

Earning Top Honors for Oklahoma



photo by Vickie Jenkins

Lydia N. Sowah, RN and Administrator of Golden Age Home Health, Inc. received the 2015 Home Health and Hospice Home Health Executive Award in the state of Oklahoma.

by Vickie Jenkins

"So in everything, do to others what you would have them do to you, this is the Law and the Prophets. Matthew 7:12. This is a scripture that has been the driving force behind the

success of Golden Age Home Health, Inc. and its staff," comments Lydia N. Sowah, RN and Administrator of the facility.

In 1996, Golden Age Home Health, Inc. was established, owned and operated by a registered

nurse, Lydia N. Sowah, RN and Administrator.

Lydia has been a nurse for over 36 years. She spent 15 of those years working in critical care as a critical care nurse at Southwest Medical Center. She and her husband, Nathan Sowah, co-own Golden Age Home Health. The company's mission is to provide quality, safe, timely and cost effective health care in the privacy of the patient's residence.

Lydia and her team strive to create a lasting bond with every patient while

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A family affair

Nurse has deep ties to Integris



Ann Kappen, APRN-CCNS, MSN, CMSRN has deep loyalty to Integris, a hospital that has employed her family for decades.

story and photo by Mike Lee

A few decades ago, Ann Kappen, APRN-CCNS, MSN, CMSRN came to the U.S. with her family with the promise of a new life.

Kappen made the trek to the U.S.A at four-years-old. Her mom was recruited from India as a medical surgical nurse by Integris.

It was the beginning of a multi-generational love affair that has supported generations of her family.

Kappen is going on 25 years employed at Integris Southwest Medical Center after graduating from Southern Nazarene University.

Her father retired from Southwest Medical from the X-ray department and her brother-in-law still works at the campus located at 4401 S. Western Ave.

Her mom just retired a few months ago and it's not a surprise that Kappen's husband also works for Integris.

In short, if you prick Kappen's finger she bleeds green. "My mom always told me this hospital gave her everything she really ever needed so she felt at home ever since she's been here," Kappen said. "I've come here off and on ever since I was a little kid to visit my mom or be here with my dad. Everyone has always treated me like I was a part of their family.

"Being at this hospital in particular has always felt like

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AWARD

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ensuring their safety in the comfort of their own home. Golden Age Home Health offers skilled nursing services, home health aide services, speech therapy, occupational therapy, social services, physical therapy, and Advantage Case Management.

Lydia's vision for her home health agency has always been to provide excellent care to each patient and their families, and to improve outcomes and prevent frequent readmissions to the hospitals. Because of this vision, Golden Age consistently focuses on continued staff education and coordination of care.

The golden Rule of treating others the way you wish to be treated is the foundation on which Lydia has built her business. Golden Age Home Health is proud of their professional staff. As the Administrator, Lydia is goal driven, hard-working and a perfectionist and she has a way of instilling those qualities into each of her employees. Recently, Lydia was honored with the 2015 Home Health and Hospice Home Health Executive Award in the state of Oklahoma for her hard work in the industry.

Lydia's success and career can

be attributed to her upbringing as a young girl born and raised in Accra, Ghana. Lydia attended elementary and high school in Ghana. Her family moved to Stevenage, in Hertfordshire England in 1962. In 1974, Lydia joined her family in England, where she completed her final year at Heathcote Secondary School. "I always had a dream of being a fashion designer and knew this was what my future would hold," said Lydia. "Little did I know that my father had different plans for me and his words of wisdom would change my life forever."

"I had just graduated high school in 1975 when on a beautiful Sunday afternoon, my father wanted to meet with me and my 2 sisters." Lydia explained. "Standing in front of him, he said that he wanted one of us to be a nurse, though he had no preference at the time on which one of us would become one. It was up to my sisters and me to decide and get back with him. My immediate thought was that I don't want to be a nurse; I want to be a fashion designer. My sisters didn't want to be a nurse either. I was confused and all I could think to myself was, what's going on here?"

