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Friendly relationships

RN finds change of careers rewarding

Erika Ward, RN, case manager, Innova Home Health in Oklahoma City, likes to provide holiday cheer to her patients she sees on a regular basis.

by Mike Lee
Staff Writer

The comfort level of people being at home helps patients recover better says Erika Ward, RN, case manager, Innova Home Health in Oklahoma City.

"They're not as stressed out as they are in hospitals," she said. "Their families seem to be more comfortable

because they can be there and more involved with what's going on with their family member."

Ward earned her Bachelor of Science degree in Nursing two years ago at the University of Oklahoma where she was in the accelerated BSN program. Being a registered nurse is a great career because of the numerous opportunities

nursing affords, she said.

"I happened to have chosen home health, but there is a litany of other things that you can become," she said. "You can specialize in wound care. There's a variety of certifications that you can pursue."

She had been an industrial hygienist before making the transition in her career. She also holds a masters degree in public health.

"I always had an appreciation for nursing, especially after my son's illness, Ward said. "It was a nurse practitioner that finally diagnosed him properly and

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OKLAHOMA'S NURSING TIMES

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Marijuana Use During Pregnancy Exposes Mom and Baby to Health Risks

- Leading Nursing Journal Explores Effects of Marijuana during Pregnancy and Best Practices for Care -



AWHONN

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With the recent legalization of both medical and now recreational cannabis in states such as Colorado and Washington, marijuana consumption is seen by many as more socially acceptable and its use during pregnancy is steadily increasing. Approximately 10% of women in the United States use marijuana while pregnant. Exposure to cannabis during pregnancy can pose health risks to both women and newborns, such as anxiety or heart problems in women. It can also be associated with complications with childbirth.

In the October/November 2015 issue of Nursing for Women's Health, the clinical practice journal of the Association of Women's Health, Obstetric and Neonatal Nurses, Cheryl K. Roth, Lori A. Satran, and Shauna M. Smith published "Marijuana Use in Pregnancy," which examines the prevalence of cannabis use among women who are pregnant. The authors also provide best practices for nurses and other clinicians providing care to pregnant women who use cannabis.

The National Survey on Drug Use and Health found that 4.4% of more than 67,000 people surveyed reported using illicit drugs while pregnant, with marijuana being the most commonly used substance. Additionally, studies show that up to 50% of U.S. pregnancies are unplanned, which means many women may use marijuana without even knowing they are pregnant.

Consuming marijuana in large doses can result in acute marijuana intoxication, with symptoms including rapid heart rate, anxiety, paranoia, and even hallucinations. Marijuana can enter the bloodstream within seconds, the brain within

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RISKS

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minutes, and cross the placenta to reach the fetus. Repeated marijuana use can also alter receptors in the brain during fetal development as early as two weeks after conception, leading to problems with attention, memory, and problem solving. Marijuana exposure can also affect an infant's birth weight, decrease length of gestation, and increase risk for preterm labor.

Nurses should be prepared to care for women who are using marijuana while pregnant. Women should be screened for drug use, including marijuana, during their first prenatal visit. Not performing this routine screen, along with a lack of awareness among nurses and clinicians about the risks associated with marijuana use, can lead to women not receiving the best care.

"With the increase in marijuana use by women of childbearing age, it's important that women are informed about the potential risks of marijuana exposure during pregnancy," wrote the authors. "Nurses must feel comfortable screening women upon admission. Asking every woman relevant and sensitive questions regarding any drug use, and doing so within a health

context, lessens the stigma associated with the topic."

"Drug use during pregnancy is a serious issue that can have harmful maternal, fetal and neonatal effects," said AWHONN's CEO, Lynn Erdman, MN, RN, FAAN. "If we hope to reduce the risks associated with drug use during pregnancy, nurses must be knowledgeable on how to screen pregnant women for drug use at an early stage in order to provide appropriate care."

