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Caring from the heart

Suanne Livingston, RN, enjoys her role as RN nurse manager at J.D. McCarty Center for Children with Developmental Disabilities.

by Bobby Anderson, RN, Staff Writer

Choose a job you love and you'll never have to work a day in your life.

Suanne Livington, RN, isn't sure who said those words but they couldn't be more true for J.D. McCarty's RN day nurse manager.

"It's the kids. I love the kids," Livingston said. "I love this job. It's fun and it doesn't feel like work. I enjoy going to work. I don't dread coming to work and a lot of jobs people say they don't want to go. I can honestly say I've never felt that way here. I love it here."

Livingston has been a nurse for 25 years now with stops along the way at Children's Hospital ER and St. Francis ER.

She graduated in 1993 but took turns with

each of her three children being a stay-at-home mom.

This is her fifth year at J.D. McCarty Center for Children with Developmental Disabilities. Livingston and her husband worked the facility's Camp Claphans for five years.

Claphans is a residential summer camp for kids with special needs ages 8 to 18. The camp is located on the south end of the McCarty Center's 80-acre campus in Norman. It features two cabins, a multi-purpose building and is built next to an 11-acre lake.

The camp features summer camp activities like archery, canoeing, fishing, horseback riding, camp fires, swimming, indoor and

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New CNO Named at Canadian Valley Hospital



Jill Hughes, MS, RNC-OB, Chief Nursing Officer at INTEGRIS Canadian Valley Hospital in Yukon.

Jill Hughes, MS, RNC-OB is promoted to Chief Nursing Officer at INTEGRIS Canadian Valley Hospital in Yukon, where she has served as administrative director of the hospital's Women's Center and the INTEGRIS Bennett Fertility Institute since 2007.

With experience both at the bedside and in various leadership positions, Hughes has enjoyed a distinguished professional career and is highly respected by her peers.

Some of her commitments include partnering as a member of the Central Oklahoma AWHONN Chapter, serving as Membership Chair for the Oklahoma AWHONN Chapter, also as a member of the Oklahoma Perinatal Forum, and the Oklahoma Organization of Nurse Executives.

Hughes has also received numerous recognitions, such as the 2014 Oklahoma March of Dimes Nurse of the Year award for Women's Health; the 2014 Manager of the Year award; and was the Great 100 Nurses recipient for INTEGRIS Canadian Valley Hospital this year.

Ringing in the season

by Bobby Anderson, RN Staff Writer

For Lois DeBerry, the sound of bells ringing next to the Salvation Army Red Kettle during the holidays always meant a time of joy.

It was only when she got older did she learn those bells also symbolized mercy, generosity and the goodness of mankind.

Now the Canadian County Service Director for the Salvation Army, DeBerry counts on those bells to ring throughout the season so seniors won't be forgotten.

DeBerry's job description is whatever hat she needs to wear she puts on.

"It depends on what role needs to be played whether it's a janitor or taking clients to appointments," DeBerry said. "My goal here is to serve the needs as it comes available and it's not just the low-income family."

"Seniors became my heart out there. We have so many programs that focus on family and children. Nothing pulls at the heart strings like a child being hungry. A senior being hungry



Salvation Army Red Kettle bell ringers are helping fund vital programs for seniors this holiday season.



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or not having a coat pulls on my heart strings."

And while so many focus this season on families and children, DeBerry makes sure seniors aren't forgotten.

"Seniors are not taken care of as well as a family is (this time of year)," she said. "As we get older we need more attention. The seniors are more proud and do not always ask for help."

That's why most of DeBerry's clients come from referrals. Maybe a neighbor or friend has noticed something and passed the need along.

Under DeBerry's watch, the Salvation Army will provide a gift to the 600 seniors living in assisted living, nursing homes or low-income housing in Canadian County.

"Just a way to say 'you're being thought of," DeBerry says.

There's also a senior Silver Bell Tree. This invitation-only program focuses on those with the greatest need.

"We don't have a vast place we can go and put up an angel tree or silver bell tree and get people adopted like they do in OKC in the mall," DeBerry said. "We provide them with a clothing outfit through that program as well as a household need and a want."

