

# Nurse Loves Job, Helping Others



Connie Furrh, RN Risk Manager at The Spine Hospital is full of life as she continues to strive for excellence throughout her journey of helping others.

#### by Vickie Jenkins

Connie Furrh, RN Risk Psalm 46:10. "This scripture Manager at The Spine Hospital has a very special meaning in Oklahoma City, OK. to me and it has ever since Connie has been a nurse I became a nurse," Connie for 45 years. Walking into Connie's office, is a beautiful

picture hanging on the wall, with the scripture, Be still What a pleasure to meet and know that I am God. said. At the tender age of 8, Connie remembers helping

her Nanny when it came to caring for others. "My Nanny was a kind and gentle woman that was always thinking of the other person first. She was such a loving person and I wanted to be just like her; helping others. It was at that time that I knew that I wanted to be a

nurse."

"It was in 1982, I started the PRIDE (Parents Responding to Infant Death Experience) organization. Initially, I learned more from the parents whose babies had died, than from books. I helped plan the

## **NWOSU** receives Approval for first doctorate degree A Doctor of Nursing Practice



Dr. Janet Cunningham, Northwestern president, speaks to members of the Oklahoma State Regents for Higher Education during its meeting when the Doctor of Nursing Practice degree was approved. Northwestern expects to enroll its first students in the program in the fall of 2017.

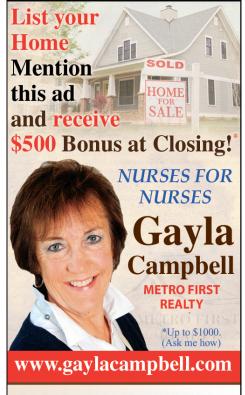
For the first time in its 119 year history, Northwestern Oklahoma State University will offer a doctoral program, and its impact upon the health of rural Oklahomans could be dramatic.

The Oklahoma State Regents for Higher Education today granted approval for Northwestern to offer a Doctor of Nursing Practice degree that will allow nurses with a Bachelor of Science degree in nursing (BSN) to become nurse practitioners (DNP). Northwestern will be only the second public university in Oklahoma to offer a DNP program and the only public university in Oklahoma to offer the BSN - to- DNP option.

The program will feature an emphasis on health care in rural areas with a role emphasis on the Family Nurse Practitioner and is expected to enroll its first class in the fall semester of 2017. Candidates for the program will be RNs who have completed their BSNs and wish to pursue the

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NWOSU Continued from Page 1

Family Nurse Practitioner role. Graduates will be eligible for certification as FNPs and APRN licensure. Master's -prepared family nurse practitioners will also be eligible to enter the program as DNP degree completion students. "This is truly a

landmark day for Northwestern as we take a significant step in the growth of our academic programs," Dr. Janet Cunningham, university president, said. "We are excited about being able program, especially a DNP providers in all parts of the state, particularly rural Oklahoma."

"I congratulate Northwestern Oklahoma State University and President Janet Cunningham on the State Regents' approval to offer the Doctor of Nursing Practice in Advance Nursing Practice," said higher education



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to offer our first doctoral program, especially a DNP program that will expand access to primary care providers in all parts of the tot and program that providers in all parts of the tot and providers in all providers in all parts of tot and providers in all provi

Chancellor Glen D. Johnson. "This new doctoral program and the excellent partnerships Northwestern has developed with regional healthcare providers will address unmet healthcare needs in under-served areas of our state."

Fifty-five of Oklahoma's 77 counties are designated as federal shortage areas for primary health care professionals with this shortage especially severe in the rural areas. Rural counties have a significantly lower rate of primary care providers per resident, and the shortage of primary care providers plays a large role in the poorer health outcomes of rural residents. In some counties in northwest Oklahoma, there are more than 3,000 residents for each primary care provider. The demand for primary care is projected to increase over the next five years, largely due to population growth and aging, and to a smaller extent, expanded health insurance coverage. The U.S. Bureau of Labor Statistics expects the demand for nurse practitioners to grow approximately 19 percent by 2020, well above the national average. The median salary for a nurse practitioner is \$96,018 with double digit salary growth expected in the next four years.

"As a regional university, Northwestern has an obligation to improve the quality of life for northwest Oklahoma," Cunningham said. "Providing additional primary care providers to serve small hospitals and clinics will help satisfy a critical need and in turn help protect rural Oklahoma."

The DNP program will be a threeyear program consisting of 73 credit hours and will feature an online component with a required summer residency program. More than 1,000 clinical hours will be a part of the program.