Nursing for Women's Health is a bimonthly refereed clinical practice journal of the Association of Women's Health, Obstetric and Neonatal Nurses. The journal circulates to more than

25,000 nurses who care for women and newborns and is available online at <http://nwh.awhonn.org>.

Since 1969, the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) has been the foremost authority promoting the health of women and newborns and strengthening the nursing profession through the delivery of superior advocacy, research, education, and other professional and clinical resources. AWHONN represents the interests of 350,000 registered nurses working in women's health, obstetric, and neonatal nursing across the United States. Learn more about AWHONN at www.awhonn.org.

Two Elected to INTEGRIS Southwest Medical Center Board of Directors



Jennifer Tucker

Jerry Steward and Jennifer Tucker have been elected to the INTEGRIS Southwest Medical Center board of directors. Tucker, who resides in Yukon, is the general manager of the Marriott Courtyard Oklahoma City Northwest property and Steward was recently installed as the tenth president of Oklahoma City Community College in south Oklahoma City.

Steward received his bachelors from the University of Central Oklahoma and his doctor of jurisprudence degree from the University of Oklahoma College of Law. He served as vice president of Oklahoma City Community College before being elected president by the board of regents.

Tucker received her bachelors in business administration and hotel/restaurant administration from Oklahoma State University in Stillwater. She has served in the hospitality industry for 16 years and came to her current position from The Intercontinental Hotel in Milwaukee, Wisconsin, where she served as director of operations.

Both Tucker and Steward have been elected to initial three year terms as members of the INTEGRIS Southwest Medical Center board of directors. Southwest Medical Center is the second largest hospital in the INTEGRIS Health system. INTEGRIS is the largest Oklahoma-owned health care system.



Jerry Steward

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WARD

Continued from Page 1

got him the help that he needed. It made me appreciate nurses a lot."

She discovered Innova from a friend who works there. She came on board and worked part time for a while. She found that she liked working in the friendly environment with people she likes. There's not a lot of micro-management, Ward said.

"You do your job. Patient care is first and they allow us to take care of our patients without a whole lot of unnecessary things going on," Ward explained. "So being here, I've enjoyed it a lot."

The nursing staff at Innova is patient oriented and understand the importance of the continuity of care, she said. They are conscientious caregivers. Ward loves that Innova has in-house therapists and does not have to outsource. The therapists join the nursing staff in case conferences. So it's good to have people representing all disciplines of home health to discuss patient care together, Ward said.

She chose home health because during her rotations, she found

hospital work to be too rushed, Ward said. She will see an average of four to five patients a day.

"With home health, people are sick; they're at their worst and are most vulnerable," she continued. "With home health, they are at home and are more comfortable. With that environment, you have an opportunity to establish a relationship with patients."

"They'll come in and we'll visit. They'll ask me about my son and I'll talk to them about their grand kids or whatever they have going on. You develop a friendship with them in the process of caring for them."

People considering a career in home health need to be flexible, organized and a compassionate type of "people person," she said. Some of her patients are very appreciative of having someone like Ward visit them during the holidays.

"Some of them are lonely, so it helps," Ward said.

She gets to meet their dogs and cats. Some of the cats have also taken an affinity for her. They will jump in her lap. There is also a dog that always tries to investigate her bag, no matter where is.

Patients learn from her expertise in many fields. She teaches them about disease management and wound care, among other items.

Ward said that her former career as an industrial hygienist lends itself to nursing. She worked with the State Department of Labor in the OSHA department. She would venture to different businesses to make sure they were compliant with federal regulations that protect workers in the work place.

"So I did a lot of teaching not only with employees but with upper management to make sure things were being done the way they are supposed to," Ward explained. "The skills that I honed there as far as interacting with people -- as far as teaching -- comes into play with what I do now because I do a lot of teaching."

Being an effective nurse also means taking care of one's own holistic health. Ward describes herself as a basketball mom when away from work.