Sometimes its as simple as a new quilt for their bed or a can opener or a coffee pot.

"It's always basic necessities they request," DeBerry said, noting 21 seniors will be among the recipients this year.

DeBerry is on her 35th year with the Salvation Army. She's worked in all different avenues in five different states.

Wherever she goes, the need never ends.

"Those that come in that want to change," DeBerry said of her favorites. "By that I mean they come in and request assistance but they're not here for a handout, they're here for a hand up and wanting to know what they can do to change."

Some clients come in for the first time after an emergency – a death out of state that required funds to travel, a big electric bill

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CARING Continued from Page 1

outdoor games, arts and crafts and much more a nurse onsite 24 hours a day.

J.D. McCarty is unparalleled in the services it provides to Oklahoma families.

Children referred to the hospital are evaluated and treated by a team of pediatricians, pediatric specialists, registered nurses and LPNs, direct care specialists, physical, occupational, speech and language therapists, a dietitian, a clinical psychologist and psychology clinicians and social workers who focus on getting a child to their highest level of functionality and independence.

"This is a great place and I don't think anyone in the state provides what we do," Livingston said.

The facility has two different types of admissions. The first is a one-week respite stay that allows families time to revitalize.

The second is a 30-day evaluation filled with therapies.

Livingston was humbled from the moment she began at the

Norman facility. She admitted to being naive about the level of constant care some patients required and how that care was delivered by parents and families without interruption.

"It is 24-hours a day, seven days a week. I respect not only the staff I work with but the children and their families," Livingston said. "We provide a lot to them and it's great to watch them grow from where they start and what they accomplish."

Unlike every other nursing role, this is Livingston's first where she can actually stay with her patients and be there for both successes and setbacks.

"It's great to see how much they've grown and how much they've accomplished over these five years," she said. "We'll have repeat patients come back once a month and quite a few patients in state custody. It's been really cool seeing them grow from eight to 13 or whatever."

Working with children - and with those developmental disabilities - is often a role many nurses will shy away from. There's an inherent fear that some attach

"I just think the kids teach me more than I could ever teach them. It takes compassion to go into any type of nursing, to understand everyone has a purpose in life," she said. "That was difficult, at first, to see how I could help a patient who couldn't verbalize or whatever but they have a purpose in life."

"Certain nurses are drawn to this field, and I don't think it's for everyone but it is for me."

Night RN Manager Mike Isaac has worked closely with Livingston for five years. He knows the heart and soul required for the job.

"If you have good basic skills like assessment and if you have a good heart you come here and become engrossed in a mesh of all these different therapies that are available," Isaac said. "I don't think I could do it if we didn't have these therapies - it's like an army of people taking care of these kids from the time they get up to the time they go to sleep. They get intense care and therapy."

"We've got people looking out for each other."

The J.D. McCarty Center was

founded in 1946, by a veterans group called the 40 et 8 of Oklahoma. The 40 et 8 was an honor society within the American Legion. When the McCarty Center first opened its doors to patients it only treated one diagnosis cerebral palsy. Today, there are more than 100 different diagnoses in the developmental disability category.

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Dylan came flying into the world a month earlier than expected. He was a calm and content baby. Little did his family know that as soon as he could, he would be off and running!

He had a loving heart and never allowed anyone to wonder how he felt about them. He didn't have many worldly possessions because he gave his things to others who he felt needed it more. At the young age of 16, Dylan registered his decision to be an organ donor.

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PASSION IN NURSING A REAL PASSION FOR CARING: NORTHWEST NURSING CENTER

ov Vickie Jenkins - Writer/Photographer

Northwest Nursing Center is where you will find Carl Davis, LPN, doing what he does best, taking care of the residents. Carl has been a nurse for 24 years, spending the last three years here.

Growing up in Oklahoma, Carl has lived here most of his life. Carl has a lot of memories from his childhood. He was one of 7 children. When Carl was 14 years old, his mother had lung cancer and the siblings helped take care of her. Ever since Carl can remember, he had an interest in helping others. "It was as though I was drawn to people, wanting to help them in any way I could," he commented.

