

# **Recruiter Showcase**



December 31, 2018 Vol. 19 Issue 52 Information for the Oklahoma Nursing & Health Care Professional Published Weekly. Locally Owned and Operated by Metro Publishing L.L.C.

# Teass Teass of dot joo Kn finds calling in rehab

Karla Holland, RN, is having a ball helping people find their way back from injury at Integris Jim Thorpe Rehabilitation Center.

# by Bobby Anderson, RN, Staff Writer

Music, teaching, medical assisting and nursing.

Karla Holland's background is varied, but she tears up when she talks about that last one.

There's a passion on display that not everyone in nursing is blessed with.

And it's a fact the Integris Jim Thorpe Rehabilitation Nurse of the Year knows all too well.

"The work we put in is good work," she said, tearing up. "That's why I keep doing it."

Holland was a medical assistant, LPN then RN and is working on her master's in leadership.

Coworkers will tell you she pours into her patients.

Halfway through her master's degree, she's continuing to pour into herself.

"It's very beneficial because you have to look at the big picture. We aren't just one unit it's the whole hospital," Holland said of how her studies and her job intertwine. "Every unit contributes to the whole hospital, the entire census and all the data."

"I want to make a difference in healthcare. One person can make a difference but it's better with a team."

That word "team" gets referenced a lot when you you visit Jim Thorpe. It's one of the reasons Holland loves her job so much.

Her former role was in pediatric home health.

See HOLLAND Page 3

# Don't be a victim at work, home



Lt. Dee Dee Carter (left), Integris Public Safety Specialist, and Cleveland County Sheriff's Office Captain Ronnie Johnson helped the ONA shine a light on violence directed at nurses.

### by Bobby Anderson, RN, Staff Writer

With 18 years in law enforcement, Cleveland County Sheriff's Office Captain Ronnie Johnson has seen his fair share of domestic abuse cases.

As the Public Safety Specialist for Integris Health, Lt. Dee Dee Carter sees violence spill over into the hospital on a daily basis.

Each law enforcement officer says all too often nurses are caught in the middle of both situations. "I've seen it my entire career," Johnson said of

abuse. "My first arrest in law enforcement was a

See VIOLENCE Page 2

# VIOLENCE Continued from Page 1

domestic assault with a dangerous weapon. I didn't recognize at the time that was going to be my niche, what drove me and what I really wanted to push for and push out of the community."

"The way society is it's going to take an entire community to say that's not acceptable."

Law enforcements, administrators and fellow nurses discussed the topic at the recent Oklahoma Nurses Association Annual Convention titled Empowering Nurses: Inspire. Innovate. Influence.

Nationally, 1 in 4 nurses have experienced some kind of workplace violence. The convention helped highlight the American Nurses Association's initiative of ending violence against nurses in the workplace.

Johnson and Carter hit on both ends of the spectrum where nurses may experience abuse: at home and at work.

Speaking to an audience of largely women, Johnson shared ways people can find themselves trapped in domestic situations.

He highlighted a case where an abuser sent his partner to the store with a check to pay for goods or services knowing the check would bounce.

Once the check bounces merchants typically turn that person into the attorney general's office for collection proceedings.

This generates a warrant for the check writer's arrest until paid.

If the person experiencing abuse gets to the point where they threaten to call law enforcement then the situation is used against them with the threat of possibly losing their children.

"Would you second guess calling them if you knew your kids were going to be taken away?" Johnson said. "True or not but just the threat of that possibility (is enough)."

Abuse is often about control and may not manifest outwardly until later.

Whenever controlling tactics start not to work is when you see the physical and sexual violence and the battering stage, Johnson said.

"This could be a patient, a family member or coworker - talk to them," Johnson said. "You need to say these things sincerely."

Johnson recommends ways to approach including:

• I am afraid for your safety • I am afraid for the safety of your children

• It will only get worse

• I am here for you when you are ready to leave

• You do not deserve to be abused.

• It's not your fault.

At work, Carter says violence towards nurses is a constant concern.

"Self awareness is the biggest one and observing the environment before you go in and initiate care," Carter said of ways nurses can be on guard. "(Nurses) are overworked so they are hasty to go into a room whether it's altered mental status or a brain bleed or just a leg wound. They'll go in and start their initial assessment without even seeing what (the patient's) affect is." The idea that some violence is just part of the job and nurses should be OK with that irks Carter, whose wife is a mental health nurse.

