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Forming a Bond Between  
Mother and Baby



photo by Vickie Jenkins

Charli Hull, RN,BSN,IBCLC works at the Women's Center at St. Anthony Shawnee Hospital in Shawnee, OK. Charli's caring disposition shines through as a Lactation Consultant.

by Vickie Jenkins

What a pure delight in meeting Charli Hull, RN, BSN, IBCLC. Charli has

been a nurse for 22 years at St. Anthony Shawnee Hospital. "I love my job here and can't imagine working anywhere else. I

have worked in different areas in the hospital but moving to Labor and Delivery was my calling. Now, I am a Lactation Consultant and I like caring for the new mothers and their babies," she comments.

"What made you become a nurse?" I ask Charli. "It was when I was in

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When you wish  
upon a star

*LPN's wish comes true for son*



photos provided

Tiffany Hartfield, LPN, (left) and friend Justin Hanshaw were able to take Hartfield's son Cainaan to Walt Disney World thanks to the Make-A-Wish Foundation.

by Bobby Anderson, Staff Writer

Tiffany Hartfield, LPN, made a wish upon a star for her special needs son at the end of 2015 - and it came true like she never imagined.

Hartfield and her son are just a couple weeks removed from the trip of a lifetime to Orlando and a host of theme parks courtesy of the Make-A-Wish Foundation.

"I cried for like a week," said Hartfield, who also serves as the director of nursing at Timberwood. "That's expensive. It was like a \$10,000 trip. There's no way I would have ever been able to afford that."

See DISNEY Page 2



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## DISNEY

Continued from Page 1

Ten years ago, the director at Timberwood Assisted Living in Del City was blessed with her son, Cainaan.

With that birth came multiple developmental issues that will all but insure he will live with Hartfield for the rest of her life.

At four months old, Hartfield was told her son would be deaf, blind and never able to walk.

Two months later, the two embarked on a journey of intense therapy that continues today.

Fourteen surgeries later, Cainaan's major diagnosis is epilepsy.

Cainaan now has 20/20 vision, does not require hearing aids and started walking before he was six.

His diagnosis did make him eligible for the trip of a lifetime, which Hartfield applied for in October. She quickly learned that her application had been accepted.

And since she had no immediate family available, she was told she could take life-long friend Justin Hanshaw.

Cainaan didn't quite grasp the news until they set foot inside of Disney World.

"It was one of those things when



he got there he realized," Hartfield said. "He understands a lot more than what people give him credit for."

"He was bright-eyed and bushy-tailed."

One night, Hartfield was able to drive Cainaan to Cocoa Beach so he could feel the ocean on his feet for the first time.

Hartfield credited partner organization Give Kids the World for helping make Cainaan's dream come true.

The story of Give Kids The World began with a little girl with a wish and the desire of one man to make that wish come true.

The little girl's name was Amy. Amy had leukemia and one wish - to visit the theme parks in Orlando. To facilitate Amy's wish, the request of a complimentary stay was made to a respected hotelier. As he had done many times before, the hotelier gladly obliged and Amy's wish was that much closer to being realized.

Sadly, the remainder of Amy's travel plans took too long to arrange and her wish was never granted; Amy had passed away. Time simply ran out.

This unfulfilled wish inspired a man, the hotelier, to make a vow that no child in need would ever be failed again. That man was Henri Landwirth and his desire to ensure that Amy's story would never repeat itself is where the story of Give Kids The World began.

Landwirth enlisted the support of colleagues in the hospitality industry, including our world-famous theme parks, to assist him in bringing these special families to Central Florida within 24 hours if need be. He called the project "Give Kids The World," because that is just what he intended to do - provide memorable, magical,

cost-free experiences to children with life-threatening illnesses and their families.

As the program expanded and the number of families continued to grow, it was apparent that Give Kids The World would need to create a place that could better serve the special needs of families. The gates of Give Kids The World Village opened in 1989.

Today, the Village is a 79-acre resort complete with 144 Villa accommodations, entertainment attractions, whimsical venues, and fun specifically designed for children with special needs.

With the help of many generous individuals, corporations and partnering wish-granting organizations, Give Kids The World has welcomed more than 143,000 families from all 50 states and 75 countries.

One of the best parts was Cainaan was able to celebrate his 10th birthday January 3 at the happiest place on earth. Hartfield said the staff at Give Kids The World showed up that night with a cake and a memorable celebration.