Carl was a CNA for 9 years and continued his education going on to nursing school. Over the years, he worked at Deaconess Hospital and several long term care facilities. "When I was a nurse at that time, the medical field was different than it is now. It was really out of the ordinary for a man to be a nurse. was definitely a female dominated position in the medical field. The nurses that I worked with thought it was unusual that I wanted to be a nurse because men weren't nurses. Even though the working situation was a little awkward, I knew this was the job that I wanted and no one was going to tell me different. I'm glad I stuck with it. I love to serve others and take care of the senior residents. I like working at long term care facilities, like here at Northwest Nursing Center more than working at a hospital. In a hospital, everyone is always a little grumpy. Here, you can always make the resident feel better and it is much more personal. Plus, there is a

lot of satisfaction when you make the resident feel better. No matter how grumpy the resident is, there is always something that can be said or done to make them smile, putting them in a good mood. There is such a great feeling of accomplishment in knowing that I have been a part of all of it," he stated.

Asking Carl what qualities make a good nurse, he replied, "A nurse needs to have a lot of compassion. One of the most important qualities for a nurse is when they are a good listener. There is nothing worse than seeing someone sitting alone without someone to talk to," he said.

"My favorite part of my job is getting to spend time with the residents. There is a bond between the nurse and the patient. On the other hand, one of the biggest challenges is when there

is separation. Sometimes, the residents can get too close to you, almost like an old friend. You have to stay professional. Walking the line is a hard decision sometimes," Carl replied.

Did anyone influence you to become a nurse? "When I cared for my mother, I knew that caring for others was something that I wanted to do. I knew I would find my path and find a job serving other. Through the years, I feel like this job is a good fit for me. When I was growing up and spending time with my mother, I feel like I was getting some great experience. My mother was a good teacher," Carl replied.

What advice would you give to someone going into the medical field? I would tell them to be compassionate and caring and don't be afraid to have a caring

See DAVIS Page 5



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Carl Davis, LPN enjoys working at Northwest Nursing Center. "I've always had a desire to help others."

DAVISContinued from Page 4

attitude."

Carl's hobbies include gardening and remodeling his house. "My house is one hundred years old and I am always working on something," he laughed. "It has a lot of character inside and out. I also like to spend time with Buster, my 5 year old rescue Pit Bull that I've had since he was a

puppy."

When I asked Carl to describe himself, he said, "Well, a lot of people think I am a little harsh but I think it is just the way I grew up. I don't mean to be. I am an advocate for the little guy and will fight for a cause if I strongly believe it. I am definitely a people person and like to be around others. I like to make others happy. After all, isn't that's what it's all about? I like to think so."

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RINGING

Continued from Page 2

or unexpected medical bill.

"When something like that happens you don't want them to do without or lose their lights because they choose to go respect a loved one," DeBerry said.

"It's such a wonderful feeling to be a part of the relief process and helping them."

For Canadian County, the main need right now is people. Every penny raised in the Red Kettle program goes back into the community.

Bell ringers are not paid and if bells aren't ringing money isn't coming in.

DeBerry said there is a severe shortage of bell ringers in both Yukon and El Reno during weekday evenings as well as Saturdays.

To help out or find out more about ringing the bell

you can go online to register at redkettlevolunteer.org. You can also call DeBerry at 405-323-8846 or 405-295-2343. Her email is lois.deberry@uss.salvationarmy.org.

Those bells will always be near and dear to her.

"The bells ringing – I started that when I was a little girl and didn't really understand. I've worked for the Salvation Army for 35 years but I started as a character building program and rang bells," DeBerry said. "As a girl I didn't understand, I just knew it was a time to go out sing and dance and have fun at the kettle. Now it's about the Lord instilling in you. Sometimes ringing the bell is all I can do."

"Ringing the bells goes back to the grace of God and the mercy He provides us. It reminds us of his coming and that was all about being there to impact peoples' lives."







