069

140 GENERAL NURSING

RN's & CMA's

Recruiting RN's and CMA's for Oklahoma City's new concept in senior living for adults 55+ that may want or need assisted living services. The homes will be located within neighborhoods (8-10 beds) & licensed through the Oklahoma State Department of Health. Candidates must be Team members and have a passion for working with senior adults and making a difference in their quality of life & provide support for their families. Prefer experience in assisted living & meet all regulatory licensing. Resumes should be forwarded to lkhomega@hotmail.com and referenced (resume for assisted living position) or mailed to the attention of Kathy Holman at 12124 Old Mill Road, OKC, OK 73131.

Home Managers & HTS Staff (\$500 Bonus for Trained HTS Staff) Need

Home Managers & HTS for care of clients with disabilities. Various shifts in Enid. Current DL and insured vehicle. Independent Opportunities 215 W. Garriott, #2B, Enid OK 73701 580-237-7288 EOE

We are Seeking Nurse Aides, Cooks, Licensed Practical Nurses and Weekend Housekeeper

for Brookhaven Extensive Care in Norman. Great benefits and competitive pay. Please apply in person at: 1050 Rambling Oaks Drive, Norman, OK 73072 or call (405) 292-2273.

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.

SEEKING IMMEDIATELY

RN Case Manager Home Health Aide

Experience preferred, commitment to excellent customer service required.

☆☆ **Excellent Benefits for Fulltime** ☆☆

Apply now at 4350 Will Rogers Parkway, Suite 400, OKC 73108/fax resume to 405.943.0950 or online at www.goodshepherdhospice.com

good+shepherd
HOSPICE

compassionate about care.
PASSIONATE ABOUT LIFE.

140 GENERAL NURSING

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

Now hiring Certified Nurse Assistants, Licensed Practical Nurses, and Registered Nurses

HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring licensed CNAs, LPNs, and RNS. Please apply in person at: Heritage Community, 1401 N. Lelia Guyman, OK 73942. EOE

Now hiring for Certified Nurse Assistants/ Certified Medical Assistants for evening and night shift. Competitive wages and benefits.

Corn Heritage Village of Corn is now hiring for CNA's/CMA's for evening and night shift. Competitive wages and benefits. Apply in person at 106 W Adams St, Corn, OK 73024.

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

Director of Nursing and Weekend Registered Nurse needed

for a skilled and long term care facility. Pre-employment background screening required and healthcare benefits are available after 60 days. Apply in person at: Colonial Terrace Care Center - 1320 NE 1st Place - Pryor, OK 74361 918-825-5311

204 REGISTERED NURSE

Registered Nurse Case Manager!

Cypress Home Care of Hugo, OK, is accepting applications for an RN Case Manager! \$1000.00 Sign On Bonus! We are on the GROW! Apply in person-complete an application at: 2816 E. Jackson St. Suite. B-Hugo, OK 74743. 580-317-9333.

We are seeking a Registered Nurse who wants to experience a difference in their life while making a difference in the lives of others.

Must be a team player and demonstrate autonomy, organizational, assertiveness, strong interpersonal and written/verbal skills. Great Salary! Great Benefits! Apply at 2520 Arlington, Ada, OK. Tel # 580-332-4351 or fax resume to 580-371-2262. EOE/drug Free Workplace

Pick A Card



Any Card

Payment at Oklahoma City's Nursing Times can be made with any of the above credit cards.

TO SUBSCRIBE OR ADVERTISE
CALL 405-631-5100

Oklahoma City's
NURSING TIMES

Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100
or email ads to advertising@okcnursingtimes.com

Oklahoma's
NURSING TIMES

Senior receives Oklahoma crown

By Mike Lee, Staff Writer

The last 10 years have been packed with life's worst and best for Katrina Bright Cochran, Ph. D.

She's fought Cancer twice.

She's nearly lost her faith and turned around to find it stronger than ever.

In the meantime she's found the love of her life – someone who finally values her for the person she is and the person she's becoming.

And most recently, Katrina Cochran was blown away when she heard her name called as the 2015 Ms. Senior America Oklahoma winner.