"A week later, the 3 of us met with my father again. Not knowing what was going to happen, my father handed me an envelope. Inside, was a filled out application for me to get into a nursing program. All I had to do was sign it and return it to him. I wasn't sure why he handpicked me, but I assumed it was because of me being the eldest of the 6 children. I simply did as my father said."

"Six weeks later, I received a phone call from the School of Nursing at Lister Hospital for an interview. My interview lasted less than 10 minutes. The Dean of Nursing, who conducted the interview, asked me why the signature on the completed application was in a different handwriting. I told her it was because my father completed the application and asked me to sign it. I left the room, knowing that I would never be accepted. Six weeks later, I received a letter that read, 'We are pleased to inform you that you have been accepted into the school of nursing at Lister Hospital in Stevenage, England.' Apparently, God knew what He wanted me to do. It was my destiny. This is how I got into nursing."

"I started the nursing program and received my LPN Certificate within the required 18 months. My first clinical experience was on the


Orthopedic Unit, where I had the opportunity to develop a one-on-one relationship with patients, most the elderly population. I felt so much compassion, taking care of the sick and critically ill patients and it was at that time when I really fell in love with nursing as a career." While working full-time and managing a family, Lydia received her RN License in 1984.

Today, Lydia's business is a huge success and has been for the last 20 years. She took her father's advice and became an LPN and loves every minute of her job. Although it was not meant for her to be a fashion designer, caring for others and servicing others in their time of need became the calling of her life. She is thankful for her loving parents and knows that because of them, she is where she is today. Her biggest blessings thus far have been her faith in God, her family and her amazing staff.

Apart from various community services, Lydia is actively involved in volunteering at Crossings free clinic on behalf of St. Luke's United Methodist church where she serves on the medical team. She enjoys spending time with her family and has been blessed with two children and two granddaughters. Her hobbies include traveling, dancing and watching sports. Along with her husband, they are supporting 3 orphan boys, living in Ghana after the death of their parents. The Sowahs have big hearts and lots of love that they share with others.

When asking Lydia what qualities make a good nurse, she replied, "A nurse has to have a good heart and a genuine interest in caring for patients. The love and compassion has to come from within. They have to have a desire to take care of sick people, have strong work ethics and be knowledgeable about any situation that they may encounter."

I admire Lydia for her dedication and determination through the years. Lastly, Sowah wants to share the fact that she owes everything that she has accomplished in her life to her Heavenly Father above.



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FAMILY

Continued from Page 1

being at home."

For a long time Kappen steered away from nursing. She saw the hard work her family members put in and thought there must be an easier way.

"But when I started working here as a (unit coordinator) I got to interact with doctors and nurses and got to see how rewarding it could be being a nurse," Kappen said. "I still wasn't sure that's what I wanted to do and my father kept telling me to be a doctor."

"Nursing provides the best of pretty much all the worlds. I get to be with my family. I get to be a mom. I get to be a wife and I get to take care of people which is something I really, really love to do."

Working at the desk, Kappen found herself asking questions. She would talk to the doctors and the nurses to get her questions answered.

"I wanted to go into nursing because I felt like nurses are with the patients more and they have more one-on-one time with them," Kappen said. "Not that doctors aren't involved in healing but it's a different kind of involvement in the healing process which I find very rewarding and very fulfilling."

Kappen always knew she wanted to pursue her master's degree but just not until her kids were old enough to function on their own. She talked it over with her husband and went through Liberty University's online offering.

Kappen did spend a little over a year living in Texas - away from Integris. Her husband was recruited by Alcatel after he earned his computer science degree from the University of Oklahoma.

A year later, he was recruited back to Oklahoma by - you guessed it - Integris. "I called my old boss and she said 'come back, you can have your old job,'" Kappen said. "I was lucky. I've been lucky this whole time with Integris. I'm really, really pleased with everything."

Kappen has been in management much of her career. She thought floor nursing might be the way to go but for some reason she's always gravitated to leading others.

It's something she finds that she really needs.

"I realized that I missed coming in and not being in charge," she said. "I was a good nurse. I was good at following whatever was told to me but I realized that just being a nurse is not something I'm ever going to be happy

with."