"My son plays basketball. I enjoy going to the games, going to the practices," she said. "I video games and edit them for my son. So that's kind of my big release."

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CAREERS IN NURSING

BE TRUE TO YOURSELF: FOUNTAIN BROOK ASSISTED LIVING AND MEMORY SUPPORT

by Vickie Jenkins - Writer/Photographer

The happiness shines through as Amanda Poling, LPN, Director of Nursing takes care of the residents at Fountain Brook Assisted Living and Memory Support. Her love and compassion is present as she carries on a conversation with each individual.

Poling has been a nurse since 2006. She was a nurse in several hospitals and doctor's offices before coming here to Fountain Brook. She worked in geriatrics, obstetrics, the cancer unit and pediatrics. "Geriatrics was my favorite and I fell in love with taking care of the elderly," she said. "It almost seems like it was my calling."

When asked if she wanted to be a nurse when she was little, she replied, "My mom was diagnosed with cancer when I was in the 6th grade and my grandmother had cancer too. That's when I learned a little about the medical field and caring for others. From then on,

I knew that I wanted to make a difference in someone's life and take care of others. I know that sounds a little cliché but I pursued a career in nursing and I'm so glad I did."

Poling graduated in New York in a small town in the mountains, a back country area. With her husband in the military and moving to Oklahoma City was quite a change for her. "This is like a big city to me," she said. "At first, moving to Oklahoma City was a big change, but it has really grown on me. In fact, when my husband gets out of the military, I think we plan on staying here," she said with a smile. "Everyone here is so nice and friendly. I really like Oklahoma," she added.

"What is your greatest asset?" I asked Poling. "I think it would be the fact that I really care about others. The residents are people, not patients. Each person is a human being and each one has their own

story to tell. I am going to fight for whatever I have to, getting help for the residents. I want to help others any way that I can, no matter how big or how small. I want to be that person that makes a difference."

Asking Poling if she had any mentors in school, she replied, "I guess most of my teachers were my mentors while I was going to school. I grew up doing my own thing and continued doing that through school. I was my own person and knew it was up to me and me alone to do what I needed to do. I went to school and had a full-time job and got through on my own. I'm my own person," she says.

Poling's opinion on what makes a good nurse? "A good nurse needs to actually care for the residents. Residents can't always defend for themselves so we have to be an advocate for them and be their voice. A nurse needs to be compassionate and know that it's not just a job,

it's a real concern for others from within their heart."

"What is your biggest challenge in the medical field?" I ask. "It has to be the insurance issues," Poling comments. "The residents need the insurance coverage and the residents can't really afford it, yet, there is nothing we can do about it because it is all about the insurance. I always want to do more to help," she adds.

"What inspires you to come to work every day," I ask Poling. "Oh, it's definitely my residents," she says with a firm tone in her voice. "I love them all and I love seeing them every day. We are like one big happy family. I bring my 2 year old daughter here to visit and the residents love talking to her. My daughter loves all of the attention."

When asked how Poling would describe herself, she says, "I am an honest person, extremely honest. I am compassionate and my feelings



The Wilkes
Logan is a Tissue Recipient

Photo courtesy of
Jared Wanzer Photography

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Amanda Poling, LPN, Director of Nursing enjoys seeing her residents every day. "Here at Fountain Brook Assisted Living and Memory Support, it is like one big happy family," she says.

come from within. I enjoy helping others and have always been that way. I am persistent and there is nothing I won't do if someone needs my help. I need to stay focused and sometimes, I have to tell myself that. I love my job and love the staff here at Fountain Brook. Like I said before, it is like one big happy family here."

Poling's hobbies include spending time with her husband and daughter. She enjoys crocheting, reading and traveling. Poling and her husband also foster Pomeranians and are a part of 'Groovy Paws Rescue.'

"Any words to live by?" I ask Poling. "I would say, be true to yourself. Be honest and don't change your life for anyone else."