"It was the best thing ever," said the nurse of 11 years. "When he got to see Mickey Mouse he didn't want to let him go."

Hartfield understands her son will never go to prom or drive a car or likely have a girlfriend.

But for seven days Hartfield and her son were on top of the world.

"Just that smile on your little boy's face," Hartfield said of what she'll remember most. "There's different things you go through when you have a special needs child that unless you have a special needs child you'll never understand."

Unless you wish upon a star and others know exactly what you're going through.

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## BOND

Continued from Page 1

fourth grade when I thought about it. I grew up in a neighborhood full of kids. One of the moms was a nurse; wearing the starch white uniform and the starch white hat. She was always talking about her experiences as a nurse and telling us kids the 'coolest' stories. Each story was so interesting! I remember that I wanted to do the same thing when I grew up. Thank you Jackie Owen for having such an influence on my life. She is the reason I became a nurse," she answered with a laugh.

Charli went to Shawnee High School and then went on to OBU, where she graduated nursing school. "Most of my mentors in nursing school were my classmates and study buddies. It was one of the ways we could encourage each other. When I started at Shawnee Hospital, there were a lot of LPN's that I looked up to. One particular nurse that I have known over the years was Christy Bernard and I knew that I could always count on her. Today, Christy Bernard is the director of

the Women's Center, here at St. Anthony. The two of us still work together," Charli replied. "It is all of those people that helped me become the nurse that I am today. They helped define who I am, as a person and as a nurse," she adds.

"Living in Shawnee, it's like everyone knows everyone. As a nurse, I have to be willing to give a piece of myself so I can form a relationship with my new moms. Being a Lactation Consultant is a very personal thing. It needs to be personal so I can connect with the mom and they can connect with their newborn, which isn't always easy. The mom and I share moments together. Sometimes, the mom and I just talk about the situations they are having, whether it be good or bad. I have laughed with my patients and I have cried with my patients and sometimes, both," Charli says.

"What is your favorite thing about your job?" I ask. "I love helping mothers be successful, when they are able to complete their job. They deserve a lot of recognition for that. Even if the mothers don't succeed at breast feeding, they have tried. Sometimes, it just doesn't work out

but when that happens, I assure the mother that it is not their fault and they have succeeded just by trying."

Describing herself in 3 words, Charli said, "Well, I guess that would be feisty, confident and compassionate," she said with a smile. Charli stays busy at work and at home. Her husband, Larry, is a cattle rancher. Her son Gus is active in sports and her 2 daughters, Franki and Jessi stay busy with sports also. "I am always trying to make it to one of their games," Charli replies. "My 17-year-old daughter is taking some classes in nursing right now and plans to be a nurse. That makes me feel good that she is following in my footsteps. I am so proud of all of my kids," she added.

Charli's accomplishments include: Top nurse for Patient Satisfaction Team, Excellence in Team Work and Super Trainer for Exceptional Experienced Representatives, and top honor for Customer Satisfaction. "Is there anything you would change about your job here at St. Anthony?" I ask. "No, not anything. I love my patients and I love my co-workers so I wouldn't change anything,"

she replied. "Oh wait, there is one thing that I would like to change," she adds. "I would like to have a window in my office," she laughed.

I agree with Charli when she described herself as feisty, confident and compassionate. Those three words shine through as she stays positive for herself, her patients and their sweet little babies. The words of wisdom that Charli lives by are: ATTITUDE IS EVERYTHING. Apparently, it's working. Kudos to Charli!

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# CAREERS IN NURSING

## SAFETY AND TRUST - DIRECTOR OF NURSING FINDS CALLING

by James Coburn - Writer/Photographer

Gina Hyde says she has an awesome team at Tuscany Village Nursing Center where she serves as director of nursing at the Oklahoma City facility.

"I think for me what I look for is great communication and teamwork," she said. "I've worked for agencies and other facilities part time. What draws me to stay here is I've never seen an administrator at other places that comes out of their office to do floor work. Sometimes people don't even know who the administrator is. This does not happen at Tuscany Village and that for me speaks volumes."

Tuscany Village is a spacious facility that opened six years ago. Hyde said Tuscany focuses on being a family oriented nursing center with a loving environment that puts its residents at the top of its priorities.

"We are a family of employees here," she continued. "We treat our residents as family. They are family

and are all like grandparents. We definitely work together as a team. It's not 'I'. It's team playing. We give constructive criticism. We believe in growth. We believe in moving forward and we're not stagnant. As things go forward, we go forward with it. We're all about providing safe care."