As luck would have it her boss was retiring and she stepped into the role of clinical director. She oversees two different departments.

"Maybe in five years I hope to be farther along," Kappen said. "If there's an opportunity to be an administrative director or something like that. I like the administrative side of things but I also like the fact here at South they still let me have interactions with

patients."

"If the nurses need help starting an IV or give my opinion about things they're not afraid to come ask me. I like that people find me approachable and come ask. As long as that doesn't change and the opportunities are still there I think the possibilities are limitless."

And if you're a betting person, the safe bet would be that years from now Kappen will still be with Integris.

Saints Heart & Vascular Institute Welcomes Chef Kurt Fleischfresser

St. Anthony's annual Celebrity Chef series turns the spotlight on Oklahoma, featuring local Celebrity Chef Kurt Fleischfresser. Chef Kurt is well known in the Oklahoma restaurant scene, as he's been involved in ownership and overseeing 25 restaurants right here in Oklahoma City. To name a few, Chef is currently Executive Chef/Partner of Western Concepts Restaurants, The Coach House, Sushi Neko, Musashi's, Will Rogers Theater, and The Lobby Bar. He is also the Director of Operations at another popular Oklahoma City Restaurant, Vast.

Wednesday, January 13, Chef Kurt will demonstrate his love for food and the state of Oklahoma by blending the two together. Featuring some of his favorite recipes with some delicious local produce, Chef Kurt will be serving up a delightful menu with some great local shopping tips.

Chef will take the stage Wednesday, January 13, at the Rapp Foundation Conference Center in the Saints Medical Plaza building for a keynote dinner and demo at 7 p.m. Tickets are on sale now for \$20 each, to purchase just go to Saintsnearyou.com.

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And Operated by Metro Publishing L.L.C.



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CAREERS IN NURSING

NURSE LEADER A LIFESAVER AT HEART - LIFESHARE OKLAHOMA CITY

by James Coburn - Writer/Photographer

Jennifer, RN, BSN, makes a difference every day.

Of that, she is sure.

But the best thing about the 28-year-old's job as an Organ Recovery Coordinator for LifeShare is that it's her calling.

"I love what we do and it's such a wonderful thing," Leader said. "It's wonderful that every time I get to go to work I get to save someone's life."

LifeShare was created in 1986 as The Oklahoma Organ Sharing Network - a nonprofit, federally designated organ procurement organization (OPO) dedicated to the recovery of organs and tissue for transplant purposes.

LifeShare works closely with five transplant centers including OU Medical Center, The Children's Hospital at OU Medical Center, Integris Baptist Medical Center, Saint Francis Hospital and St. John's Medical Center as well as 145 healthcare organizations in the state of Oklahoma to facilitate donation.

Leader's role is to travel the state

and whenever a patient is declared brain dead, and is an organ donor, she gets to bring hope - and new organs - to patients in need.

"You know when you're leaving this person is getting a heart and this person is getting a kidney - it's multiple people," Leader said. "I think it's a great thing to give new life."

Leader's nursing role gives her much more autonomy than in a hospital nurse setting. After a conversation with LifeShare's medical director it's up to her on the best way to go about her job.

That involves stabilizing the body so the organs will preserve. From there it's a race against the clock.

It was in the ER that Leader first became acquainted with LifeShare. She noticed how a LifeShare nurse would come after a patient had been declared brain dead and coordinate an organ harvest that would save the lives of several individuals at a time.

It was something that hit home as

her dad had received a liver transplant after a rare genetic disease had caused his to fail when she was younger.

Leader was one of several people earning her nursing degree at a University of Oklahoma College of Nursing program offered in Miami.

She began her career as an emergency room nurse in Joplin. From there she worked ER at OU Medical Center with a six-month stint in ICU that only proved she loved ER even more.

With approximately 900 Oklahomans waiting for a lifesaving transplant, and more than 123,000 Americans on the list, Leader believes there is no telling whose life you could save by becoming a donor.

