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Dr. Daniel Pascucci surprises Kami Owens, RN with engagement in front of Mercy Hospital Oklahoma City.

It was a proposal Kami Owens never expected.

"When he first surprised me, I had no idea," said Owens, a registered nurse in the intensive care unit (ICU) at Mercy Hospital Oklahoma City. She met Dr. Daniel Pascucci just a little more than a year prior.

"We had just started working at Mercy," Dr. Pascucci said. "A nurse took me down to the ICU to



meet fellow co-workers. Kami and I briefly met, but I was very attracted to her and eventually added her on Facebook."

But the two lost touch. For half a year, the now-engaged couple didn't see each other; they didn't even talk. No phone numbers had been exchanged and certainly no proposal was being planned, but Dr. Pascucci just couldn't stop thinking about the nurse he met in ICU.

"I always thought she was cute," he said. "I even

texted a picture of her to my mom and said something like, 'why can't I just meet someone like her?'"

Six months later, the two met again. It was a second chance at love, and they both took advantage.

Duncan Regional Hospital Partners with OCU for New Nursing Program



Oklahoma City University has partnered with Duncan Regional Hospital to offer a Bachelor of Science in Nursing program at the hospital beginning in Fall 2016.

The hospital will provide up to 15 scholarships annually for students who enroll in the program and agree to work at DRH following graduation. Qualified students can complete the program in two years. Among those eligible for the program are students who have earned associate's degrees in allied health services from Cameron University.

Jay Johnson, president and CEO of Duncan Regional Hospital, said the program will address an ongoing need for baccalaureate prepared nurses at the hospital.

"We are excited about this partnership to bring the highly respected OCU BSN degree to a community like ours," Johnson said.

The hospital will provide \$14,000 in tuition expenses per recipient per year, leaving students with an annual

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OKLAHOMA'S NURSING TIMES

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LOVE

Continued from Page 1

"We set a first date and were immediately inseparable," said Owens.

"Within a few days, I knew she was the one," Dr. Pascucci said. Three months later, he was planning a night the two of them would never forget.

Owens thought it was a typical date night in December. The two planned to go to dinner, church and then look at Christmas lights – but on their way to dinner, Dr. Pascucci got a call. "It was from another doctor who told me he needed me to run to the hospital. The doctor was in on the proposal, but Kami had no idea."

A quick detour, Owens thought, before date night began.

What happened next, Owens never imagined.

In front of Mercy Hospital, Dr. Pascucci got down on one knee and asked Owens to marry him.

"Both of our families were waiting inside the hospital with handmade posters, banners and food," he said. "She had no idea they were there to witness the moment until we went inside after

she said 'yes.'"

It was a special proposal, at a location that already has a special place in their hearts.

"The reason I wanted to propose to her at Mercy goes beyond the fact we met there," Dr. Pascucci said. "When I was still in medical

school, I would see the cross sitting on top of Mercy, and it was just special to me. Our faith is a special part of our lives that we both share, and we both have a passion for Mercy and what it stands for."

The couple plans to wed in June.

INTEGRIS Joins Mayo Clinic Care Network

INTEGRIS and Mayo Clinic announced today that INTEGRIS has joined the Mayo Clinic Care Network, a national network of health care providers committed to better serving patients and their families through collaboration.

INTEGRIS is the first health care organization in Oklahoma to join the network. The formal agreement gives INTEGRIS access to the latest Mayo Clinic knowledge and promotes physician collaboration to benefit patients. Through shared resources, more patients can get answers to complex medical questions — and peace of mind — while staying close to home.

"While INTEGRIS works with some of the most accomplished and preeminent physicians in the region, we are constantly striving for ways to provide our patients with the best care possible," says Bruce Lawrence, president and CEO, INTEGRIS. "This collaboration between INTEGRIS and Mayo Clinic brings together two trusted names – each with unique strengths – to the betterment of all Oklahomans."