"That was an absolutely huge and wonderful surprise," Cochran said. "I was just blown away. I'm a very spiritually-based person and use a lot of spiritual language and in all reality the entire process was part of a divine plan of God."

Looking back, Cochran admits seeing the hand of God during her life. She's grown to realize that she has purpose beyond what she imagined.

Cochran accepted her crown as hundreds looked on at the Rose State Performing Arts Center earlier this summer.

It was a mix of emotions but gratitude was a big one. She saw it as yet another calling, and this one excited her.

Thyroid Cancer came calling in 2008. Breast Cancer found her in 2013.

Complications with Breast Cancer landed her in the hospital after her immune system was so compromised that bronchitis handed off to pneumonia.

With an oxygen saturation hovering around 85 percent her body was slowly being starved of air in January 2014.

"CJ Judd was the respiratory therapist on call that night," Cochran remembers. "She came into the room and stood by my bed and worked on keeping me breathing and alive until four in the morning."

Cue the divine intervention because Judd has directed the Ms. Senior America Oklahoma Pageant the past few years. She specializes in finding amazing women in the

community and then convincing them to share their wisdom and inner beauty with the rest of the world.

"You've got to be part of our pageant and tell your story," Cochran remembered Judd saying. "I said to myself 'how can I say No to someone who just saved my life.'"

So Cochran signed up for the pageant in 2014.

A severe reaction to surgery landed her in the hospital again on the eve of the pageant. Emergency surgery to stop a MRSA infection was the cause this time.

Cochran has been in the medical field with Mercy Health since 1988 when she joined as a clinical psychologist. She has stayed in private practice within the Mercy complex until today.

"I could have died twice in 2014," Cochran said. "I decided God is not ready to call me home yet and he still has a plan for my life and I still have things to do."

Plans with husband, Norman, whom she married nearly 12 years ago.

"He has just been incredibly supportive," Cochran said. "He is truly my lifemate. It took me 55 years to grow up and mature enough to understand what it meant to be a wife. He is absolutely my rock and foundation."

As a child of the 1940s, Cochran said the career path laid out for her by society was one of housewife. Getting a Ph. D and becoming the first woman to ever hold a hospital chair in her field was not a norm.

"Most of the men that were born in the 1940s found my professional and financial success pretty threatening," she said. "My husband is a musician. He knows what it means to have a gig. He's proud of me and says he feels enhanced."

"I was sold on that one."

A partnership with the Salvation Army will keep her involved in the group's women's ministry will keep her in front of senior women at the organization's meetings.

She's consulted with the group for the past 12 years.



Katrina Bright Cochran, Ph. D, 67, plans to get in front of as many people as she can over the next year to spread her message as the new Ms. Senior America Oklahoma. Photo provided by Melissa Cosper/DCmgmt Creative Consulting.

On a professional level, Cochran is in the middle of closing her practice which she hopes to have done by November 30.

Goal setting and living in the moment will be Cochran's message as she travels the state this year to fulfill her duties.

The UCO graduate will be at the UCO Homecoming parade later this fall. Before that she will counsel parents of incoming UCO students.

And as she sees it, it's all part of a great big plan that she's learned to hang on to.

MUSTANG TAX SERVICE

45 W Armstrong Dr. Ste A, Mustang, OK 73064

• Bookkeeping • Payroll

• Personal & Business Tax Return

BRING IN THIS COUPON FOR

25% OFF NEW CUSTOMER DISCOUNT

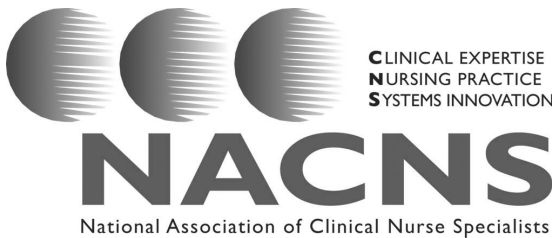
(405) 376-5456 | mustangtax@aol.com

Clinical Nurse Specialists Week September 1-7

Clinical Nurse Specialists (CNS) are advanced practice nurses who play a unique and important role in ensuring that patients receive high quality care based on the best and most recent research evidence. Their contributions to improving health care and health care delivery will be celebrated during the seventh annual National CNS Recognition Week, September 1 - 7.