"I don't care if its altered mental status, dementia or anything like that if you're assaulted that's assault," Carter said. "Regardless, I'll let the police make that decision or let a judge make that decision. We encourage our people 'hey, you press charges, you got assaulted.' You don't have to be subjected to unruliness."

"Once they're medically cleared, that's a felony charge and they can go to jail."

Carter estimates that safety officers are not called soon enough in up to one-third of all calls. And some of that comes down to nurses believing they can or should deal with the situation.

"I have a gun and taser on my hip but if I'm going to go deal with that patient I'm going to call for backup so why would you go in and deal with that patient alone?" Carter said. "With my wife being a nurse that infuriates me."

Johnson also advises nurses to never be in a room alone when dealing with patients withdrawing.

"They're addicts for a reason," Johnson said. "We have drugs and syringes. You have an alcohol patient that's having the same withdrawal symptoms as someone on meth."

"These people don't want Norco, they want Jim Beam and vodka and you're keeping them from getting their drug of choice and that puts you in a hostile situation."

# DHS and Liberty of Oklahoma announce re-opening of Laura Dester Children's Center



Cutting the ribbon for the first cottage to open at the Laura Dester Children's Center residential treatment program are (L-R) Millie Carpenter, interim Child Welfare Services Director; Beth Scrutchins, Developmental Disabilities Services Director; Cody Inman, Special Assistant to DHS Director; DHS Director Ed Lake; Sarah Stitt, First Lady-elect; Dr. Hugh Sage, Director of Liberty of Oklahoma; Sue Nayda, Liberty Healthcare Corporation; Tom Bates, interim Commissioner of Health; Nellie Kelly, Executive Director Tulsa Protection Coalition.

The Oklahoma Department of Human Services (DHS) and Liberty of Oklahoma announced the re-opening of the Laura Dester Children's Center as a short-term residential treatment program for children and youth with intellectual disabilities and severe emotional disturbances in the custody of the DHS. Speakers at the press conference included First Lady-elect Sarah Stitt, DHS Director Ed Lake, and Hugh Sage, Director of Liberty of Oklahoma.

Since the closure of the stateoperated emergency children's shelters, including the Laura Dester Children's Center, DHS encountered a lack of appropriate treatment services Oklahoma for children with in intellectual disabilities and co-occurring mental health disorders and behavioral challenges. Half of the children who ended up at Laura Dester were children with those diagnoses and challenges, and several young people had to be sent out of state for a level of treatment that simply did not exist in Oklahoma.

"I am excited that our community has decided to fill the gaps that exist in our current mental health system," said First Lady-elect Sarah Stitt. "I am also excited to see how we will change the lives of these children."

This treatment program will serve up to 24 children and youth in three cottages, the first of which is expected to open shortly after the first of 2019, and the other two cottages by mid-March. The program will serve young people from across the state who have co-occurring diagnosis and are in the custody of DHS due to abuse or neglect. This will not be a home for children, but will provide short-term treatment, stabilization, and followalong services, with an average expected length of stay of about six months.

"Our goal for the children who will receive treatment here is to help them get back home with their parents or in another family setting

# Continued on next page

as quickly as possible," said DHS Director Ed Lake. "We believe that every child deserves a family. We are also excited about the opportunity to repurpose this beautiful campus in a way that still meets its original purpose--to provide a safe haven for our state's the most vulnerable children."

About 30-50 percent of children and youth with intellectual disabilities also have co-occurring mental health disorders and challenging behaviors, and, for children in state custody, there is a significant need to stabilize their mental health and intervene as quickly as possible.

"We have the opportunity to serve children here and intervene earlier," said Dr. Hugh Sage, Director of Liberty of Oklahoma. "We hope to improve the quality of lives for these kids."



# HOLLAND

Continued from Page 1

The move to rehab revitalized her. "I love kids but I have kids of my own and I couldn't do it anymore because it was so sad," Holland said. "I did not want to be sad coming to work every day."

"I enjoy rehab because you're teaching people."

The next fives years will likely yield a larger leadership role.

"I've seen other hospitals and that's why I chose to work at Integris," she said. "I like working rehab because we don't have a lot of codes on this floor - I'm not saying it never happens - but you can actually see all the hard work you put in and see the miracles that do happen."