Tuscany Village is a long-term and a skilled facility that is comprised of four long-term halls and skilled a unit. Skilled unit patients may choose to have their rehab done at Tuscany before they transition back to their communities.

"If they decide the community is not an option for them, then they transition over to long-term care," Hyde said.

The residents live in a home where nurses each have their individual strengths to combine for the greater good to make the facility strong. What one lacks, another nurse has strength in, Hyde said.

"When one is lacking in something, they can go to the other and say, 'Can you help me with it?' They help each other out, so that's what I like about it. They're very good," she said. "They communicate with each other."

Hyde tells new nurses coming to Tuscany Village that one thing they can count on is a safe environment at work.

"I let them know that money is not everything. You may go to a place that offers you more money, but then you're not in a safe environment. That's what it is about. If you can practice safely and know your license is not in jeopardy. You want to come in and say, 'Hey, I love working.' You don't want to come in and say, 'Oh, it's a job and I can't wait to clock out.' You know your eight hours is going to be eight hours where it's meaningful.

"You can have residents with a smile on their face and you're happy

to be here. You know at the end of the day, you did something great. You can go home and rest peacefully, and then you can't wait to come back the next day and know your license is good. You practiced safely. The residents are safe."

Hyde said that long-term care was not her initial aspiration as a nurse. But when she moved to Oklahoma from New York, Hyde worked as a housekeeper at St. Anthony Hospital in midtown Oklahoma City. She worked as a housekeeper in a surgical unit and also in labor and delivery.

"I wanted to do labor and delivery," Hyde said. "When I went to LPN school, we did our clinicals. My last rotation was working in a nursing home and I was like, 'I really do like this.'"

Hyde earned her associate's degree in nursing at Platt College before receiving her bachelor's degree at

**Continued on next page**

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Gina Hyde, RN, DON, says she likes to travel when she is not working at Tuscany Village Nursing Center in Oklahoma City.

Kaplan University. Her nursing career has always focused on the geriatric population during her nine years in the profession.

The first job she had was working in a nursing home and she realized long-term care is where she needed to be. It is her calling, she said. Five years of her nursing career have been at Tuscany Village.

At first she was a floor nurse, but after six months Hyde was

offered the MDS position. At first she was hesitant to become the MDS coordinator, she was offered the position of director of nursing.

"When I made a trip back home a few years ago and I had to take care of my grandmother and help my dad and his family go through the dying process with her, it kind of clicked in me," she said. "This is where I was meant to be because I helped them through that process of her passing."

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#### 140 GENERAL NURSING

**We are taking applications for Registered Nurses, Licensed Practical Nurses, Certified Medical Assistants and Certified Nurse Assistants.**

Artesian Home of Sulphur is taking applications for RNs, LPNs, CMAs and CNAs. Please apply in person at 1415 W 15th between 8:00AM to 4:00PM Monday thru Friday. Ada, OK 74820

**We are Taking Applications For Immediate Employment For: Dietary Aid And Weekend Registered Nurse.**

Apply in person: Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

**Registered Nurses/Case Manager Hospice. An Immediate Full-time/Part-time Position. Home Health/Hospice Marketer.**

CALL 918-459-5073 OR APPLY AT 4271 W Albany St, Broken Arrow, OK 74012

#### 140 GENERAL NURSING

**We Are Taking Applications For Certified Nurse Assistants, Charge Nurse And Part Time Activities Director.**

Apply in person: Broken Arrow Nursing Home 424 N Date Ave, Broken Arrow, OK 74012

**We are accepting applications for an Registered Nurse Case Manager! \$1000.00 Sign On Bonus! We are on the GROW!**

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

**WE ARE SEEKING CERTIFIED HOME HEALTH AIDE, CERTIFIED NURSING ASSISTANT, PERSONAL CARE ATTENDANTS**

Excell Private Care Services is seeking CHHA, CNA, personal care attendants in your area and surrounding towns to assist clients/ members at their place of residence. Call 580-357-3469. 1511 W Gore Blvd, Lawton, OK 73507

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## 140 GENERAL NURSING

**Now taking applications for Certified Nurse Assistants and Certified Medical Aides positions for all shifts. We are also taking applications for 11-7 Licensed Practical Nurse.**