CNSs provide interprofessional, system-wide leadership. They create, monitor and evaluate cost-effective, evidence-based policies, procedures, protocols and best practice models.

There are approximately 72,000 CNSs nationwide. The National Association of Clinical Nurse Specialists (NACNS) established National CNS Recognition Week in 2009 to commemorate the contributions of Hildegard Peplau to nursing and health care. Born in 1909, Dr. Peplau was a prominent nursing theorist whose landmark book, *Interpersonal Relations in Nursing*, emphasized the nurse-client relationship as the foundation for nursing practice and today serves as the basis of the CNS role in health care.



FACEBOOK FUNNIES - SHARED - JOIN US!



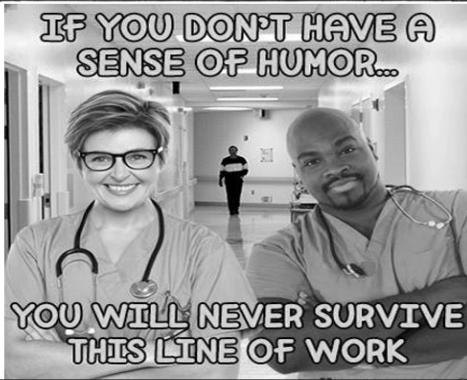
I guess it's true that everyone is trying to get into nursing these days...



An honest smile from a "problematic" patient is enough to make the entire shift feel worthwhile.



The best nurses have the essential qualifications before they go to school.



IF YOU DON'T HAVE A SENSE OF HUMOR...

YOU WILL NEVER SURVIVE THIS LINE OF WORK

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



**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. Is anyone concerned about the changes we are seeing in our society? Everyday it appears something that was once considered taboo is now in our living rooms. What do we do?

A. "A lie doesn't become truth, wrong doesn't become right and evil doesn't become good, just because it's accepted by a majority."
author unknown

Are there downsides to normalizing everything?

Please don't tell me that one day no one will be shocked by the parent who leaves their child strapped in their car seat and returns 8 hours later to find a dead child.

(Reason: busy parent with too much on their mind, late for important meeting, etc. And numbers are growing) NO ONE SHOULD HAVE A CHILD IF THEY DON'T REMEMBER THAT THEY ARE IN THE CAR SEAT!!!!!!

Please don't tell me that some women who need a man so bad will turn the other way when their daughter is being molested by "their" man.

(Reason: woman does not want to be alone, man more important than daughter, believes its not that big of a deal) THERE IS NEVER A REASON A WOMAN DOES NOT PROTECT HER CHILD!!!!!!

Please don't tell me that junior and senior high school students can have a cell phone day. No they can't. The cell phones need to be turned off during class - in back packs or lockers.