Before nursing, Holland served as a pre-k music teacher at St. John's Catholic Church in Edmond.

The move into healthcare was spurred by a need to make a difference and help others.

Since 1985, INTEGRIS Jim Thorpe Rehabilitation Center in Oklahoma City has been one of America's largest and most respected systems for both inpatient and outpatient rehabilitation needs. The team includes physicians, nurses, psychologists, therapists, dietitians, social workers, and case managers.

The hospital offers acute care therapy services, inpatient rehabilitation, and outpatient rehabilitation at convenient locations in the Oklahoma City area, as well as across the state.

Jim Thorpe provides state of the art specialty programs for limb loss, brain injury, orthopedic injury, spinal cord injury, stroke and transplant/ LVAD, and also serve patients with a variety of other illnesses and conditions including cardiac conditions, pulmonary disorders, Parkinson's disease, burns, neurological conditions, cancer and other debilitating diseases.

Holland has worked at both Jim Thorpe facilities in the metro. Working at Integris Southwest Medical Center's Jim Thorpe, she learned a lot about rehabilitation with spinal cord injuries.

Her Integris Baptist experience has opened up her eyes to cardiac rehab, LVAD, and transplant patients.

She tears up when asked why she does what she does.

No two days are alike.

"You can never plan, ever," Holland said. "If you plan it's not going to work out how you planned so I'm just open to whatever happens and deal with it. If you're a planner and try to plan it's not going to work out. You have to be flexible. Patient safety and patient care is always first."

"You're always using the nursing process and seeing what's most important."

Holland has three daughters and a son who were there as she battled through nursing school.

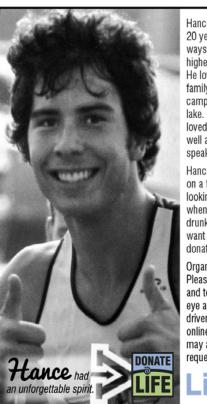
"I don't know how I did it but I did," Holland laughed. "I was studying constantly and my husband was a huge help."

Earlier this year she was named Jim Thorpe's Nurse of the Year for 2018. That meant she was able to dress up and attend a ceremony with her family. "I'm proud of my mommy, I think she deserves it because she works really hard and is a great person," daughter Danielle said of her mom's award.

"She works super hard and I'm proud of her and she helps a lot of people," daughter Bella echoed.

And daughter Makayla summed it up quite nicely: "I think it's awesome that my mom is nurse of the year and I'm very proud of her."

And that, too, brings tears to Holland's eyes.



Hance touched so many lives in his short 20 years. Skydiving and scuba-diving were ways Hance experienced some of the highest and deepest wonders of this world. He loved spending time with friends and family outdoors hiking, rock climbing, camping, biking, running and going to the lake. Hance was a proud Christian. He loved worshiping God through camps, as well as serving, ushering and even speaking at church.

Hance was attending the University of Utah on a full NROTC scholarship and was looking forward to serving our country, when his life was tragically taken by a drunk driver. His family knew that he would want to help others through organ donation.

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



And Operated by Metro Publishing L.L.C.

NURSING TIMES

Phone (405) 631-5100 Fax (405)631-5103

P.O BOX 239 MUSTANG, OK 73064

Editor and Publisher, Steven R. Eldridge - news@okcnursingtimes.com Recruitment Advertising - Amanda MIller - amiller@okcnursingtimes.com Advertising Services Lisa Weigel - advertising@okcnursingtimes.com Writers: Bobby Anderson, Vickie Jenkins, Vicki L Mayfield, M.Ed., R.N. 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.

Print and digital distribution may vary from time to time at the publisher's discretion due to growth and market changes that are dependent on location influence and market conditions necessary at the time of publication.

# **PASSION IN NURSING** SKILLED NURSING: KEEPING IT ON THE LIGHTER SIDE

# by Vickie Jenkins - Writer/Photographer

Epworth Villa Skilled Nursing has earned a reputation for outstanding nursing and therapy care. Medicare covers skilled care following a 3 night stay in the hospital, when patients need a short term nursing and rehabilitation. Their licensed nursing and therapy team's work together to develop a coordinated plan of care specifically for each patient. If you or a loved one wishes to use their services after a hospitalization, let your hospital case manager know that Epworth Villa is your choice. They will work together to make sure they can meet your needs.