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'Oklahoma!' royalties: A gift that keeps on giving at OMRF

The Oklahoma Medical Research Foundation has received its share of interesting donations over the years. Along with the typical gifts made by check and credit card, there have also been cars, houses, jars of change collected at a lemonade stand, and even a toy soldier collection.

But none quite rival the estate gift that Claremore's William Edgar Riggs left to the Oklahoma City nonprofit.

Riggs' brother Lynn penned "Green Grow the Lilacs," the 1931 play that Richard Rodgers and Oscar Hammerstein II used as the basis for the musical "Oklahoma!" When Lynn died, he willed equal shares of his 1-percent royalty on the musical to William Edgar and his three other siblings.

William Edgar lost his wife to heart disease and his daughter to cancer. So, when he passed away in 1977, he left his royalty share to OMRF to benefit research for those two diseases.

"It was a really generous and foresighted thing to do," said OMRF President Stephen Prescott, M.D.

With the gift, OMRF receives one-quarter of 1 percent of the musical's box office share each year.

The show enjoyed a series of revivals from 1979 through 2002, including two on Broadway and one in London's West End starring Hugh



Oklahoma Medical Research Foundation Vice President of Development Penny Voss with memorabilia from "Oklahoma!". Through a generous gift, OMRF has received more than \$700,000 for medical research through ticket sales for the musical.

See ROYALTIES page 10





Oklahoma's Nursing Times

College Nursing Guide (Abbreviated) - another free service provided by Oklahoma's Nursing Times -

PRACTICAL NURSING PROGRAMS

Autry Technology Center www.autrytech.com Enid, OK 73703 Ph: 580-242-2750 Ext 163

Caddo-Kiowa Tech. Center www.caddokiowa.com Ft. Cobb Ph: 405-643-5511 Ext 263

Canadian Valley Tech. Center

www.cvtech.org
1. El Reno Campus Ph: 405-422-2341 2. Chickasha Campus Ph: 405-222-7592

Central Technology Center

www.ctechok.org

- 1. Drumright Campus Ph: 918-352-2551 Ext 288
- 2. Sapulpa Campus 918-224-9300

Chisholm Trail Tech. Center www.chisholmtrail.com Ph: 405-729-8324

Francis Tuttle Tech. Center www.francistuttle.com Oklahoma City Ph: 405-717-4382

Gordon Cooper Tech. Center

www.gctech.org Shawnee Ph: 405-273-7493 Ext 291

Great Plains Technology Center

www.gptech.org 1. Lawton Campus Ph: 580-250-5595 2. Frederick Campus Ph: 580-335-5525

Green Country Technology

www.gctc.ok.com Okmulgee Ph: 918-758-0840 Ext 246

High Plains Technology Center www.hptc.net Woodward Ph: 580-571-6159

Indian Capital Tech Center

www.icavts.tec.ok.us

- 1. Muskogee Campus Ph: 918-686-7565
- Muskogee Campus Ph. 918-706-7363
 Sallisaw Campus Ph: 918-775-9119 Ext 108
 Stilwell Campus Ph: 918-696-3111
- 4. Tahlequah Campus Ph: 918-456-2594

Kiamichi Technology Center

- www.okktc.org
 1. Antlers Campus Ph: 580-298-6354
- 2. Atoka Campus Ph: 580-889-7321
- 3. Durant Campus Ph: 580-924-7081 4. Hugo Campus Ph: 580-326-6491
- 5. McAlester Campus Ph: 918-426-0940
- 6. Idabel Campus (McCurtain) Ph:
- 580-286-7555
- 7. Poteau Campus Ph: 918-647-4526 8. Stigler Campus Ph: 918-967-2801
- 9. Talihina Campus Ph: 918-567-2264

Meridian Technology Center www.meridian-technology.com Stillwater, OK 74074

Ph: 405-377-3333 Ext 324

Metro Technology Center www.metrotech.org Oklahoma City Ph: 405-605-4610

Mid-America Technology Center www.matech.org

Wayne Ph: 405-449-3391 Ext 265

Mid-Del Lewis Eubanks Technology Center www.mid-del.tec.ok.us Midwest City Ph: 405-739-1713