The Ultimate Christmas Present

A Long Lost Friend Donates a Kidney

Belinda Ball of Tulsa was born with a congenital birth defect. Her kidneys are connected, forming a shape resembling a horseshoe. She almost died at age 3 and received a catheter in kindergarten. Now 55 years old, she has struggled with kidney issues her entire life.

Among other things, her urinary tract was surgically rerouted, which seemed to work until a few years ago when she was diagnosed with stage 3 kidney failure. It was just a matter of time before she would need a kidney transplant. Belinda's husband, Tim, was set to be the donor. However late in the game his test scores came back too high, removing him as a possible candidate. Ball was put on the transplant list in Texas in 2012. Because of her small size, she is 5 feet 4 inches and weighs 88 pounds, she was told she would most likely need a pediatric kidney. The wait for pediatric donations is even longer than for adult organ donations. She prepared herself for a long ride. Belinda posted her plight on Facebook. Seeing the post, several of her high school friends got tested, but there was no match. Months later, she got an instant message from Claudia Smith, saying, "I saw your post about no donor matches, I have gone thru the initial testing, I have more testing, but I'm a match".

Belinda and Claudia had been friends in elementary, middle and high school. They had lost touch and really hadn't spoken in 36 years. Belinda remembers a conversation they had in the third grade. "I told her someday, I

was probably going to need a kidney transplant," remembers Ball. "Claudia told me she would always keep me in her prayers." Smith recalls the same exchange. "We were pretty young, and I felt a lot of concern for her. After she told me, I was walking down the hallway at elementary school that day and prayed for her. I told God that I would help her if I could."

Smith turned out to be a perfect match. The transplant was scheduled to take place in Texas, but was railroaded by insurance issues. Ball started the process all over again at the Nazih Zuhdi Transplant Institute at INTEGRIS Baptist Medical Center in Oklahoma City. Smith, who lives in Texas, traveled to Oklahoma to be retested in September 2015. Despite daily phone contact, it was the first time the two women had actually seen each other in decades. "We picked up right where we left off. I got my best friend back. It is like we have never been apart," says Ball.

The transplant will take place on Dec. 21, just in time for the holidays. "Claudia's dedication has not wavered. She is truly my angel," claims Ball. "And talk about a Christmas present. She is literally giving me the gift of life. She is truly amazing."

Smith says she is merely keeping a childhood promise to keep Belinda in her prayers. She says God helped her make the decision to donate. "I'm in awe God heard my prayer to help my best friend and answered it," she says. "I know he has some amazing plans in store for us!"

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We are accepting resumes for Licensed or Licensed Candidate MHPs
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204 REGISTERED NURSE

Are you a licensed Registered Nurse 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 Registered Nurse Case Manager.
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 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

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 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 appl. 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.
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The Salvation Army Needs Help to Make Christmas Wishes a Reality

Time is flying by and The Salvation Army Angel Tree deadline is just seven days away! As of today, The Salvation Army in Oklahoma City has approximately 800 Angels who have not been adopted off of the Angel Trees. There are almost 3,000 Angels who have not been returned with their gifts.

Anyone can adopt The Salvation Army's Angels by visiting the Angel Trees located at Quail Springs Mall and Penn Square Mall. Once the Angel is selected, the fun begins! To help you shop, there is information for your Angel included on the tag such as clothing sizes and gift suggestions. After the gifts are purchased, the Angel is returned to the mall.

"Every Angel tag represents someone in our community who is in need," said Major Charlotte Gargis, Associate Area Commander of The Salvation Army Central Oklahoma. "The Angel Tree is an amazing opportunity for us all to share the blessings we have received with others who are lacking this Christmas."