One of the nurses that you will find working at Epworth Villa on the skilled nursing floor is Cassie Henry, LPN. Cassie has been at Epworth Villa for 5 years now. "I love my job," she said. "In the beginning, I worked here in the assisted living unit as a

CNA, then at Mercy Clinic here. good work ethics, but most of all, That is when I went to school, going for my RN. When I came back here, I am presently working on the skilled nursing floor," she said. "I like all of the residents that I have gotten to know."

Growing up in Oklahoma, Cassie attended Canadian Valley Vo-tech. "I have wanted to be a nurse ever since I was a little girl. I remember helping take care of my grandparents. Gosh, that was so long ago," she said. "I grew up on a farm, so naturally, we had lot of animals. I remember helping as much as I could. There was something special about taking care of all the animals that we had. I remember caring for them and taking care of them."

What qualities make a good nurse? "Well, naturally, I would say that a nurse needs to be compassionate, understanding with be patient."

What is your favorite part about working at Epworth Villa? "I love the way that I can have direct contact with the residents. I like spending time with the residents whether it is to talk to them or to work with them. Bless their hearts. They have so many stories to share."

What is the most challenging about your job? "I think it would be the lack of confidence on some of the residents so we say, we can do it! We try to keep the residents healthy and happy. That is our main concern," she said. "I usually see 8-12 residents and each one with their own little personality," she said with a laugh.

Cassie's typical day stays pretty busy. "The resident can stay from 10 to 100 days depending on their

medical situations and what their family wants them to do."

Looking ahead, Cassie sees herself being here at Epworth Villa in 5 years. "Why would I ever leave a job that I love so much?" she asked. "Actually there are a lot of people here that have been here a lot longer than me. I love the skilled nursing residents, and I actually prefer this type work over the clinic work that I used to do. As the populations grow, I will still like this age group."

Speaking to Cassie, she tells me how she is married to Curtis and enjoys spending time with him and their three daughters; Harley 15, Cheyenne, 12 and Hannah, 10. Their family likes to ride along the jeep trails, plus time remodeling their house and working on cars. "Yes, I grew up working around the house, repairing different things. See HENRY Page 5



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 meets bimonthly. For more info, please contact Shawna Feezor, Healthcare Recruiter at 918-599-5228 | shawnafeez@aol.com



OKLAHOMA ASSOCIATION OF

Nurses, let your voices be heard at the **Capitol this Legislative Session!** 



**ONA Nurses Day at the Capitol** Feb. 26, 2019 in OKC

**Opportunities include:** Nurse of the Day February - May 2019

OKLAHOMA NURSES ASSOCIATION

Find more information and register at: www.OklahomaNurses.org.

Oklahoma Nurses Association www.oklahomanurses.org | 405.840.3476

Oklahoma's Nursing Times





Cassie Henry, LPN, enjoys working with the residents in the skilled nursing unit at Epworth Villa.

# HENRY Continued from Page 4

I can work on cars just as well as the other person and proud of it!"

Cassie sums up her job in one word. "Busy," she said. "Of course, that is not a bad thing," she added. "Between my jobs, my family and a little remodeling on the house, (a lot of remodeling on the house) we have several pets; three Pit Bulls, one Yorkie, one mini Australian Shepherd, one Guinee pig and three fish." "The main point of my job is keeping my heart focused on the residents, making them feel loved and wanted. I grew up treating everyone the way I wanted to be treated, with compassion and love. I think that is what a lot of these residents want and I wasn't to be a part of that," Cassie said. "I just like to keep my conversations with them on a lighter side, let them know that I will be there to take care of them and if they need a laugh, I will try."





When the National Council of State Boards of Nursing released guidelines for cannabis patient care, it simultaneously validated the legitimacy of cannabis nursing, and underscored the immediate necessity for medical professionals to gain practical medical marijuana patient care education. Cannabis Nurses Network, a professional education and development network, is producing the only conference where licensed medical professionals can get the education recommended in the NCSBN Guidelines; essential cannabis knowledge, clinical recommendations, administration and ethical considerations are integral to the programming. Cannabis Nurses Network Conference (CNNC) comes to San Diego, California February 28th-March 2nd, 2019.