"We ask people to take just a few minutes this holiday week, while they are with their family, to discuss organ, eye and tissue donation," said Jeffrey Orlowski, president and chief executive officer of LifeShare. "Registering to be a donor is a personal decision that

needs to be shared with one's family, so please let your wishes be known."

There are three ways to register to be a donor in Oklahoma:

1. ON YOUR LICENSE OR STATE ID CARD - When you get your driver's license or state ID card, you will have an opportunity to say yes to organ, eye and tissue donation and you will have an opportunity to donate a dollar to the Oklahoma Donor Education Fund. If you have registered on your license or state ID card, you do not need to register in any other way.

2. ONLINE - If you have not registered on your driver's license or state ID card, you can go online anytime and register in just minutes at www.LifeShareRegistry.org. Registering online gives you the ability to access your registry page and change your donation information.

3. ON THE PHONE -You can call 800-826-LIFE (5433) and request that a donor registration form be sent to you. After you complete the form and



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Ralph

My name is Ralph and my story began in August 2004 when I was diagnosed with Cardiomyopathy. For years I was treated with medication but by 2010 my disease had progressed. I had a pacemaker/defibrillator implanted which saved my life on two or three occasions. By 2012 I had to have a heart pump and was told that the only way to prolong my life was to receive a heart transplant.

On October 14, 2012, just one week before my 62nd birthday, I received my new heart. Words cannot describe the feelings someone has when they get that phone call. Through the miracle gift of my heart transplant, I am able to

continue my life with my wife and children. There is not a day that goes by that I don't thank God and my donor for giving me another chance at life.

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 



Jennifer Leader, RN, BSN, (left) relishes how she and her coworkers get to save multiple lives every single day at LifeShare.

return it, your name and donation wishes will be added to the LifeShare Donor Registry.

Additionally, the group strives to raise awareness for organ, eye and tissue donation and transplantation through public education.

LifeShare Transplant Donor Services of Oklahoma is located at 4705 NW Expressway in Oklahoma City and has approximately 100 staff members responsible for various tasks including organ, eye and tissue screening and recovery, medical management of potential donors, quality control services, bereavement care for families, public education and awareness, hospital

development and basic administration.

Leader says LifeShare staff members like her are specifically responsible for the management of potential donors and are called Organ Recovery Coordinators. These staff members travel all over the state to manage the organ recovery process. Organ Recovery Coordinators work closely with surgical teams to recover donated organs, determine qualifying recipients for donation placement using the guidelines established by United Network for Organ Sharing (UNOS) and manage the process of transporting the donated organs to the recipient hospitals.

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Oklahoma's NURSING TIMES

Atterberry Joins Mercy Clinic in Edmond

As a family medicine nurse practitioner, Angela Atterberry loves helping others stay healthy so they can get the most out of their lives.

Atterberry recently joined Mercy Clinic Edmond Memorial and brings more than 10 years of medical experience to her new role.

"I love interacting with patients," she said. "My goal is to work with the patient as a team and help them meet their physical and spiritual needs."

Atterberry received her bachelor's degree in nursing from Southern Nazarene University in Bethany, Oklahoma, and her master's degree in nursing through the family nurse practitioner program at the University of Cincinnati in Cincinnati, Ohio.

In her spare time, Atterberry enjoys reading, musicals, traveling to new places, staying involved in her church, and spending time with her husband and other family members. She is a native of the Oklahoma City area.

To make an appointment with Atterberry at Mercy Clinic Edmond Memorial, located at 1919 E. Memorial Road in Oklahoma City, call 405-341-7009.



Angela Atterberry, family medicine nurse practitioner, joins Mercy Clinic Edmond Memorial.

Finding Bliss May Top New Year's Resolutions For Long-Term Caregivers

Responsibilities Cause Physical, Emotional And Financial Strains

by Marylee MacDonald

When a major illness or injury leaves someone in need of long-term, nearly round-the-clock care, it's often up to a family member to step in and provide it.

But research shows that the role of caregiving can lead to its own health issues, creating a significant amount of stress and strain for the caregiver.