Moore Norman Technology Center www.mntechnology.com Norman Ph: 405-364-5763 Ext 7349

Northeast Technology Centers

- www.netechcenters.com
 1. Pryor Division Ph: 918-825-5555
 2. Afton Division Ph: 918-257-8324
- 3. Kansas Division Kansas, OK Ph: 918-868-3535
- 4. Claremore Division Ph: 918-342-8066

Northwest Technology Center www.nwtech.edu

Alva Ph: 580-327-0344

Pioneer Technology Center

www.pioneertech.org Ponca City Ph: 580-762-8336 Ext 251

Platt College www.plattcollege.org (Conditional Approval)

- 1. Tulsa Campus Ph: 918-663-9000
- 2. Oklahoma City Campus Ph: 405-946-7799 3. Moore Campus Ph: 405-912-2777
- 4. Lawton Campus Ph: 580-355-4416

Pontotoc Technology Center

www.pontotoc.com Ada Ph: 580-310-2258

Red River Technology Center

www.redriver.tec.ok.us Duncan Ph: 580-255-2903 Ext 237

Southern Okla. Tech. Center

www.sotc.org Ardmore Ph: 580-223-2070 Ext 239

Southwest Technology Center

www.swtc.org

Altus Ph: 580-477-2250 Ext 257

Tri County Technology Center

www.tctc.org

Bartlesville Ph: 918-331-3223

Tulsa Tech, HSC www.tulsatech.com Tulsa Ph: 918-828-5000/828-1043

Western Technology Center www.wtc.tec.ok.us

Burns Flat Ph: 580-562-3181 Ext 2264

Wes Watkins Technology Center

www.wwtech.org Wetumka Ph: 405-452-5500 Ext 277

REGISTERED NURSING PROGRAMS

Carl Albert State College

www.carlalbert.edu

- 1. Poteau Campus Phone: 918-647-1350-1355
- 2. Sallisaw Campus Phone: 918-775-6977

Connors State College

www.connorsstate.edu

Muskogee Campus Phone: 918-684-5436

Eastern Oklahoma State College

www.eosc.edu

1. Wilburton Campus Phone: 918-465-2361

2. Idabel Campus Phone: 580-286-9431 3. McAlester Campus Phone: 918-302-3607

Murray State College www.mscok.edu

1. Tishomingo Campus Phone: 580-371-2371 ext. 337

2. Internet-Based Campus Tishomingo Phone: 580-371-2371 ext. 337

Northeastern OK A&M College

www.neo.edu

Miami Phone: 918-540-6312

- Northern Oklahoma College www.noc.edu 1. Tonkawa Campus Phone: 580-628-6679
- 2. Enid Campus Phone: 580-242-6300
- 3. Stillwater Campus Phone: 405-372-1480

Oklahoma City Community College www.okc.cc.ok.us Oklahoma City Phone: 405-682-7507

Oklahoma State University

www.osuokc.edu Oklahoma City Phone: 405-945-3295

OSU Institute of Technology Okmulgee www.osuit.edu Phone: 918-293-5337

Redlands Community College www.redlandscc.edu El Reno Phone: 405-422-1262

Rogers State University www.rsu.edu

1. Claremore Campus Phone: 918-343-7635 2. Bartlesville Campus Phone: 918-338-8000

Rose State College www.rose.edu

1. Midwest City Campus

Phone: 405-733-7546 2. Internet-Based Campus Midwest City

Phone: 405-733-7546

Seminole State College www.ssc.cc.ok.us

Phone: 405-382-9205

Tulsa Community College www.tulsacc.edu

1. Tulsa Campus Phone: 918-595-7188 2. Owasso Campus Satellite Site Phone: 580-595-7188

Western Oklahoma State College

- www.wosc.edu
- 1. Altus Campus Phone: 580-477-7830 2. Lawton Campus Phone: 580-477-7830 3. Elk City Campus Phone: 580-477-7830
- 4. Internet-Based Campus Altus Phone: 580-477-7830

BACCALAUREATE DEGREE PROGRAMS

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- 433/434
- 2. Durant Campus Ph: 580-924-0121 3. Ardmore Campus Ph: 580-223-1441

Langston University www.lunet.edu 1. Langston Campus Ph: 405-466-3411

2. Tulsa Campus Ph: 918-594-8070

Northwestern OK State Univ.