As a member of the Mayo Clinic Care Network, INTEGRIS will work with Mayo to share medical knowledge in ways that will enhance patient care. Network products and services include:

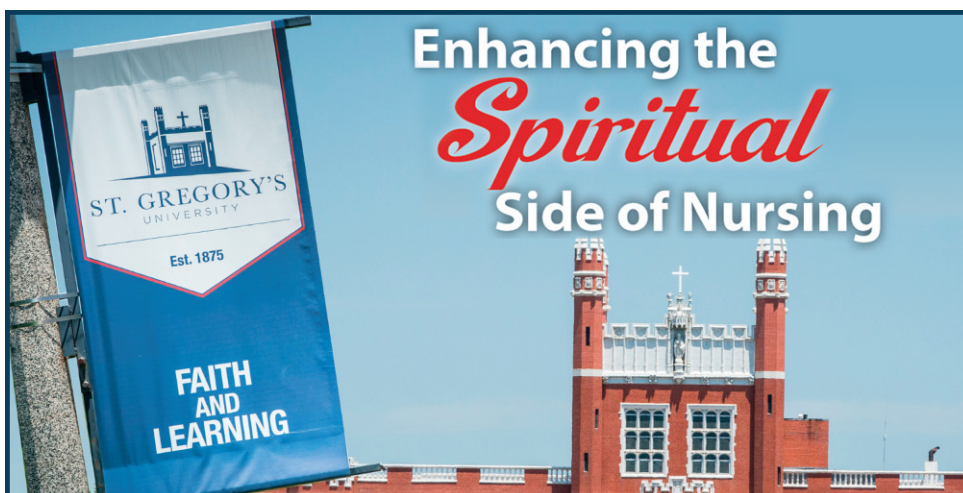
- eConsults that enable INTEGRIS physicians to connect electronically with Mayo specialists when they want additional input on a patient's care
- AskMayoExpert database that offers INTEGRIS providers point-of-care, Mayo-vetted information on disease management, care guidelines and treatment recommendations, and reference materials for medical conditions
- Health care consulting that enables INTEGRIS to learn more about Mayo's clinical, operational and business models, including the models' design and implementation
- eTumor Board conferences that enable INTEGRIS physicians to present and discuss management of complex cancer cases with a multidisciplinary panel of Mayo specialists and other network members.

INTEGRIS providers also have access to Mayo's extensive library of patient education materials, and can view archived Mayo Clinic grand rounds presentations that feature Mayo physicians and scientists.

"We are pleased to welcome INTEGRIS to the Mayo Clinic Care Network," says David Hayes, M.D., medical director, Mayo Clinic Care Network. "This relationship brings together two like-minded organizations committed to patient-centered care. As we've worked toward today's announcement, it's been clear that we share many important values and at least one essential goal: to improve the delivery of health care in a way that benefits patients."

Formed in 1995, INTEGRIS is a nationally recognized health care system with a wide presence in Oklahoma. Approximately 6 out of every 10 Oklahomans live within 30 miles of a facility or physician included in the INTEGRIS organization. INTEGRIS has eight hospitals, more than 2,500 physicians and more than 9,000 employees.

INTEGRIS and other members of the Mayo Clinic Care Network remain independent, but share Mayo's commitment to improve the quality and delivery of health care. Launched in 2011, the Mayo Clinic Care Network has more than 35 member organizations in the U.S., Mexico, Puerto Rico and Singapore.



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Make a 'PACT' to Prevent Birth Defects

January is National Birth Defects Prevention Month. Nearly every four minutes, a baby is born with a birth defect in the U.S. That means birth defects affect one in every 33 babies born. Birth defects are the most common cause of death in the first year of life and the second most common cause of death in children ages 1 to 4.

While these statistics are sobering, the Oklahoma State Department of Health (OSDH) notes that families can lower the risk of having a baby born with a birth defect by following basic health guidelines throughout the reproductive years. Women and men are encouraged to make a PACT for their own health and the family they may have one day.

Plan ahead:

- Get healthy before getting pregnant.
- Take 400 micrograms (mcg) of folic acid every day.

Avoid harmful substances:

- Avoid drinking alcohol and smoking.
- Be careful with harmful exposures at work and home.