"The program was designed to combine very high academic standards with the flexibility to accommodate the schedule demands of working nurses," Dr. Bo Hannaford, dean of the School of Professional Studies, said. "When you combine the convenience of online learning with the affordable tuition costs of Northwestern, you have a program that will be highly marketable."

Initial funding for the program is being provided by the Charles Morton Share Trust of Alva. The Share Trust will provide funding for the next five years to create an endowment and assist with the immediate costs of starting the program. Plans call for Northwestern to employ a program director, two additional nursing faculty members, and an administrative assistant over the next three years.

"We thank the members of the Share Trust for their continued support of and confidence in Northwestern," Cunningham said. "The members are committed to a strong community and a strong Northwestern. Their investment in this program delivers on both."

### FURRH Continued from Page 1

first International Walk to Remember program in Washington, DC on the Capitol Steps for Parents whose babies had died. We had parents from all over America attend. Two of the nurses I worked with, Linda Moxley and Joyce Lung wrote the lyrics to the song, From Miracles to Memories and a PRIDE parent, Patti English, wrote the music. The song was performed on the Capitol steps," Connie said. "The most sobering memory of that time was viewing all of the baby blankets made by those precious parents covering the entire steps to the Capitol."

Connie attended school at Baptist Memorial School of Nursing. "I graduated with 12 awesome nurses whom I still have regular contact with, most of them to this day. I have worked in and consulted with a lot of hospitals over the years and each time, I learned as much as I could. I have always pushed myself a little farther, striving for excellence and thought continuing my education was a treat. Patients are extremely important to me and I strive to hold standards of care, patient safety endeavors and best practices as a continuing process," she said.

It was in 1990, that things took an unexpected heart breaking turn. There was an infant abduction at an Oklahoma City Hospital. Going through such a traumatic incident in the hospital, Connie became ill and couldn't function as before. "I wasn't sure if I wanted to continue to be a nurse," Connie said. "My dad was a wise man. He called me and told me to come to Stratford, OK where he lived. When I arrived, he drove me to a small acreage he owned in the country, miles from town. He unloaded a lawn chair and an ice chest. What are you doing? I asked. My father replied, I have asked you to find the time to visit with the Lord and let Him heal you. You haven't listened to me and now you have no choice. With a kiss on the cheek, he drove off, leaving me there for 6 hours, to have my alone time with God. I listened. I began to heal. I continued my nursing."

In the National Center for Missing and Exploited Children book, "For health care professionals: Guidelines on prevention of and response to infant abductions", Connie is one of the contributors with Prevention of Infant Abduction for Healthcare Professionals. She also appears in the Safe Guard Their Tomorrows training video for healthcare professionals. "Prior to the first publication of this book, there was no instruction for hospitals on infant security. I am an authorized trainer for the National Center and teach all over America on how to protect babies in hospitals. It has been 40 months since there has been an infant abduction in a hospital, Connie commented."

Connie enjoys spending time with her five grandchildren. "I have another one due next month. Both my children chose professions for services to others. I am so proud of them," Connie says with a smile.

"What are some words you live by?" I ask Connie. "That would be honesty, integrity and good work ethics. My dad nailed a little mirror to my first office wall and told me to look in that mirror when I arrived and promise to give 100% and to look at it at the end of the day. If I had not done what I should have, he told me to sit my purse down and get back to it. I told my dad once, 'I found a job that is an 8-4 job.' He said, haven't you figured out you are the one that makes it longer? I think he taught me great work ethic."

Connie will always be thankful for her loving parents for many reasons. "I will always remember the time my father took me to the small acreage in the country and the 6 hours I spent all alone, talking to God, beginning to heal. I love my job as a nurse and I love helping others. I will always live by the scripture, *Be still and know that I am God. Psalm 46.10.*"





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# **CAREERS IN NURSING OVER AND ABOVE - NURSING STAFF TRANSCENDS ORDINARY WORK**

Being able to help the residents staff at The Fountains at or Canterbury makes every day special for Linda Hakala, RN, she said of the Oklahoma City center.

"It's being able to see the results of what is being done with memory care and being able to be part of that as well as the nursing staff," Hakala said.

Hakala became a registered nurse in 1987 when she earned her degree at Cloud County Community College in Kansas. She worked a little bit in a hospital but has since worked exclusively in the realm of geriatric care. She has worked in home health, assisted living, long-term care and skilled nursing. She has also worked with residents living with memory care issues.

She recognized at age 17 by examining her career choices that a nursing career would be her niche.