"Cannabis Nurses are revolutionizing the future of plant-based healthcare. In response to a national shift that is currently occurring in healthcare, and specifically within the nursing profession, it has become imperative to provide nurses with access to high-level education involving the science, research, and implementation required for sustaining evidence-based practice regarding cannabis patients. CNN is heeding the call to deliver this important education during CNNC," says the Founder of CNN and longtime advocate Heather Manus, RN.

National nursing guidelines and recommendations regarding cannabis related issues have recently been published highlighting required areas for nurses to seek continued education.

People are using legal cannabis products in nearly every state in our nation, with or without medical advice. Nurses are the patients' lifeline, the heartbeat of healthcare, the ones who must learn and understand the importance of the human endocannabinoid system.

Cannabis Nurses Network is stepping in as an international resource for cannabis patient care with the conference, and an online fundamentals curriculum addressing medical marijuana education, scheduled for release in early 2019. The Cannabis Nurses Network Conference offers accredited continuing education, while bringing together thought leaders, educators and authors in medical cannabis education to advance the quality of cannabis patient care around the globe.

420MEDIA has been named an official media partner for the Cannabis Nurses Network Conference.

About Cannabis Nurses Network: The Cannabis Nurses Network is a professional development and education network designed exclusively for cannabis nurses, with a mission to empower nurses through education, opportunity, recognition and advocacy. www.cannabisnursesnetwork.com

Oklahoma's Nursing Times

# TRANSFORM **YOUR CAREER** WITH US.

INTEGRIS

**Community Hospital** 

Page 6



**Now Hiring at ALL Locations** Council Crossing • Moore • OKC West • Del City

# **POSITIONS AVAILABLE:**

- ER Registered Nurse
- Inpatient Registered Nurse
- ER Technicians
- CT/Radiology Technologists
- Patient Access Specialists



Full-Time and PRN positions available **Competitive Salaries** 

# APPLY NOW at INTEGRIScommunityhospital.com

INTEGRIS and Emerus are joint venture partners in INTEGRIS Community Hospitals. Emerus is the operating partner and hospital team members at the ommunity hospital locations will be employees of Emerus Holdings, Inc., a national network of hospital partners and largest operator of micro-hospital

123 CERTIFIED MEDICAL	123 CERTIFIED MEDICAL	124 CERTIFIED NURSE
ASSISTANT	ASSISTANT	ASSISTANT
We are actively searching for a Certified Medication Aide (CMA) Montevista Rehabilitation and Skilled Care is actively searching for a Certified Medication Aide (CMA). The CMA is to administer oral and topical medications to residents. These tasks are performed as ordered by a physician, under the supervision of a licensed nurse, in accordance with state and federa rules and regulations, and consistent with facility policies. 7604 Quanah Parker Trailway,	do more than manage immates, we care for people. CoreCivic is currently seeking Certified Medication Assistants who have a passion for providing the highest quality care in an institutional setting. The Certified Medical Assistant parforms and assiste with	We are seeking Certified Nurse Aide, Nursing-Adult 7pm-7am. Assist patients with activities of daily livings, provide basic nursing care and assists in maintenance of safe and clean environment under the direction and supervision of the Registered Nurse on unit. CNA certification in good standing in the State of Oklahoma. Current BLS certification. Preferred: Minimum of 2 years of successful work experience as a CNA. Pauls Valley General Hospital: 100 Valley Dr, Pauls Valley, OK 73075.

# 124 Certified Nurse Assistant

We are currently looking for a **Certified Nurse Aide** WILLOW HAVEN Nursing Home, we are currently looking for a C.N.A day shift apply in person 1301 North 5th, Tonkawa, OK 74653

# 140 GENERAL NURSING

# Licensed Practical Nurse, Registered Nurse, Advanced Certified Medical Aide. **Certified Nurse Aides**

Claremore Veterans Center Immediate Openings Licensed Practical Nurse 12-Hour Shifts/creative scheduling 12-Hour Shifts/creative scheduling Unclassified Appointment/State Benefits. Registered Nurse 12-Hour Shifts/creative scheduling Unclassified Appointment/State Benefits. Advanced Cert Med Aide Evening Shift (3p-11:30p) Classified Appointment/State Benefits. Must have all Benefits. Must have all advancements plus 3 years patient care experience. Certified Nurse Aides. Evening Shift (3p-11:30p). Less than 1 year exp - \$14.00/hr "Appointment through GALT Foundation. For more information, please contact: 3001 W. Blue Starr Dr. (PO. Box 988). Claremore, OK 74018. 918-342-5432(p)