Forrest Manor Nursing Center is now taking applications for CNA and CMA positions for all shifts. We are also taking applications for 11-7 LPN. Come join a team of long term employees who take pride in providing excellent care to our residents. Rate of Pay is as follows: 3p to 11p -\$11/ 11p to 7a -\$11.25 / Weekend \$12. Please apply at 1410 N Choctaw St, Dewey, OK 74029

**Now accepting applications for a 3-11 Certified Nurse Assistants/Certified Medical Assistants**  
 Corn Heritage Village is now accepting applications for a 3-11 CNA's/CMA's. We offer competitive benefits and wages in a positive, friendly work environment. 106 W Adams in Corn, OK. Ask for Melissa Collins, HR Director 580-343-2295.

## 140 GENERAL NURSING

**Medical Practice Seeks Licensed Practical Nurse To Join Our Fast-growing Owasso, Oklahoma Team. Clinical And Triage Exp. Preferred. COMPETITIVE WAGES, SALARY AND BENEFITS. FAX RESUME TO 918-307-2454 ATTN: TRACY. 9311 SOUTH MINGO ROAD TULSA, OK 74133-5702**

**We have positions open for Registered Nurse Case Manager and Licensed Practical Nurse Hospice Nurse.**

Hospice Nurses. Hospice of Green Country, the only non-profit United Way supported hospice in Tulsa, has positions open for RN Case Manager and LPN Hospice Nurse. OK nursing license required. Previous hospice experience and Allscripts software a plus. Qualified candidates who desire a focus on excellent patient care, please send resume to fax 918-747-2573. 1120 S. Boston, Suite 200 Tulsa, OK 74119. EOE

## 140 GENERAL NURSING

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

Our small pediatric office is looking for a part-time Nurse Practitioner to work 1 PM to 7 PM two or three days a week, although this is somewhat flexible. No call or hospital, occasional weekend morning clinics and vacation coverage.

The person we choose will have several years experience in office pediatrics, a collegial and team friendly attitude, and will genuinely enjoy children and families. Experience with EMR software is a plus. We take excellent care of our patients, value our colleagues, and enjoy our jobs. We offer competitive salary, full benefits for part time employees, including a 401k retirement plan, short term disability and life insurance, vision insurance, and paid vacation and holidays. 700 Wall St, Norman, OK 73069

**Now Hiring!! Full Time Certified Nurse Assistants - All Shifts, Restorative Aide, Activity Director**

Now Hiring!! Full Time CNAs - All Shifts and Restorative Aide (Ask for Connie) Also an Activity Director Apply in person at: Highland Park Manor 1410 W. Willow, Enid OK 73703 EOE

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**Licensed Practical Nurse/Registered Nurse - 11pm - 7am / Part-time Certified Nurse Assistant - 11pm - 7am / Full-time Cook - Full-time Independent Living Housekeeper - Monday-Friday - Full-time Wait Staff - Part-time**

Apply in person at Golden Oaks Retirement Village 5801 N. Oakwood Enid, OK 73703

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 405-307-2800 | Fax: 405-307-2801  
 Visit our webpage at [www.jdmc.org](http://www.jdmc.org)  
 Take a tour at <http://www.jdmc.org/video2.shtml>

## 140 GENERAL NURSING

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

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

**All Shifts - Will Train - Nurse Aide and Certified Nurse Aides**

The Village Health Care Center, 1709 South Main Street, B.A. OK, 918-251-2626

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

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

**We are Accepting Applications For:**  
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Visit us at [www.goldenageguthrie.com](http://www.goldenageguthrie.com)—make the short drive to Guthrie

### Apply on-line

[www.companionhealth.net](http://www.companionhealth.net)

## 140 GENERAL NURSING

**We are looking for self-motivated individuals to work with people with developmental disabilities in a group home setting.**

HTS STAFF Expanding agency looking for self-motivated individuals to work with people with developmental disabilities in a group home setting. This position requires a high school diploma or GED and a valid driver's license. Company paid training provided. Premium pay for fully trained HTS. Please apply at: Supported Community Lifestyles Enid, Inc. 2506 N. Jefferson Enid, OK 73701 580-234-0313

## 140 GENERAL NURSING

**We Are Seeking Licensed Practical Nurse or Certified Medical Assistant**  
 needed for busy Family practice clinic, 4½ day work week, exc. salary & benefits. Fax resume to: 580-536-2427. 5610 SW Lee Blvd, Lawton, OK 73505