"I have always been the one to help people," Hakala said. "And then

#### by James Coburn - Writer/Photographer

actually passed away there. Then at the age I was and being a senior in school trying to graduate didn't let me be with my mother as much as I would like to have been."

"So I think that played a big part in wanting to become a nurse," she said.

She said the main part of her drive is helping the residents at The Fountains at Canterbury succeed. A lot of her accomplishments occur due to working with a professional staff who are geared toward the residents' needs, she said.

"We do resident centered care," Hakala said. "I'm very strong in wanting the residents to have what they want and not just necessarily what they need. But what do they want and how can we accomplish that?"

She said that Mary Shrum, program director for assisted living and memory care, has an important

my mother was in the hospital and role in the daily lives of the Grill for dinner to celebrate Mardi residents. It is one that she admires, Hakala said.

> The Fountains at Canterbury is a continuing care community. This means there is a continuum of levels from independent living to assisted living, long-term care and memory care.

"We cover every area," Shrum said. "As far as activities, they are as varied as our residents. We do a lot of outings but it's geared specifically for the areas they live in."

Independent living residents might take a trip to Fort Worth. Memory care outings have included excursions to the Wichita Mountains near Lawton for an entire day. They went to see the Holy City and had lunch.

"We do the same things, just geared differently for what they can do," Shrum said.

The assisted living residents recently enjoyed going to the Bayou

Gras. And members of long-term care recently returned from an outing at the Affair of the Heart.

Either nurses or care staff always join the residents on their outings, Shrum said.

"The fact that the nursing staff connects on a personal level is what I admire about them," Shrum said. "I'm not a nurse, but we all get to know them at such a level that we know pretty much what they're going to need before they need it. And we try to anticipate that need."

Glenn down the hall likes Dr. Pepper.

"It's things like that. We do random acts that make the day better. Our mission statement is we are committed to creating extraordinary communities where people thrive," Shrum said. "That's

#### Continued on next page

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





Our dad was everything. He was a baseball player, bull rider, musician, welder, jewelry maker, Air Force Korean War veteran, Shriner and Cherokee dancer. What a dad! He was all man. He loved life, his wife, and us, his three daughters. It took us by surprise when he died suddenly, but it was no surprise that he had indicated on his license that he wanted to be a donor. We had no hesitation when we were asked about donation. Dad was so full of life that it just made sense that he would give life to others. There will never be another man like him and we all will miss him.

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Linda Hakala, RN, and Mary Shrum, program director, get as much back from the residents of The Fountains at Canterbury as what they give themselves.

the way we do it. We will do something off-the-wall and it will make their whole day."

Shrum said it is the hugs she gets everyday that enriches her life at The Fountains at Canterbury. She can walk through the dining room and get 12 hugs in a heartbeat.

The residents know when she is having a hard day just as she knows when they are facing challenges.

"It's a constant support system. They support me and I support them," Shrum said.

Whether its memory care or assisted living, the residents reach out to encourage and support Shrum, she continued.

One of the residents at The Fountains at Canterbury began her career working at the state Capitol. She painted the portrait of Gov. Edmondson in 1963 and continued with her painting after her retirement.

"She paints daily. She loves it. We took her back to the Capitol and she just brightens your day," Shrum said.

Another woman in memory care was an Air Force pilot during World War II, Shrum said. Her husband was a pastor and she still talks about her life in the Air Force.

The nursing staff goes above

and beyond their duties to meet the needs of the residents, Shrum said.

"I have a nurse that will come in on his days off and sit and do puzzles with the residents," she said of Darrell Teague.

He does this for a resident who barely comes out of her room. He wants her to have interaction with others, Shrum said. He has also gone on multiple outings with Shrum.

"He will come up and make bread pudding for the residents," she said. "This is over and above and he's not on the clock when he does it."

## **Handmade Hearts Comfort Mother and Baby**

It's a reality no mother ever wants imagine; being to discharged from the hospital and leaving your newborn baby behind.

That fear became real for Keely Mallory. On Jan. 17, with more than a month left in her pregnancy, Keely gave birth to her first child, Rhett.

"We had a talk the morning I gave birth to him. I told him stay in there, but he

entrance," Keely joked.

Keely laughs about it now, but for almost a month she and her husband put their lives on hold to be by Rhett's side in the neonatal intensive care unit (NICU) at Mercy Hospital Oklahoma City.

They found comfort in a surprising place: a tiny piece of handmade cloth in the shape of a heart. Rhett had an identical heart inside his neonatal incubator. Keely would wear or sleep with hers one night, before exchanging it with the heart in Rhett's bassinet the next day.