# We are seeking Licensed Practical Nurse and Certified **Nursing Assistants**

Sequeyah Manor is now accepting applications for LPN 2pm-10pm o \$21 per hour 10pm-6am o \$22 per hour CNAs. Different Pay Available for 2nd & 3rd Shifts. WE OFFER MAJOR MEDICAL. Please in person at: 615 E. Redwood. Sallisaw, OK. No phone calls

### We are currently seeking Registered Nurses and Licensed **Practical Nurse**

The OK Department of Veterans Affairs, a 24/7 long-term facility, is surrently seeking Registered Nurses and Licensed Practical Nurse in Claremore, OK. We offer a wide array of benefits for full-time staff, relider the benth increase of the array of benefits for full-time start, including free health insurance after 60 days, competitive salaries, and creative scheduling. As an LPN you will be supervising and/or performing technical direct and indirect nursing care in an Oklahoma Veterans Center under the ourserision ar direction of

the supervision or direction of

the supervision or direction of a registered nurse or licensed physician. This includes taking temperatures, pulse, respiration, and blood pressure, and various other technical nursing tasks in providing health care to patients. This is the basic LPN position where you will perform routine entry-level tasks under close professional supervision and in a training status to build your skills in providing nursing care as a licensed practical nurse. 3001 W Blue Starr Dr, Claremore, OK 74017

'Applies to registered nurses in select patient units with at least two years of nursing experience. Four-year work commitment required. \$20,000 sign-on borus program valid through lanuary 31, 2019. "View program details at studential of door.

EDE Protected Veterans/Disability

Oklahoma's **Nursing Times** 



Small-town lifestyle. Big-time benefits.



# \$20,000 sign-on bonus for experienced RNs.

As a Saint Francis Hospital Muskogee nurse, you can enjoy the best of both worlds: a friendly, small community and the resources of Oklahoma's largest healthcare provider. And, now through January 31, enjoy a \$20,000 sign-on bonus.\*

Less than an hour from Tulsa, Muskogee features outstanding cultural and natural attractions, including numerous lakes and state parks that offer boating, skiing, golfing, fishing and every other type of outdoor family recreational activity.

#### Why now is a great time to join our team:

- \$20,000 sign-on bonus and relocation assistance for experienced RNs\*
- · Great benefits, including paid time off, tuition assistance, medical and dental insurance, retirement plans, onsite childcare, adoption benefits and more
- We are a qualified not-for-profit organization, so you may be eligible for federal student loan forgiveness\*

### Saint Francis Health System includes:

- Saint Francis Hospital
- The Children's Hospital at Saint Francis
- Warren Clinic
- · Heart Hospital at Saint Francis
- Saint Francis Hospital South
- · Laureate Psychiatric Clinic and Hospital
- Saint Francis Hospital Muskogee
- Saint Francis Hospital Vinita
- Saint Francis Cancer Center
- · Saint Francis Home Care Companies
- Saint Francis Glenpool

To learn more about nursing opportunities at Saint Francis Hospital Muskogee, please call Melissa at 918-558-8028.







Carser Opportuniti

Changing Lives for the better, together. It is what we do. And, it is who we are. Join us! At Hillcrest, our goal is to Change Lives for the better, together. Hillcrest Hospital South provides state-of-the-art technology in an easy-to-navigate community setting. Our 180-bed facility offers a wide range of inpatient and outpatient services, including maternity, cardiology, emergency, orthopedics and surgery. Hillcrest Hospital - South is committed to evidence-based medicine and our results speak for themselves. HILLCREST IS CURRENTLY HIRING NURSES!

# \$10,000 SIGN ON BONUS FOR KEY POSITIONS

- · Cath Lab
- SDU Nights NICU Nights
- Hillcrest South offers:
- Sign-On Bonuses For Experienced & New RNs
- · Friendly & Collaborative Environment
- · Opportunities For Advancement
- Tuition Reimbursement