### 161 LICENSED PRACTICAL NURSING

**Licensed Practical Nurse Sign on BONUS \$1,000.00! 3/11 & 11/7.**

Parks Edge Nursing and Rehab. 5115 E. 51st St. Tulsa, OK 74135

## 140 GENERAL NURSING

**WE ARE SEEKING REGISTERED NURSE**  
 ALEXANDER HEALTH CENTER. The REGISTERED NURSE reports to the Director of the AHC and provides direct patient care in a university clinic setting to both students and employees. Minimum: Oklahoma R.N. license with current BLS/AED certification; minimum of three years work experience in an emergency, ambulatory care or college health facility. Preferred: BSN; EMR proficiency, 12-Lead ECG monitoring, phlebotomy experience. Hours are 8am to 5pm, Monday-Friday, 12 months. 800 South Tucker Drive. Tulsa, OK 74104 The University of Tulsa is an EOE F/M/Disabled/Veteran.

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Oklahoma's  
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## New Physician Assistant Joins Mercy Edmond I-35

Patient care is personal for Erin Ashley.

"As a medical provider, you really have to love people and love helping people," Ashley said. "I want to get to know my patients and have them feel comfortable sharing their concerns with me."

Ashley recently moved from Tulsa with her husband, Ross, to join Mercy Edmond I-35 as a physician assistant. Ashley says her goal is to change patient perspective on healthcare.

"I want patients to know that I truly care about them and want them to be healthy," Ashley said.

Ashley graduated with a master's degree from the University of Oklahoma College of Community Medicine. Before completing her master's program, Ashley received a bachelor's degree from Oklahoma State University in athletic training. She has worked as a certified athletic trainer with the OU tennis program.

"I believe in the power of healthy eating and exercise," Ashley said. "I want my patients to believe in it, too."



Erin Ashley, physician assistant

## The Art of... Letting Go

by Licia McCurdy, B.S. LPN

When a great disappointment happens in life, we often feel it's the end of something. The thought of something ending carries with it a negative connotation. I believe this to be true because in life there's no such thing as a beginning without an end. Endings can be hard and they can be sad. They can come unexpectedly like a sharp turn in the road or linger on and on. Nevertheless; they happen, and if a beginning must always have an end then an ending must always have a beginning. Such is life and this is its wondrous yet grueling process.

Adapting to change is one of life's greatest challenges. It's human nature to be creatures of habit. Our lack of faith in ourselves prevents us from easing into the changes that are inevitable. It's only when we learn to "let go" that we become open and adaptive to change. When something ends there has to be a resolution. Without a satisfactory mind, body and spirit resolution, an ending will not yield its proper beginning. The path to resolution is as unique for us as our own DNA.

In every way that matters, we ask ourselves what would happen if we lost a part of who we are. What we don't realize is that we've become bits and pieces of "things" that we've made more important than we are to ourselves. In other words, we are more "active" in participating in our endings than focusing on our beginnings. It's easier to surrender to disappointment than to live by faith but it's not courageous. We lose our power when we allow this to happen. We become master manipulators of our own minds by creating illusions that enable a justification for toxicity.

Aristotle once said that "contemplation is the highest form of activity." I perceive this as our own inner voice or self-dialogue. If you could imagine a life where there were no excuses, where the foundation of all negative, self-destructive thoughts didn't exist. What would be left? I imagine there would be a great shift in energy. An alignment would create a platform for a NEW and INSPIRED life. The "original nature" of who we were meant to be would re-emerge and be free once again. The "ending" would no longer be dwelled upon in a negative way. Its beginning would be anticipated with passion and excitement, being open to everything while having faith and fearing nothing.