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- 2. Enid Campus Ph: 580-233-3101
- 3. Woodward Campus Ph: 580-327-8489 4. Ponca City Campus Ph: 580-718-5600

Oklahoma Baptist University www.okbu.edu

Shawnee Ph: 405-878-2081

Oklahoma Christian University www.oc.edu

Oklahoma City Ph: 405-425-5000

Oklahoma City University Kramer School of Nursing

www.okcu.edu

1. Oklahoma City Campus Ph: 405-208-5900

2. Duncan Campus Ph: 405-208-5900

Oklahoma Wesleyan University www.okwu.edu

Bartlesville Ph: 918-335-6276

Oral Roberts University www.oru.edu Tulsa Ph: 918-495-6198

Rogers State University www.rsu.edu
1. Claremore Campus Phone: 918-343-7635
2. Bartlesville Campus Phone: 918-338-8000

Southern Nazarene University

www.snu.edu Bethany Ph: 405-491-6610

Southwestern OK State Univ. www.swosu.edu

Weatherford Ph: 580-774-3261

University of Central Oklahoma www.uco.edu Edmond Ph: 405-974-5000

- University of Oklahoma www.ouhsc.edu
- 1. Oklahoma City Campus Ph: 405-271-2428 Tulsa Campus Ph: 918-660-3950

Lawton Campus Ph: 580-591-8094 The University of Tulsa www.cab.utulsa.edu

Ph: 918-631-2619

Ph: 918-781-7325

Ph: 405-744-1998

The following programs admit only Registered Nurses to Upper Division Courses and Grant a Baccalaureate

Degree in Nursing. Information on these programs is provided here as a service to the public; however, approval by the Oklahoma Board of Nursing is not required for RN-BSN programs. Please check with the Accreditation Commission for Education in Nursing (ACEN) or the Commission on Collegiate Nursing Education (CCNE) for information on the accreditation status of the programs.

Bacone College www.bacone.edu Muskogee

Northeastern State Univ. www.nsuok.edu

Oklahoma Panhandle Univ. www.opsu.edu Goodwell Ph: 580-349-2611 Ext 269

Oklahoma State University www.okstate.edu Stillwater, OK

Muskogee Ph: 918-781-5410

- University of Phoenix www.phoenix.edu 1. Tulsa Campus Ph: 918-622-4981
- 2. Oklahoma City Campus Ph: 888-888-8166
- 3. Norman Campus Ph: 405-842-8007

ROYALTIES Continued from Page 8

Jackman, and is still performed approximately 700 times a year. As a result, William Riggs' gift has

now provided OMRF researchers with more than \$700,000.

"I've worked in the nonprofit sector my whole life, but I'd never heard of a donation like this until I joined OMRF," said Penny Voss, OMRF's vice president of development. "It truly is a gift that keeps on giving."

Indeed, the donations will continue as long as "Green Grow the Lilacs" remains under copyright. In 2017, OMRF received just over \$10,000 in "Oklahoma!" royalties.

With "Oklahoma!" celebrating its 75th anniversary in 2018, the musical saw a surge in the number

of productions. That should mean a corresponding boost in revenues for OMRF.

Even though OMRF didn't yet exist when Lynn Riggs wrote his play, I hope he'd find it fitting that his work benefits Oklahoma's homegrown research institute," said Voss

Grassroots support from Oklahomans in all 77 counties helped make OMRF a reality in 1950. "Those are the same kind of people portrayed in the musical—strong, caring, forward-looking," she said. "We still see that spirit in our donors today."