"The idea is that the mother's or child's scent rubs off on the cloth," said Mercy Hospital Chaplain, Trisha Wiscombe, who helped implement the idea. "We found through research that scent plays a large role in bonding."

In turn, the scent of her child



he was only 35 weeks Rhett Mallory, born more than a month early and that he needed to was discharged and is doing well.

was determined to make a grand may help release a flood of happy hormones in the mother that assist with milk production. For Keely, she said it also helped provide her with a sense of comfort and calm during a time that was often stressful.

> "It was a way to have him at home when he couldn't be," Keely said. "It was so hard leaving him at the hospital every day, so to just be able to lay the cloth on my pillow at night was very comforting and helped with our transition."

> Each of the hearts is handmade by Mercy Hospital Oklahoma City volunteer Fran Thibedea, who estimates she's made close to 200 so far. All mothers with children in the NICU receive them. The idea is also in place at other Mercy hospitals in Missouri.

> Rhett was discharged from the hospital on Feb. 12. Both he and Keely are doing well.







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#### story and photo by Vickie Jenkins

I spoke with Dawn Lyles, RN, BSN, Clinical Director of Med-Surg at AllianceHealth Deaconess Hospital. She was excited to introduce me to the new Posey Alarm. "The alarms are being piloted on 3 E-Rehab with rollouts to all units in the coming months, including the Emergency Department. The alarms are another tool to assist with AllianceHealth Deaconess being an HRO (high reliability organization). The alarms, along with our new Safety Watch Program make sure that our patients safety come first," commented Lyles.

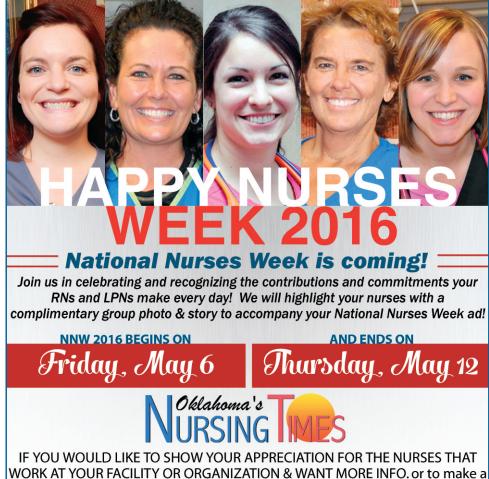
Mr. Brett Ball is the representative for the new Posey alarm system that is being used in the hospital. Brett was conducting a training class for the nurses as he explained how the alarm system worked. "This alarm system provides a comprehensive protocol of alarms and sensors that deliver the utmost quality, value and confidence in fall monitoring. All Posey sensors are compatible with all Posey sensor-Posey provides activated alarms.

sensors for use on the bed, chair, wheelchair, toilet seat or floor adjacent to the bed," he explained.

The nurses at Alliance Health Deaconess have been trained to apply chair alarms for Morse high/critical risk patients to not guesstimate which patients really need an alarm. Low beds used with fair compliance often applied reactively post-fall. The alarms will be placed in designated places in the assigned room. The alarms will be labeled with room number and a checklist shift.

Posey offers management solutions that

help comply with both the Joint Commission National Patient Safety Goals and Medicare/Medicaid requirements for patient protection.



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reminder for Patient Care AllianceHealth Deaconess Hospital celebrated the addition of another tool to their Technician for presence each Safety Watch Program. Pictured L-R are Steven Shifflett, Laura Koger, Jarrod Want, Dawn Lyles, Susan Moss, Colleen Valderrama, Jean Haney, Meredith Stroup, <sup>falls</sup> Rosemary Helderle, Angela Lester, Brett Ball.

> By utilizing products aimed at reducing the risk of fall related injuries, facilities can help provide patients with premium protection and care while helping to reduce costs.

the high-risk patients, starting in and volume. A message can also be Rehab. The alarm is connected by a cable from the alarm to the sensor pad. Different size sensor pads are available, depending on whether the pad is for a bed or a chair," Lyles commented.

Mr. Ball explained how there are different lengths of cables available, so the cable is long enough to go anywhere in the room. "The alarm

system is tied into the nurse's station and a light will be on outside the patient's room number along with the alarm. This does not override the nurse's station. The alarm can be "The alarms will be used on set in 5 different modes for the tone recorded if needed. The alarm uses 4 AA batteries and will last 30-40 days until new batteries are installed."