"That stress can come in many forms," says Marylee MacDonald (www.maryleemacdonald.org), a caregiver advocate and writer whose debut novel, "Montpelier Tomorrow," was inspired in part by her experience helping care for her son-in-law.

"There is emotional stress, physical stress and even financial stress. Sometimes there's also additional stress from the guilt that caregivers feel when they find themselves resenting the people they are caring for."

MacDonald says caregivers overwhelmed by the stress must make a concerted effort to find things that will bring happiness into their lives. That may be even more important during the holidays when the season calls for merriment, but each day still brings its share of difficulties.

"Finding your bliss ranks high on the to-do list," she says. "It's not easy, but you always should be on the lookout for things that surprise you and bring you joy."

A recent study by the AARP Public Policy Institute and the National Alliance for Caregiving revealed that 22 percent of caregivers felt their health had gotten worse because of caregiving.

"I don't think that's all that surprising," MacDonald says. "If anything, it's a wonder that the percentage isn't higher."

Other findings in the study

included:

- Nearly one in five caregivers (19 percent) reported a high level of physical strain resulting from caregiving, while 38 percent considered their caregiving situation to be emotionally stressful. Those percentages go up significantly for caregivers who provide 21 or more hours of care each week.

- When people feel that had no choice in taking on their caregiving role, the stress becomes even greater. More than half – 53 percent – report high levels of emotional stress.

- Caring for a close relative causes more emotional stress than caring for another relative or a non-relative, with 45 percent of those caring for a spouse and 44 percent of those caring for a parent reporting emotional stress. That compares to 35 percent of those caring for another relative and 18 percent of those caring for a non-relative.

- Finances sometimes take a hit, with 18 percent of caregivers saying they experienced financial strain. Financial strain was more commonly reported by higher-hour caregivers.

"What often happens these days is that most of the burden falls to one person, with maybe other family members stepping in occasionally to provide respite care," MacDonald says. "Some of that is because of the way society is today. We don't have three generations living within a few blocks of each other any more."

MacDonald's involvement in caregiving began when her son-in-law became afflicted with ALS and she put some of her own goals on hold to help her daughter.

"My son-in-law's illness threatened my daughter's happiness and I wanted

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Continued from Page 8

to protect her,” MacDonald says. “I think that’s only natural. But it also made me aware of the strains that caregivers are under, and that in many cases there aren’t always good long-term institutional care options available. That puts the onus on family members.”

Depending on the situation, caregivers become responsible for any number of duties. They help the care recipient get in and out of bed and chairs. They deal with incontinence or diapers, help the recipient to and from the toilet, and assist with bathing or showering.

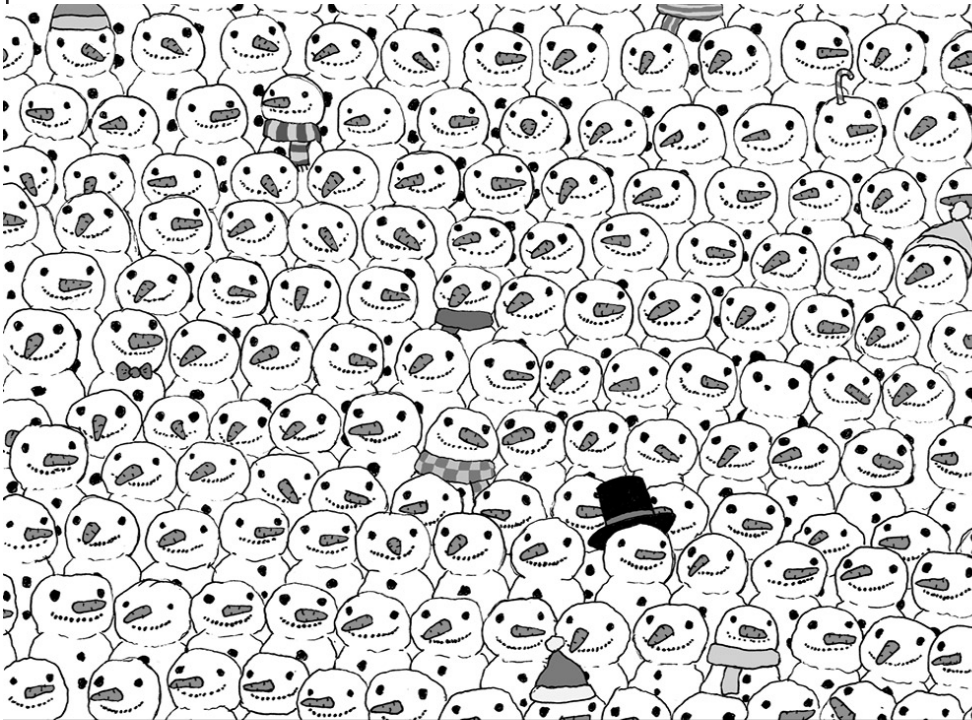
They also provide transportation, take care of grocery or other shopping, and do housework.