8801 S. 101st E. Ave.

AllianceHealth

A Great Place to Work ~

Join Our TEAM Today

Tulsa, OK 74133

\$5,000 SIGN ON BONUS FOR FULL-TIME POSITION

We're hiring FT/PT/PRN RNs for

**Medical Surgical - RNs** 

Emergency - RNs

Applicants should apply at

www.alliancehealthseminole.com

SEMINOLE

ICU Nights

# Apply at www.hillcresthospitalsouthjobs.com or call HR at 918-294-4866 if you have any questions.

204 REGISTERED NURSE

Flex Registered Nurses needed at Lindsay Municipal Hospital in Surgery Department. No weekends. Experience Required. Please apply

hillcrest Hospital South

EOE

at 1305 West Cherokee, Lindsay, OK 73052 or fax your resume to 405-756-1802. No phone calls please

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

We are needing Certified Nurse Aide for 2pm-10pm

204 REGISTERED NURSE

Nurse Aide for 2pm-10pm shift Monday thru Friday. WILLOW HAVEN Nursing Home is needing C.N.A for 2-10 shift Monday thru Friday. Apply at 1301 North Fifth, Tonkawa, OK.



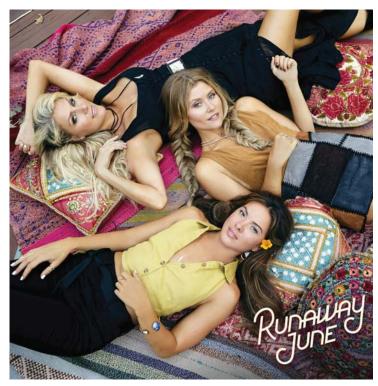
# Mercy Health Foundation to Host Annual Gala on Jan. 18 Fundraiser will feature a performance by country music group Runaway June

Next month, break out your dancing shoes to benefit a great cause at the Mercy Gala, hosted by Mercy Health Foundation Oklahoma City.

The annual fundraiser will be held on Friday, Jan. 18, at 6 p.m. at the National Cowboy & Western Heritage Museum in Oklahoma City. This year's event will feature dinner, a silent auction, a raffle, a special performance by country music trio Runaway June and an after party hosted by DJ Kirby.

Recognized by Billboard as the "Next Hot Trend in Country Music," Runaway June is the first all-female trio in more than a decade to earn two Top 40 hits. The group also received a 2018 Academy of Country Music nomination for "New Vocal Duo or Group of the Year." They just released their debut project for Wheelhouse Records and are preparing to join Carrie Underwood on tour in May.

"For more than 30 years, the Mercy Gala has been a way for the community to come together to help those in need receive medical services and we are so thankful for that support," says Lori Cummins, executive director of the Mercy Health Foundation Oklahoma City. "And, we are thrilled to have Runaway June performing and DJ Kirby hosting our after party this year."



Runaway June will be highlighting the Annual Mercy Health Foundation Gala with a performance January 18, 2019. See GALA 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

2. Sallisaw Campus Ph: 918-775-9119 Ext 108 3. 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

# ext. 796

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 Altus Campus Phone: 580-477-7830
 Lawton Campus Phone: 580-477-7830
 Elk City Campus Phone: 580-477-7830 4. Internet-Based Campus Altus Phone: 580-477-7830

# BACCALAUREATE DEGREE PROGRAMS

East Central University www.ecok.edu 1. Ada Campus Ph: 580-332-8000 Ext 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. www.nwosu.edu

1. Alva Campus Ph: 580-327-8489 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 2.

Lawton Campus Ph: 580-591-8094 3.

#### The University of Tulsa www.cab.utulsa.edu Ph: 918-631-2619

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 Ph: 918-781-7325

Northeastern State Univ. www.nsuok.edu Muskogee Ph: 918-781-5410

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

Oklahoma State University www.okstate.edu Stillwater, OK Ph: 405-744-1998

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

Page 9

Page 10

Oklahoma's Nursing Times

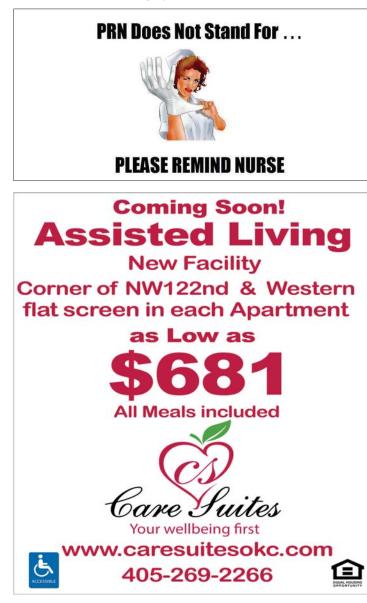
# GALA Continued from Page 8

DJ Kirby has a distinct style of mixing and blending classic party music spanning every music genre. He has performed with The Black Eyed Peas, Bon Jovi, Britney Spears, Maroon 5, Justin Bieber, Jay-Z, Justin Timberlake, Kid Rock and many others. He also has a mix show every Saturday on eight different radio stations across the country.