> "I feel very fortunate that we have these new alarms here at the hospital," Lyles said. "This is just another step to improving patient care. Our patients safety come first. This new alarm system is a big plus for our hospital," she adds.

## **INTEGRIS Offers Free Multiple Sclerosis Event** The Science and Art of Managing a Complex Disorder

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Sequoyah Memorial Hospice: Vernon Stone, D. Min. Chaplin, Vol. Coordinator, 918-774-1171

Sooner Hospice, LLC: Matt Ottis, Vol. Coordinator, 405-608-0555

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit www.ok.gov/health

## Oklahoman Living in Haiti Doing Well After Contracting Zika

While the threat of the Zika virus and worry of its spread are just now reaching the U.S., Oklahoma State University graduate Lauren Steverson is one of nearly four million whom the World Health Organization estimates will contract the mosquito-borne virus this year.

Steverson, 23, of Tuttle, is a missionary currently living in Cabaret, Haiti, located in the southwest part of the country just north of the capital, Port-au-Prince. Steverson was infected by a mosquito carrying the virus there a little more than two weeks ago.

"I woke up in the middle of the night with a fever," Steverson said. "I had a headache and back pain and the rash, for me, wasn't that bad." By the end of her short illness, the itchy rash had spread to her chest, face, arms and legs.

Zika virus is a mosquito-transmitted disease discovered in Uganda in 1947. It's related to dengue, yellow fever and West Nile virus, and spread primarily through the Aedes mosquito, according to the CDC.

Haiti is one of more than two dozen countries in the Caribbean, South and Central America, Mexico and the Pacific Islands where the mosquito-borne virus is spreading.

While there have been no local transmissions of the virus in the U.S., the CDC has told pregnant women to consider postponing travel to many parts of Latin America, the Caribbean and the Pacific Islands where Zika is spreading. The CDC also recently opened an emergency operations center staffed around the clock to address Zika.

By the time she got sick, Steverson was prepared. Other people in Cabaret had contracted the virus shortly before she did. Since she's not pregnant, Steverson took a pain reliever and let the disease run its course.

"Most people don't know about it until it happens to them," she said. "There's some fear of the unknown, but it's not nearly as bad as some are making it sound."





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 have been struggling with the reality of nursing. I find that I am so stressed most of the time with too many patients, way too much time on the computer, answering the phone, interacting with families and doctors with barely any time to eat or go to the bathroom. I don't know how much longer I can do this. I know I am not alone in the way i feel but I don't know what to do.

**A.** You are right, you are definitely not alone. This is a huge dilemma for countless nurses and health care providers. It is a very serious reality. We currently have a nursing shortage and the prediction for the future looks very grim.

I recently worked a health fair and a hospital booth was set up beside me. There were two nurses working the booth, taking blood pressures and educating people about different ways to stay healthy. During the breaks we would talk together. Both of these nurses were in their mid twenties. One female had already had five jobs and the other, four jobs.

They both shared that they were very disillusioned with nursing. "We spend most of our time sitting behind the computer, answering the phone, processing paperwork for admissions and discharges; we feel more like office managers than nurses. We want to provide health care to our patients, they are why we have this job. We learned many nursing skills that we hurriedly provide so we can get to the next patient or get back to the computer."

"We keep job hopping because we hope the next nursing environment will finally met our nursing expectations."

Nursing students who are doing different medical rotations are not blind to the reality of what they see. I recently heard the story of the fourth semester student who ended up in the bathroom crying, telling her teacher that she could not do this. She said this is too hard. AND she quit.

We have lost focus on quality nursing care because we have too many other things to do. The patients are why we are working and they deserve our best.

We can't even be the best to ourselves if stress has become chronic and we have forgotten how to play and enjoy our time away from work. This job cannot cause disease and addictions. No job is worth that!! We need to stop and smell the roses/coffee/ downy fabric softener whatever will make us slow down and take a long, in-depth look at our lives.

Spend time alone to think, talk to trusted people to vent and hopefully process some healthy answers. Go where there is good energy and laughter.

# McHenry Elected to AACN National Board, Selected as CCNE Evaluator

Dr. Lepaine McHenry, dean of the College of Nursing at Oklahoma Baptist University, was elected as a national board member-at-large with the American Association of Colleges of Nursing (AACN). She was also recently selected into the Commission on Collegiate Nursing Education (CCNE) training program for prospective on-site evaluators.