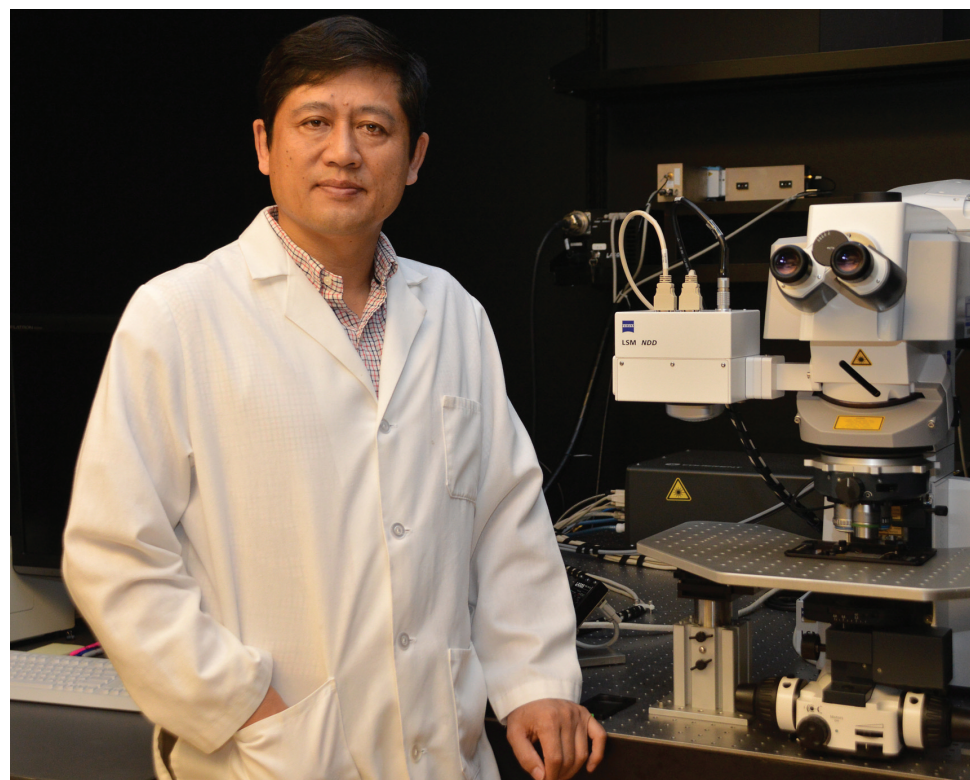
(Reason: could be a fun raiser for the school, how are you going to get some kids to put them away. The student says, " when my work is done why can't i text my friends." NO CELL PHONES DURING CLASS!!!!!!

Please don't tell me that family's will no longer eat meals together because dad is in front of the computer, mom is texting on her phone and the kids are playing video games or the children are so over scheduled with extra curricular activities that there is no time.

(Reason: our lives are so busy, you don't understand, easier to get fast food.) IT IS IMPORTANT THAT FAMILY'S FREQUENTLY EAT A MEAL TOGETHER

So you get the idea. This list could go on and on. This is only the tip of a very, very large iceberg. What is happening to the moral and ethical integrity of our society. If you haven't thought about it maybe now is a good time. Are there any changes you could make?

OMRF researcher receives grant to study blood vessel development in the brain



Oklahoma Medical Research Foundation Scientist Lijun Xia, Ph.D.

An Oklahoma Medical Research Foundation scientist has been awarded a five-year, \$1.8 million National Institutes of Health grant to study a specific glycoprotein that has proved crucial in healthy blood vessel development in the brain.

Research scientist Lijun Xia, M.D., Ph.D., was awarded a grant to investigate how this protein, called podoplanin, assists with healthy blood vessel development and structure to prevent bleeding.

Despite making up only 2 percent of our total body weight, the brain receives 15-20 percent of the body's total blood to supply ample nutrients and oxygen. To function properly, the brain must develop a sophisticated blood vessel system. This also makes it ideal for study.

"The brain is very sensitive to oxygen deficiency and bleeding," said Xia, who holds the Merrick Foundation Chair in Biomedical Research at OMRF. "This organ has the richest vessel network in our body, and that vessel network needs to develop in a regulated order to function properly."

Xia's lab at OMRF discovered that podoplanin was highly expressed during blood vessel development in the brains of mouse embryos. Interestingly, these high podoplanin levels were uniquely made in the brain, while hardly at all in other organs.

When the podoplanin was deleted, the mice developed defective vessels and also suffered from significant brain bleeding.

"This shows that podoplanin is essential to the proper development of the brain's vessels," said Xia. "Without it, the vessel doesn't develop well, and its structure is poor and leaky. Podoplanin clearly is paramount for healthy vessel function in the brain."

That discovery, said Xia, ultimately led to the grant award, but he is also looking into how podoplanin controls this development and prevents leakage. The answers, said Xia, could have an impact in two key areas.

The first relates to germinal matrix-intraventricular hemorrhage,

See OMRF next page



NURSE + TALK

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

Do you have any pets? Why or why not? Mercy Hospital, Watonga, OK

"Yes, I love dogs."



Elisabeth Ruhl, RN

"No, not at the moment. My work hours don't allow for time to spend with a pet."