Elder Elves is a local program that • provides Oklahoma's low income • seniors with Christmas gifts. We · adopt entire communities, ranging from 55+ low income housing to inursing centers, in several areas of : Oklahoma, ranging from Shawnee to Norman all the way to Edmond. We · are seeking donations of all kinds. · An entire care package is put · together for each person, this year we have a goal of 250 seniors! Typical : items of donation are throw blankets, : puzzle books, digital clocks, slippers, • hats/scarves, costume jewelry, nail • polish, sugar free candy, cook tins, etc. We gladly accept anything you

Drop off last until
December 21st and you
can bring donation to
Autumn Leaves of
Edmond located at 1001
S. Bryant. Edmond, OK
or Synergy Home Care
at 1272 N. Interstate Dr.
Norman, OK. Please
contact Marcie Davis at
(405) 758-6982 with any
questions or to place a



think a senior would like.



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The Most Trusted Name in Home Care.



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

I have written several columns about work related stress. I am addressing it again because it is not declining. It seems like a hamster in the wheel dynamic, but this dynamic is literally killing people. So lets talk about it again.

Nicole writes: "Someone was always on top of me, " says the 42 year old. "I had regular panic attacks, felt like I would faint at any moment and was always on the verge of tears. The job literally made me sick - my health had gotten to a point that was unlivable, unworkable and a mess."

So she quit her job to save her life.

It may sound a bit dramatic, but Jeffery Pfeffer, a Stanford professor and author of "Dying for a Paycheck" says that toxic workplace practices - micromanagement, fear of layoffs, pressure to work more hours, and making people feel they are not good enough -- is the fifth leading cause of death, in front of Alzheimer's and kidney disease.

"People stay in jobs that are unhealthy for them, which cause stress," he says. "That often leads to smoking, drinking, overeating, not sleeping AND dying." Pfeffer's book is a call to action that companies need to change and the individuals, when they are in workplaces that are overridden with stress, need to quit.

What is unfortunate is that companies will probably NOT read his book. The hamster in the wheel dynamic looks like the following: 1. The employee goes to work for a company/business. 2. No big issues at first. 3. As time goes on, the micromanagement becomes more annoying. 4. The workload increases (you notice you are doing the job of 2, not what your job description defines). 5. You notice you have more headaches than usual, you sleep less due to dread of another day at the job, that second glass of wine helped to unwind. 6. Management seems more punitive and totally lacking in appreciation, job pressures increase. 7. You need the benefits and paycheck.....what do you do?

The work place movie, "The Death of the Employee" plays on. Here are some things we can do:

- 1. Take action before your cardiologist tells you your heart cannot continue with intense stress.
- 2. Take care of yourself -- Don't work an unsustainable schedule, skip vacation or miss spending time with family and friends. These things buffer the effects of stress.
- 3. Its not just about you -- job-related stress kills families, marriages and friendships.
- 4. Work for an employer who values health and well-being work is more than money, and money cannot completely undo damage to relationships or physical or mental health.

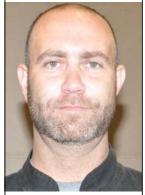


NURSE - TALK

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

If you were going to teach someone something, what would you teach? Legend Assisted Living

Compassion and dedication



William Nichols, Executive Chef

I would teach others to treat others like they were a beloved family member with love and compassion.



Denise Ayolte, LED



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

I would teach fundamentals of nursing.

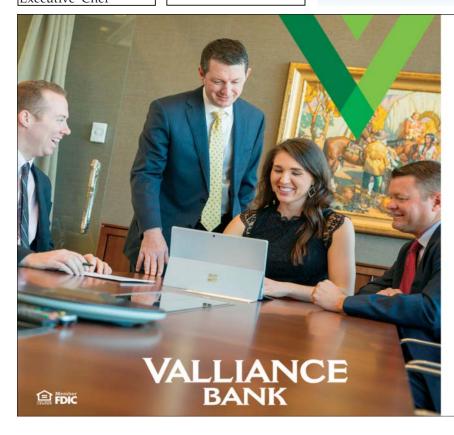


Rosalind King, LPN, AHCC

I would teach math.



Carla Lewis, ACMA



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you're not afraid of these questions.
You're part of the answer. Raise your hand and
stand with us. Give today at

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