The AACN is the national voice for university and four-year-college education programs in nursing. AACN represents more than 780 member schools of nursing at public and private institutions nationwide. Its educational, research, governmental advocacy, data collection, publications and other programs work to establish quality standards for bachelor's and graduate-degree nursing education. In addition, AACN assists deans and directors to implement those standards, influence the nursing profession to improve health care and promote public support of baccalaureate and graduate nursing education, research, and practice.

"The opportunity to serve on the Board of AACN gives our university and college a lead role in advancing nursing education," McHenry said. "This positions us to be an active participate on a national level in promoting excellence in baccalaureate and graduate nursing education. The ability to serve as a site visitor allows us to gain a closer view of the accreditation process and learn how other universities are not just meeting but excelling in accreditation standards."

The AACN announced the results Feb. 5 of its 2016 election to fill seats on its board of directors and nominating committee. With votes cast by member deans from the nation's schools of nursing with baccalaureate and higher degree programs, those joining McHenry on the AACN board include Ann Cary, chair-elect, University of Missouri Kansas City; Judy Beal, secretary, Simmons College; Anita Hufft, member-at-large, Texas



Dr. Lepaine McHenry, dean of the College of Nursing at Oklahoma Baptist University.

Woman's University; and Cynthia McCurren, member-at-large, Grand Valley State University. Newly elected members of AACN's nominating committee include Vicki Keough from Loyola University Chicago and Julie Sanford from James Madison University.

McHenry was also selected to the training program for on-site evaluators with the CCNE. The organization was established in 1996 and is the premier accrediting agency in the nation for baccalaureate and graduate nursing education programs and nurse residency programs. Nationally recognized by the U.S. Secretary of Education, nearly 700 nurse educators and practicing nurses from across the country currently serve as on-site evaluators for the CCNE accreditation process.

She was selected from a pool of more than 400 applicants to attend the CCNE training program for prospective on-site evaluators March

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### What do you think about the change of seasons with spring on the way? Innova Home Health

Each week we visit with health care

"I love it. I don't like driving on icy roads. I don't like driving in bad weather at all. So this is kind of refreshing."

Patricia Ballard, LPN

MCHENRY

**Continued from Page 10** 

7-8, 2016, in Reston, Virginia. In

order to be included in the pool of

CCNE evaluators, participants must

attend and complete the entire two-

day training. The program provides

critical information about CCNE as

well as the roles and responsibilities

of on-site evaluators in assessing

nursing education programs during

to participating in at least one on-site

evaluation per year. These on-site

evaluations typically last three days and in addition to the travel, an

on-site evaluation requires significant preparation, such as reading the self-study materials the nursing

program has prepared for accreditation purposes, and follow through, such as finalizing the written sections of the accreditation team report that

Prior to her current appointment

at OBU as dean in 2013, McHenry worked as a nurse educator for 15

years at the University of Arkansas,

which included serving in the role of

assistant director of the Eleanor Mann

School of Nursing. Her background

have been assigned to them.

the accreditation review process. On-site evaluators must commit

"I like winter. We didn't have a winter. I like having winter, but I like spring more than summer. I just don't like the heat."



Shana Blevins, billing

in nursing regulation and practice includes service as vice president of the National Council of State Boards of Nursing, vice president of the National Association of Directors of Nursing Administration, founding president of the Arkansas Directors of Nursing Administrators in Long Term Care, and president of the Arkansas Society for Healthcare Educators. She was appointed by Arkansas Governor Mike Huckabee to serve on the state's Minority Health Commission, the Long Term Care Facility Advisory Board, and the Arkansas State Board of Nursing.





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

"I love warm weather opposed to winter. I hate bad weather and the icy roads. Although I'd rather be cold than hot, I enjoy daylight and the nice breeze.'



Sharita Coleman, office manager

" I love it. I want it to be warm again. I hate winter and I hate cold. I like the season when everything is new and pretty."



Cynthia Flatt, RN

 Incontinence – pull ups, briefs, underpads, guard liners, washable underpads · Enteral Nutrition - all brand and formulas of enteral nutritional products · Bathroom Safety - Grab bar installation, shower sprayers, elevated toilet seats, shower chairs/benches . Full Line DME - walkers, rollators, canes, quad canes, wheelchairs, hospital beds . Respiratory - Home oxygen, cpap, portable systems, nebulizers \* Aides to Daily Living - reachers, pill minders, hip kits, cushions, pads Medical Mart is a provider of medical supplies to the OHCA Advantage Waiver and DDSD programs.



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.



# We stand behind lives in crisis and behind the promise that across Central Oklahoma, desperate need will be met United StandUnitedOKC.com