Because Mercy provides care to all patients, regardless of their ability to pay, all proceeds from the gala will support the charitable needs of patients at Mercy. Last year's event raised more than \$280,000 for programs like Mercy's Project Early Detection, which provides free breast health services to uninsured or underinsured Oklahomans.

This year's event will help support the charitable needs of patients at Mercy in Oklahoma City to include the Mercy Good Samaritan Clinic, Project Early Detection and other forms of patient assistance like help with medications, transportation, nutrition and more.

To learn more about the gala, to purchase tickets or to become an event sponsor, visit **www.bit.ly/ MercyGALA19** or call (405) 486-8944. Individual tickets are \$200 and sponsorship opportunities are still available.





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

It's almost 2019 and those New Years Resolutions are being made...... to be broken! So why don't we skip them this year and decide on more realistic goals. Lets take inventory and find something we can work on to get healthier, have more meaningful relationships and feel less guilt. So here goes.....

First lets look at the verbiage we use that sets us up for failure. Lets replace the following words with the new 2019 words for success:

Old - Exercise

New - Movement

Lets stop making all those overinflated exercise plans that might last 2 weeks, usually involves expensive equipment, gym memberships, fitness classes, and wake up times at 0500 when 0700 is your wake up time. Failure is screaming your name.

Old - Confrontation

New - Uncomfortable communication

Does anyone really like confrontation?? (No hands raise!) But how is it possible to be in a relationship and not have "uncomfortable" issues that arise. If you try to avoid topics that are unpleasant, even anger provoking, they will NOT magically disappear. The more you run, the more they follow.

# Old - Diet

New - Healthy choices

Does deprivation really sound like something fun? That's what diet means.....depriving ourselves of something we like. What if we said, "I am going to decrease the amount of times I eat fast food, replacing with a home cooked meal. I am going to find new recipes and enjoy eating healthy food. But please NO DIETS!!! Worst word ever!!!!!

# Old - Should

New - Could

"I should have gone to bed earlier so I wouldn't be so tired."

"I should have made that doctor's appointment."

So how do you feel after making these statements? Guilty? That would be my guess.

"I could have gone to bed earlier so I wouldn't be so tired."

"I could have made that doctor's appointment."

Feel less guilty and more in control of your choices? That's the idea!!

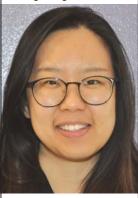
Happy New Year 2019!!

Oklahoma's Nursing Times



NUR

We wake up at 7:30 and my dad cooks breakfast (the only day of the year) we open gifts, eat dinner and then, we watch a movie and drive around looking at lights.



Minjung Kim, RN



Getting with family and playing Bingo, Dirty Santa and Spoons. The kids find the perfect gift, teaching them it's not what a gift cost but how meaningful it is to give the gift to each person.



LPN

What is one of your Christmas traditions? The Children's Center Rehabilitation Hospital

the children's center

Every year we wrap up odd items from around the house and attach money to the bottom. The best part is how creative everyone gets and the reactions when it is opened!



Stephanie Thomas, RN

My favorite Christmas tradition is waking up early Christmas morning to make breakfast with my dad for the family.



Marissa Elrod-Schweitzer, CNA



Elite Checking

Made especially for customers aged 50 or better

- No Monthly Minimum Balance
- No Monthly Service Charge
- Earns interest on balance over \$200
- FREE Valliance Bank checks\*

# Call Us to Open an Account Today! 405.286.5750

\*\$100 to open. First order of Valliance Bank checks are free.

NORMAN | OKLAHOMA CITY | VBANK.COM

# Where do you find helpwhen you're one<br/>in a million?\$00,000 Oklahomans<br/>are in need of<br/>MENTAL HEALTH<br/>Services.

Doing what's right isn't always what's easiest. But as part of the United Way of Central Oklahoma, you're not afraid of these questions. You're part of the answer. Raise your hand and stand with us. Give today at **StandUnitedOKC.com** 