“People have their own lives to

live, and not everyone wants to work without pay 24/7, for months or years on end,” MacDonald says. “That’s another reason why one person often has to take on the bulk of the responsibility alone.”

Marylee MacDonald (www.maryleemacdonald.org) is a caregiver advocate and a writer whose debut novel, “Montpelier Tomorrow,” focuses on a family caring for a loved one with ALS. The novel recently won Gold Medal for Drama from Readers’ Favorites. MacDonald’s fiction has won the Barry Hannah Prize, the ALR Fiction Award, the Ron Rash Award, the Matt Clark Prize and two Illinois Arts Council Fellowships. Her works have appeared in the American Literary Review, Blue Moon Literary & Art Review, Briar Cliff Review, Broad River Review and others. She lives in Tempe, Arizona.

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**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 finally seen the writing on the wall. The guy that I have been talking to for 10 months is nothing but a dreamer. He masked it pretty good at first. So I am getting out of this fairy tale "romance." How can dreaming life away be better than actually living life?

A. There can be an excitement in planning and designing and the illusion of creating. There may also be some fear in the actual completion of one of his dream projects. What does he do when one of his projects actually makes it to the end and it is time to market it, sell it or does it end up in the closet and he starts another one?

You provided additional information that he refuses to get a "real job" with a "real paycheck."

What is his reason for not working? One of my clients was dating a man similar to what you describe and his reason for not working was the following, "What kind of job does a creative man get?" Really? A creative man could connect with people, use his legitimate talents and create a job that provides him a paycheck.

"As soon as this project has financial backing we will travel." So he is content to put off living life. Apparently you are not content to wait. And why should you? For anyone who lives in the moment, desires to have life adventures, this would not be your choice of relationship partners. Not now or ever.

Smart business people would keep their day job while creating unless they are fortunate to have solid financial backing. Has your boyfriend tried to get you to invest, sell your house or any other personal involvement? If he tells you "you lack the entrepreneurial spirit" don't buy into it. Be a smart girl. The higher your self value and confidence the less you will be taken in by the dreamer.

You are wise to get out after 10 months. If you already see a pattern don't fool yourself into believing YOU will be the female you gets this dreamer to change a long standing pattern of behavior. YOU will fail!! He apparently likes what he is doing because you describe how he moves from one unfinished project to another. After so many years of "projects" why would he change for you?

Fortunately you have only invested 10 months of your life with this man. You have not financially invested in any of his "projects." You have learned life lessons which make you stronger and wiser and you saw the writing on the wall before you lost yourself in this not so dreamy relationship.

Now is the perfect time to winter-proof your skin

DR. MICHAEL A. SMITH, M.D.

As winter weather visits us once again, so does the problem of "winter skin"- that dreaded skin dryness on the face, hands, and feet. For many of us, winter skin means more than just an uncomfortable, tight, dry feeling: our skin becomes so moisture-deficient it begins to chap, flake, and even crack.