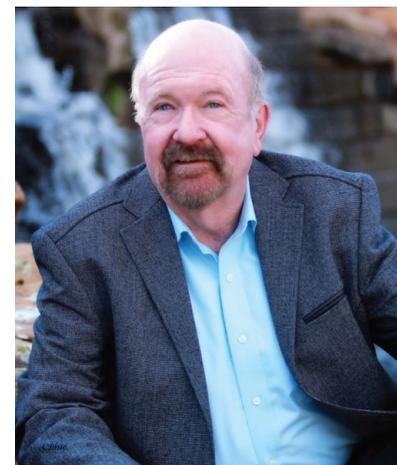
Please help The Salvation Army make sure that no child is forgotten this Christmas by adopting and returning your Angel today at Penn Square or Quail Springs Malls. The deadline to return the Angels is December 10th. For more information, contact Major Charlotte Gargis at 405-246-1113.



OU RESEARCHER RECOGNIZED FOR SCIENTIFIC CONTRIBUTIONS TO UROLOGY AND CANCER

University of Oklahoma researcher Robert Hurst, Ph.D., has been named a Fellow of the American Association for the Advancement of Science, an honor bestowed upon AAAS members by their peers.

Hurst, professor and director of Basic Research in the Department of Urology, OU College of Medicine, was elected as a Fellow for his contributions to urology and cancer research, particularly the development of biochemistry-based biomarker diagnostic procedures, his work on the causes, diagnosis and treatment of interstitial cystitis, and the development of novel drugs to target the spread of cancer.



Robert Hurst, Ph.D.

"This prestigious honor is a tribute to Dr. Hurst and his commitment to research aimed at improving treatment for those with a variety of urologic diseases as well as cancer. We are proud to count him among our faculty and congratulate him on this much deserved national recognition," said Dr. Jason Sanders, senior vice president and provost of the OU Health Sciences Center.

The American Association for the Advancement of Science is the world's largest general scientific society, and publisher of the peer-reviewed journal, *Science*. Founded in 1848, the Association includes 254 affiliated societies and academies of science, serving 10 million individuals.

This year, Hurst is among 347 members named as Fellows by Association because of their scientifically or socially distinguished efforts to advance science or its applications. He will be presented with an official certificate and a gold and blue (representing science and engineering, respectively) rosette pin at the American Association for the Advancement of Science Fellows Forum during the Association's 2016 Annual Meeting in Washington, D.C., in February.

The tradition of American Association for the Advancement of Science Fellows began in 1874. Currently, members can be considered for the rank of Fellow if nominated by the steering groups of the Association's 24 sections, or by any three Fellows who are current Association members (so long as two of the three sponsors are not affiliated with the nominee's institution), or by the American Association for the Advancement of Science chief executive officer. Fellows must have been continuous members of the Association for four years by the end of the calendar year in which they are elected.

Each steering group reviews the nominations of individuals within its respective section and a final list is forwarded to the Association Council, which votes on the aggregate list.

The Council is the policymaking body of the Association, chaired by the American Association for the Advancement of Science president, and consisting of the members of the board of directors, the retiring section chairs, delegates from each electorate and each regional division, and two delegates from the National Association of Academies of Science.

One night, she found the courage to leave.
With backpacks, she and her kids took off on foot. From a friend's home, she called a **partner agency's** domestic violence shelter and their lives began to turn around. Then another **partner agency's** school for homeless kids added to their recovery story.



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PEDIATRIC ANESTHESIOLOGIST JOINS OU PHYSICIANS

Pediatric Anesthesiologist Adam J. Broussard, M.D., has established his medical practice with OU Physicians. He has also been named an assistant professor of anesthesiology for the University of Oklahoma College of Medicine. Anesthesiologists specialize in the use of drugs and other means to avert or reduce pain in patients, especially during surgery.

Broussard completed a pediatric anesthesiology fellowship at UPMC-Children's Hospital of Pittsburgh. He completed an anesthesia residency at Louisiana State University Health Science Center, New Orleans, where he also earned his medical degree.

Broussard is a member of the American Society of Anesthesiologists, Society for Pediatric Anesthesia and Society of Cardiovascular Anesthesiologists.