Licia McCurdy, B.S. LPN

**One night, she found the courage to leave.**

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



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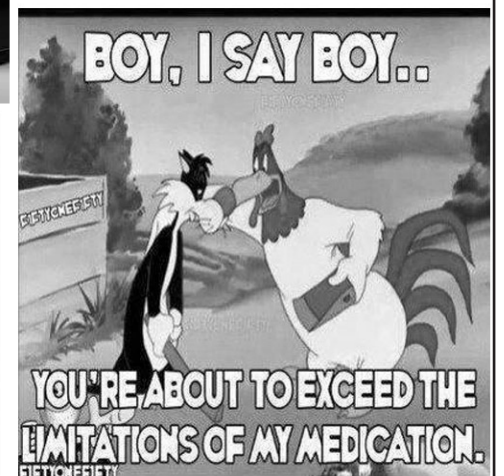
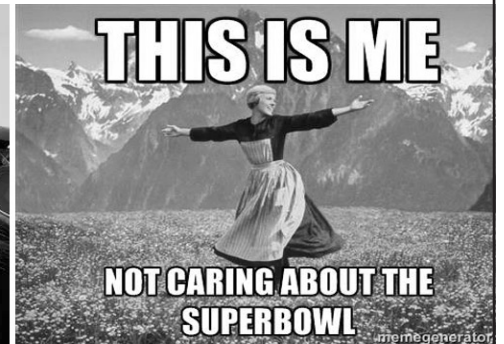
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## Oklahoma's Nursing Times Hospice Directory

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### Alpha Hospice:

7512 N Broadway Ext., suite 312  
Okc, 405-463-5695 Keith Ruminer/  
volunteer coordinator/chaplain

### Autumn Bridge Hospice:

405-440-2440

### Autumn Light Hospice:

580-252-1266

### Carter Healthcare & Hospice:

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

### Centennial Hospice:

Becky Johnson, Bereavement  
Coordinator 405-562-1211

### Chisholm Trail Hospice:

Tiffany Thorne, Vol. Coordinator,  
580-251-8764

### Choice Home Health & Hospice:

405-879-3470

### City Hospice:

Beth Huntley, Vol. Coordinator,  
405-942-8999

### Comforting Hands Hospice:

Bartlesville: 918-331-0003

### Companion Hospice:

Steve Hickey, Vol. Coordinator, Guthrie:  
405-282-3980; Edmond: 405-341-9751

### Compassionate Care Hospice:

Amy Legare, Bereavement/Vol.  
Coordinator, 405-948-4357

### Cornerstone Hospice:

Vicky Herrington, Vol. Coordinator,

918-641-5192

### Hometown Hospice:

Robin Boatman, Com. Relations, Broken  
Arrow: 918-251-6441; Muskogee:  
918-681-4440.

### Crossroads Hospice:

Elizabeth Horn, Vol. Coordinator,  
405-632-9631

### Cross Timbers Hospice:

Ardmore-800-498-0655  
Davis-580-369-5335 Volunteer  
Coordinator-Shelly Murray

### Excell Hospice:

Toni K. Cameron, Vol. Coordinator  
405-631-0521

### Faith Hospice of OKC:

Charlene Kilgore, Vol. Coordinator,  
405-840-8915

### Freedom Hospice:

Tulsa: 918-493-4930; Claremore:  
918-343-0493; Tollfree: 866-476-7425

### Frontier Hospice:

Kelly Morris, Vol.  
Coordinator, 405-789-2913

### Golden Age Hospice:

405-735-5121

### Good Shepherd Hospice:

4350 Will Rogers Parkway Suite 400  
OKC OK 73108 405-943-0903

### Grace Hospice Foundation:

Sharon Doty, Dir of Spec. Projects -  
Tulsa 918-744-7223

### Harbor Light Hospice:

Randy Pratt, Vol. Coordinator,  
1009 N Meridian, Oklahoma City, OK

73107 405-949-1200

### Horizon Hospice:

LaDonna Rhodes, Vol. Coordinator,  
918-473-0505

### Heartland Hospice:

Shawnee: Vol. Coord. Karen Cleveland,  
405-214-6442; Norman: Vol. Coord. Lisa  
Veauchamp, 405-579-8565