Teresa McLemore
Supervisor

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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

"Yes, I have a Boston Terrier and I love caring for her."



Tanya Payne
Case Manager

"I have several pets, 5 dogs. Why? Because I love dogs and they love me back! We are always happy to see each other. Their eyes tell everything!"



Deena Ridenhour,
RN

OMRF

Continued from Page 10

or GMH-IVH, which affects nearly 35 percent of all prematurely born babies. Due to a variety of reasons associated with premature birth, a high number of newborns are at risk for severe brain bleeding that leads to detrimental consequences such as cerebral palsy, seizures, paralysis or mental retardation.

"We believe our research can help in developing therapies for this condition, which is a significant healthcare issue," said Xia. "Understanding podoplanin's role could lead to ways to prevent it, which would be a real advancement in patient care."

The other application occurs far further down the human timeline.

Podoplanin is also expressed in the brain after birth, but Xia said preliminary data suggest that after birth, this molecule normally does nothing in a healthy adult. But when people age and start to have vessel problems, they can become more prone to stroke. That's when this protein becomes important again.

"In a stroke model, mice without this molecule developed more

significant bleeding damage because the stroke caused vessel leakage," said Xia. "Severe consequences like this illustrate the molecule's importance."

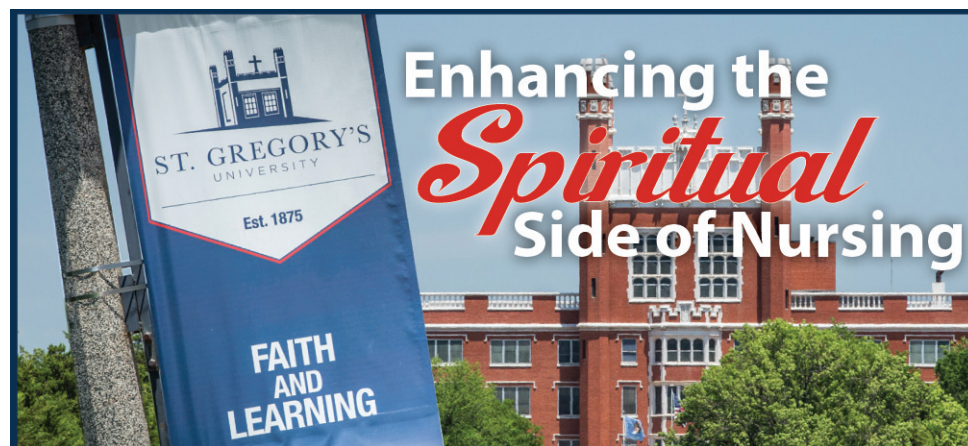
By learning more about the contribution of this molecule to the blood-vessel development process, Xia said scientists can better understand how to control complications when strokes occur, limit brain bleeding afterward and also potentially reduce the risk of strokes before they happen.

"It's a project with potentially significant implications for detrimental conditions brought on by this bleeding or leakage and poor vessel structure in the developing brain, as well as the aging brain," he said.

The grant, number 1R01HD083418-01, was awarded by the National Institutes of Health and supported by the Eunice Kennedy Shriver National Institute of Child Health and Human Development.



JOIN US
ON
facebook



Enhancing the
Spiritual
Side of Nursing

Enroll Now in St. Gregory's NEW RN to BSN Program

Advance your career in our Nursing Program that concentrates on the development of the whole nurse – *mind, body and spirit.*

- Classes meet only one night a week
- Special focus on spiritual formation, leadership development & critical thinking skills
- Complete your BSN in as little as 12 months

Classes Forming in Oklahoma City, Tulsa & Shawnee



Firmly Catholic, Proudly Benedictine, Welcoming to All

St. Gregory's University is an affirmative action, equal opportunity institution.

For more information on the
RN to BSN Degree Completion program,
contact our Admissions team today!
1-844-BE EXTRA | nursing@stgregorys.edu
www.stgregorys.edu

BECAUSE YOU GAVE,

THE WHOLE COMMUNITY

— WILL KEEP THE —
CHANGE

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!

unitedwayokc.org

United Way
of Central Oklahoma