With more than 660 doctors, OU Physicians is the state's largest physician group. The practice encompasses almost every adult and child specialty. Many OU Physicians have expertise in the management of complex conditions that is unavailable anywhere else in the state, region or sometimes even the nation. Some have pioneered surgical procedures or innovations in patient care that are world firsts.

OU Physicians see patients in their offices at the OU Health Sciences Center in Oklahoma City and at clinics in Edmond, Midwest City and other cities around Oklahoma. When hospitalization is necessary, they often admit patients to OU Medical Center. Many also care for their patients in other hospitals around the metro area. OU Physicians serve as faculty at the University of Oklahoma College of Medicine and train the region's future physicians.

Oklahoma's Nursing Times Hospice Directory

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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 - OKC Pat McGowen, Vol
Coordinator, 405-947-7705, ext. 134;
Tulsa - Samantha Estes, Vol.
Coordinator, 918-425-4000

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

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:
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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. I do not have family to celebrate holidays and this used to depress me but now I realize family of choice is a joyful gift. Why did it take me so long to realize this?

A. Family is not always about blood. It's about who is willing to hold your hand when you need it the most.

This Thanksgiving my daughter and I spent the holiday with six people that I did not know. She knew four of them. They invited us into their home, shared their amazing food and loved us as if they had known us forever. I sat at the table holding hands with these strangers while my daughter said the Lord's Prayer in french. The man who owned the house, Dain, asked us what we were grateful for in 2015.

The responses ranged from good health, successful jobs, new friends, back to good health. I was grateful for my daughter who inspires me. I was also grateful for this blessed moment in time when I was sharing Thanksgiving with these wonderful people who two hours before were complete strangers.

When family of origin is not available for whatever the reason, do not feel despair, make a new family. It is pretty cool when we can create a family of choice. Some of us have not really known a blood family that was there to hold our hand when we needed it the most. The longing for this family can create despair if we believe they are the only people who can give this to us.

I attended a workshop and the speaker was talking about holidays and depression. Some people experience depression because they don't have a family and others experience depression because they do. He advised people who were flying home for the holidays to buy two sets of tickets. One for the planned 7 day visit and one for the emergency departure when the family drama becomes too much.

There comes a time in your life when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad and focus on the good. Love the people who treat you right, pray for the ones who don't. Life is too short to be anything but happy.

So this Thanksgiving I was blessed to learn from Kathy how to do restorative yoga, Cameron's wit was contagious, Paige was a delightful story teller, Mary and David were a married couple who made my heart happy to feel their love and Dain .what can I say ..except thank you for sharing your warmth, humor and putting up with me calling you Dean.

Fighting Flu The Natural Way

Nutritional Supplements May Help Keep Those Sniffling, Sneezing Symptoms at Bay

Cold and flu season has arrived, which means the potential could be high for lots of sniffing co-workers and children who need to stay home from school.

Vaccinations help many people stave off the flu, but a number of Americans also try an alternative approach, using nutritional supplements in their efforts to stay healthy.

"Certain herbs, mushroom extracts and other natural compounds contain powerful antiviral properties," says Naum Burman, the founder and researcher for BioLab Rx (www.biolabrx.com), a dietary supplement company.

"Combine them together and you can get a natural boost to your immune system."

Such over-the-counter products as BioLab Rx's Immune Super Plus do that by increasing the body's natural defense cells, which are crucial to the body's defense against bacterial and viral infection.

"The body's own immune system is probably our best defense," Burman says. "But illness, stress, medical therapies, diet and lack of sleep can all compromise our immune system. That's why it can help to give the immune system a boost."

He notes that it's always important to check the ingredients, instructions and warnings for any over-the-counter supplement. Immune Super Plus, for example, is only for adults 18 and older and shouldn't be taken by pregnant or nursing women.