"The low outdoor humidity and the dry, heated indoor air combine to rob the moisture content from our skin," said Dr. Michael A. Smith, M.D. senior health scientist with Life Extension, one of the world's leading organizations dedicated to extending the healthy human life span. "This moisture loss not only results in dryness and cracking, it also can contribute to the development of fine lines and wrinkles on the complexion."

Dr. Smith said the process for successfully increasing skin moisture levels in the dry winter months (or during any time of the year) is not as simple as applying a cream or lotion to restore lost moisture. To understand how we can best repair and even prevent winter skin, Dr. Smith said we need to first understand what skin ceramides are and how they affect skin composition and moisture levels.

"Skin ceramides are a type of skin fat, a major component of the skin's surface, and they reside in the top skin layer called the epidermis," said Dr. Smith. "If you think of your skin as a brick-and-mortar wall, the bricks would be the skin cells and the mortar would be the matrix that holds the skin cells together, of which the ceramides are part."

"If that mortar or that matrix begins to break down because you start losing some of the components, such as the ceramides, the skin cells will begin to separate, rupturing the skin's moisture barrier and allowing rapid moisture loss. This is when we start to see and feel the effects of dryness and aging on the skin, which can be especially noticeable in the winter months when humidity is low."

Dr. Smith said there are several factors that reduce the skin's ceramide levels and destroy the skin's ability to retain moisture. The first factor is the aging process.

"As we get older we don't produce enough of many substances in the

body, including these special types of skin fats," said Dr. Smith. "Other reasons for low skin ceramide levels include lifestyle issues like poor diet, alcohol consumption, smoking, chronic stress, and exposure to environmental toxins."

Dr. Smith said clinical studies show that a new ceramide food supplement developed in Europe made from wheat germ oil called Advanced Skin Repair with Ceramides (LESkinRepair.com), can significantly increase skin ceramide levels and boost skin moisture. One 2011 study published in The International Journal of Cosmetic Science found, for women with dry and very dry skin, that the supplement was effective in reducing skin roughness and itchiness while improving uniformity of complexion, facial skin hydration, suppleness, and the overall state of the skin.

"Ceramides can be found in many plants and animals, but the ceramides most resembling the ceramides found in human skin are found in wheat germ oil," said Dr. Smith. "Studies show the most effective method of application is to orally ingest these ceramides daily in a supplement form, building the skin's moisture barrier from the inside out."

Dr. Smith said skin's moisture levels will remain elevated as long as the body's ceramide production is complemented daily with the ceramide supplement.

"While these supplements can be taken at any time to improve skin hydration and appearance, right now would be a good time to start building your ceramide levels to keep your skin's moisture content high not only during the dry winter months but year-round," said Dr. Smith.

Learn more about Advanced Skin Repair with Ceramides by calling 1-866-857-4110 or by visiting www.LESkinRepair.com.

Dr. Michael A. Smith, M.D. is senior health scientist and media liaison for Life Extension, the world's leading organization dedicated to extending the healthy human life span. A graduate of the University of Texas, Southwestern Medical Center in Dallas, Texas, Dr. Smith completed an internship in internal medicine at the University of Utah and a residency in radiology at UT Southwestern Medical Center.



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Megan Stark, RN
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Rebecca Ricks, RN
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Charles Main, RN
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Jackson Joins Mercy Clinic in Oklahoma City

For more than 27 years, Dr. Ingrid Jackson has served the health care needs of residents in the Oklahoma City area.

This fall, she brought that wealth of experience as a family medicine physician to her new role at Mercy Clinic Primary Care on North May Avenue in Oklahoma City.

"My goals are to continue practicing family medicine and delivering excellent care to my patients in a supportive environment," said Jackson. "I enjoy engaging patients in the conversation and encouraging them to participate in their care."

Jackson received her medical degree and completed her family medicine residency at the University of Oklahoma College of Medicine in Oklahoma City. She is board certified by the American Board of Family Medicine.

In her spare time, she enjoys exercising and gardening. She is married and has two children and three grandchildren.

To make an appointment with Jackson at Mercy Clinic Primary Care at North May, located at 9100 N. May Ave. in Oklahoma City, call 405-840-4456.



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