### Heavenly Hospice:

Julie Myers, Coordinator 405-701-2536

### Hope Hospice:

Bartlesville: 918-333-7700, Claremore;  
918-343-0777 Owasso: 918-272-3060

### Hospice by Loving Care:

Connie McDivitt, Vol. Coordinator,  
405-872-1515

### Hospice of Green Country:

Tulsa: 918-747-2273, Claremore:  
918-342-1222, Sapulpa: 918-224-7403

### INTEGRIS Hospice, Inc. & the

INTEGRIS Hospice House Ruth Ann  
Frick, Vol. Coordinator, 405-848-8884

### Hospice of Owasso, Inc.:

Todd A. Robertson, Dir. of Marketing,  
877-274-0333

### Hospice of the Cherokee:

918-458-5080

### Humanity Hospice:

Kay Cole, Vol. Coordinator  
405-418-2530

### InFinity Care of Tulsa:

Spencer Brazeal, Vol. Director,  
918-392-0800

### Indian Territory Home Health & Hospice:

1-866-279-3975

### Interim Healthcare Hospice:

405-848-3555

### Image HealthCare :

6116 S. Memorial Tulsa, Ok. 74133

(918) 622-4799

### LifeChoice Hospice:

Christy Coppenbarger, RN, Executive  
Director. 405-842-0171

### LifeSpring In-Home Care Network:

Terry Boston, Volunteer and  
Bereavement Coordinator 405-801-3768

### LifeLine Hospice:

April Moon, RN Clinical Coordinator  
405-222-2051

### Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,  
405-273-1940

### McCortney Family Hospice

OKC/Norman metro 405-360-2400  
Ada, 580-332-6900 Staci Elder Hensley,  
volunteer coordinator

### Mercy Hospice:

Sandy Schuler, Vol. Coordinator,  
405-486-8600

### Mission Hospice L.L.C.:

2525 NW Expressway, Ste. 312  
OKC, OK 73112 405-848-3779

### Oklahoma Hospice Care

405-418-2659 Jennifer Forrester,  
Community Relations Director

### One Health Home

Health in Tulsa: 918-412-7200

### Palliative Hospice:

Janet Lowder, Seminole, & Sabrina  
Johnson, Durant, 800-648-1655

### Physician's Choice Hospice:

Tim Clausung, Vol. Coordinator  
405-936-9433

### Professional Home Hospice:

Sallisaw: 877-418-1815; Muskogee:  
866-683-9400; Poteau: 888-647-1378

### PromiseCare Hospice:

Angela Shelton, LPN - Hospice  
Coordinator, Lawton: (580) 248-1405

### Quality Life Hospice:

405 486-1357

### RoseRock Healthcare:

Audrey McCraw, Admin. 918-236-4866

### Ross Health Care:

Glenn LeBlanc, Norman, Chickasha;  
April Burrows, Enid; Vol. Coordinators,  
580-213-3333

### Russell Murray Hospice:

Tambi Urias, Vol. Coordinator,  
405-262-3088; Kingfisher 405-375-5015;  
Weatherford-580-774-2661

### Seasons Hospice:

Carolyn Miller, Vol./Bereavement  
Coordinator, 918-745-0222

### Sequoyah Memorial Hospice:

Vernon Stone, D. Min. Chaplin, Vol.  
Coordinator, 918-774-1171

### Sojourn Hospice:

Tammy Harvey, Vol. Manager  
918-492-8799

### Sooner Hospice, LLC:

Matt Ottis, Vol. Coordinator,  
405-608-0555

### Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator  
Tulsa : 918-592-2273

### Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:  
405.609.3636 Chandler  
Shawnee/Cushing: 405.258.2333 Toll  
Free: 888.901.6334

### Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director





**Vicki L Mayfield, M.Ed., R.N.,  
LMFT Marriage and Family  
Therapy Oklahoma City**  
*If you would like to send a  
question to Vicki, email us at  
news@okcnursingtimes.com*

*I really didn't see it coming. My wife and I went to our first counseling session and when the therapist asked if we both wanted to remain in our marriage, I said, "Yes of course I do." My wife said, "I was afraid to say this at home but I want a divorce." WHAT???*

Susan and I had been married for 13 years. We had the usual conflicts, just like all married couples. Susan would bring up things that annoyed her about me but I always thought it was just her mood and it would pass. I never had the insight (I have learned that word in therapy) to realize the damage that was being done by my aloof attitude.

#### **So what went wrong?**

Here is what Susan shared with the therapist:

I have asked Jim (that's me) countless times to use the laundry hamper for his dirty clothes. I wouldn't even call it a near miss; the clothes end up wherever they land. Each time I would see his clothes on the floor I would go from annoyed, to irritated, to angry, to apathetic. It was exhausting to tell Jim to pick up his clothes on a daily basis. He also never offered to help with other household chores, even though I work a full time job too.

I wanted Jim to be my partner and not put me in the role of "his mother." He is a grown man who is able to see the clothes hamper, lift the lid and put the clothes in it. I can do it, no one has to remind me.

I was being disrespected!!! How can something so simple and easy become such a deal breaker. The more I brought it up the more he seemed determined to continue doing it. It made no sense to me. He doesn't understand that I am not divorcing him because he did not use the laundry hamper or put his dirty dishes in the dishwasher.