The flu season routinely takes a toll on Americans. According to the Centers for Disease Control:

- The timing of flu is unpredictable and can vary in different parts of the country and from season to season. Most seasonal flu activity typically occurs between October and May. Flu activity most commonly peaks in the United States between December and February.

- It's estimated that each year an average of 5 percent to 20 percent of the U.S. population gets the flu and more than 200,000 people are hospitalized from seasonal flu-related complications.

- Estimating the number of flu-related deaths can be difficult because death certificates don't always specify flu as the cause. But there's little doubt that flu seasons can be severe. The CDC, for example, reported that over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the United States ranged from a low of about 3,000 to a high of about 49,000 people. Some people, such as older people, young children, pregnant women, and people with certain health conditions, are at high risk for serious flu complications.

In addition to vaccines, the CDC suggests several preventive measures, such as washing your hands frequently, keeping a distance from those who are ill and staying home yourself if possible when you are sick.

Burman says that supplements also provide an extra measure of prevention, and plenty of people apparently agree. The Nutrition Business Journal has reported that Americans spend well over \$1 billion a year on supplements to help boost immunity and ward off cold and flu.

Burman, originally from Europe, essentially was born into his interest in maintaining health through nature. He grew up in a family where herbs and natural cures were common and knowledge of herbs and their use was the norm. As an adult, Burman continued his research, traveling through Asian, European and Middle Eastern countries so he could gather herbal knowledge from cultures around the world.

Armed with that knowledge, he founded BioLab Rx, which also produces natural products for hair loss, joint pain, migraine headaches and other conditions or ailments. "I thought this would be a good way to combine the wisdom of the ages with today's newest technology," he says.



NURSE + TALK

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

If you could travel anywhere in the world, where would it be and why? Golden Age Home Health, Inc.

"I would travel to Rome to see the Vatican City."



Angie Jeffers, LPN

"I would go to Europe because I have always wanted to go there and I've never been."



Jenny Greggs, RN

Each week we visit with health care professionals throughout the Metro



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"I would go to Israel and Jerusalem and see the Jordan River."



Rhonda Wedington, LPN

"I would go to Italy to see all of the history and the beautiful architectural designs. I have always wanted to ride in a gondola."



Dana Brown, RN

OMRF welcomes new board member, honors another

The Oklahoma Medical Research Foundation has named Mindy Mahaney to its board of directors and honored long-time director Frank McPherson. The designations were announced at OMRF's semiannual board meeting on Wednesday.

Mahaney lives in Bristow and is chief operating officer for the Wealth Management Division and has been with BOK Financial since July, 2008. Prior to her role as chief operating officer, she served as a senior business group controller for Consumer Banking and Wealth Management. Before joining BOK Financial, Mahaney served as chief financial officer for SpiritBank for six years and worked as an Auditor with Arthur Andersen, LLP for ten years.

A certified public accountant, Mahaney graduated with a degree in Agricultural Economics and Accounting from Oklahoma State University. Additionally, she's an honors graduate of the Graduate School of Banking at Colorado and a graduate of the 2011 BOK Financial Executive Institute.

OMRF also named Frank McPherson of Oklahoma City as life director for his

service on the foundation's board. After completing military service, McPherson joined Kerr-McGee as a petroleum engineer. He rose through the corporate ranks, serving as vice chairman and CEO from 1983 to 1997.

McPherson joined OMRF's board in 1991 and has served on the foundation's Human Relations, Executive, Finance & Audit, and Development Committees. In April 2014, he received the board's Distinguished Service Award for his outstanding fundraising and relationship-building efforts on behalf of the foundation.

"Frank McPherson is a board member's board member and has served OMRF in many important ways through the years," said OMRF President Stephen Prescott, M.D. "He has worked tirelessly to help us continue to grow, and OMRF is thriving as a result of his service on our behalf."

Board members also reelected Oklahoma City attorney Len Cason as chair. Cason is a partner at the Oklahoma City law firm of Hartzog, Conger, Cason & Neville and has chaired OMRF's board since 2001.



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