Here is what Jim learned:

All of a sudden, I realized it's not about something as benign and meaningless as dirty laundry on the floor or dishes in the sink. I don't have to understand WHY she cares so much about having to pick up my dirty laundry, I just have to understand and respect that she DOES.

The words "I Love You" cannot carry a marriage. Actions will always speak louder than words. The man capable of behavior changes even when he does not understand or agree with her thought processes can have a great relationship.

## **Foundation receives \$25,100 Grant from OKC Community Foundation Partnership to support healthy lifestyle adoption in the OKC African American community**

The INTEGRIS Foundation is pleased to announce it has received a \$25,100 grant from the Oklahoma City Community Foundation's Wellness Initiative program. The grant will be used to expand the footprint of INTEGRIS' Challenge Yourself: Health & Fitness program by collaborating with the already successful INTEGRIS African American Fit Club.

"We are so pleased to have received this grant," said Anne Clouse, vice president and executive director of the INTEGRIS Foundation. "This will allow us to reach twice as many families in need. We appreciate this meaningful gift from the Oklahoma City Community Foundation."

The Challenge Yourself: Health & Fitness program is offered within the Oklahoma City metro area to African American men and women over a six-month period. These weekly sessions cover a variety of health topics, combined with an introduction to diverse exercise modalities such as walking, chair exercise and cardio calisthenics. The program has seen tremendous growth since its inception growing from eight to 80 participants, and this grant will continue to strengthen and expand the program's reach in the community.

For more information contact: Sara Parcell, 405.951.5028, sara.parcell@integrisok.com.

## **Communities Build a Blue Ribbon Tree for Kids to Help Prevent Child Abuse**

The Oklahoma State Department of Health (OSDH) along with various community organizations are working together to build a "Blue Ribbon Tree" state. Blue Ribbon Trees will be blossoming throughout Oklahoma communities in April, which is National Child Abuse Prevention Month. The Child Abuse Prevention (CAP) Action Committee invites every community to take action for children by participating in their eighth annual "Build a Blue Ribbon Tree for Kids" campaign.

The blue ribbon is the international sign for child abuse prevention and serves as a constant

reminder that all of us have a responsibility in helping to protect children. Communities are invited to participate by displaying blue ribbon trees during April. Oklahoma State Department of Human Services Child Care Licensing Supervisor Melissa Dennis said, "My goal is to get 2,016 childcare programs and licensed childcare homes to build blue ribbon trees in Oklahoma for April 2016."

April 12, 2016 will be the official CAP Day at the Capitol. To have a tree showcased in the blue





# NURSE + TALK

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

## What are your hobbies? Mercy Hospital Family BirthPlace

*"I spend my time at the dirt track with my son who is 8 years old. He races motor cross. We spend a lot of time outside fishing."*



Beth Young, RN

*"I'm usually with my kids. My son plays baseball, so it's like every weekend he has games. We like being outside, too."*



April Wooden, RN

Each week we visit with health care professionals throughout the Metro



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*"I'm a huge OU fanatic. So anything that has to do with OU. I love to hike. I'm really active that way. I run and like to stay active."*



Denise Crawford, RN

*"I like to run and I go to the gym. That's about it. And I like to hang out with my kids and my spouse."*



Inga Allen, RN

## TREE

Continued from Page 10

ribbon tree slideshow, the trees must be completed and registered by April 6.

Tree photos will be highlighted in the Child Abuse Prevention Month "official" scrapbook, on the OSDH Family Support and Prevention Service web page, and on various social media sites.

A "Tree Registry" form is provided for people and organizations to register their trees with the OSDH Office of Child Abuse Prevention. The registration form and submission instructions are available to print from the OSDH website at: <http://go.osa.gov/c5Jad>

To "Build a Blue Ribbon Tree," select any materials you choose. If using a living tree, choose a highly visible location and secure needed permission. Decorate the tree with

blue ribbons to represent any of the following:

- The number of new babies born in your community;

- The number of confirmed cases of child abuse and neglect in your county;

- Something significant to your agency, program or community

- Or use the ribbons to show your community support for children in general

For more information contact Sherie Trice, OSDH Community Based Child Abuse Prevention Grant Coordinator, Oklahoma State Department of Health, Family Support and Prevention Service, 1000 NE 10th Street, Oklahoma City, Oklahoma 73117-1299, at 405-271-7611, or e-mail [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov).



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