Choose a healthy lifestyle:

- Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, lean proteins, and healthy fats and oils.
- Be physically active.
- Work to get medical conditions like diabetes under control.

Talk to a doctor:

- Get a medical checkup.
- Discuss all medications, both prescription and over-the-counter.
- Talk about your family history.

All women and men can live out their PACT by taking these four easy, but important steps. Show how you are making a PACT for prevention by using the hashtags #livingmyPACT and #in33.

OSDH is working with healthcare professionals and family leaders around the state to raise awareness of birth defects. Find additional information at www.obdr.health.ok.gov.

For more information about having a healthy pregnancy and a healthy baby, view the "Preparing for a Lifetime, It's Everyone's Responsibility" public education campaign on the OSDH website at <http://iio.health.ok.gov>.

PARTNERS

Continued from Page 1

tuition of between \$8,000 and \$13,000. Scholarship recipients will be required to work at Duncan Regional Hospital as a full time nurse for at least two years following graduation.

"We are pleased to bring our baccalaureate nursing program to Duncan Regional Hospital and look forward to growing the availability of accessible, professionally delivered nursing care in the community," said Lois Salmeron, dean of OCU's Kramer School of Nursing. "Our mission has long been to prepare graduates to practice professional nursing in a variety of settings in rural or urban areas."

A member of the OCU faculty will reside in Duncan to teach classes and labs. The program will also utilize an innovative Polycom Communications online platform so that students in Duncan will be able to participate and interact with classes in Oklahoma City in real time.

OCU's MSN program also will soon be offered in Duncan via live streaming.

Duncan Regional Hospital will host an open house session at its Learning Center from 4 to 7 p.m. Feb. 17

to provide more information about the partnership program. Those who are interested in attending may RSVP by Feb. 12 online at okcu.edu/duncannursingopenhouse.

Oklahoma City University's nursing program consistently exceeds state and national averages on the RN licensure exam. The school boasts 1,370 alumni who are practicing in every major health field.

For more information, contact Debbie Taber at 405-208-5924 or djtaber@okcu.edu, or visit www.okcu.edu/nursing.

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Editor and Publisher, Steven R. Eldridge - News@okcnursingtimes.com

Advertising Director Annette Deckard - Annette.Deckard@usnursingnews.com

Advertising Services Lisa Weigel - Advertising@okcnursingtimes.com

Writers: James Coburn, Bobby Anderson, Vickie Jenkins

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CAREERS IN NURSING

BEING THERE - HOSPICE NURSES PROVIDE EXTRAORDINARY COMFORT AND CARE

by James Coburn - Writer/Photographer

The majority of Tamara Webb's career has been devoted to caring for families and their terminally ill loved ones in hospice, said Webb, RN, clinical coordinator at Sooner Hospice in Oklahoma City.

"I choose hospice because I feel it is very rewarding, not only for me personally, but being there for families to give them that support at the end of life," Webb said.

She has served patient centered care at Sooner for the past 11 months. She began her career as an LPN, graduating from Gordon Cooper Votech. Later she earned a Master of Science in Nursing.

"I feel like I've been able to provide a little bit of sunshine to someone else," Webb said. "Some days can be hard, but at the end of the day I feel like I have helped someone."

Webb works closely with Cheryl Medawattage, RN, director of business development, a hospice nurse for 20

years. The fundamental goal of Sooner Hospice is to make sure patients are as comfortable as possible, she said, by providing symptom management.

"It's maintaining their dignity and elevating our standards of care," she said. "We don't just want to be what we're known as. We want to be better."

Becoming better means Sooner Hospice continues to grow educationally, spiritually and as a team. Every decision is based on the right thing to do for the patient, she said.

"I've always said that if I feel I didn't make a difference at the end of the day it's time to walk away," she said.

Hospice nurses have opportunities to meet patients and families they love. Medawattage said it is a blessing to be part of their lives because some of them embrace her as their family.

"As far as Sooner, that's what we aspire to do with integrity. You want

to do everything from a compliance perspective," Medawattage continued.

Service is rendered with compassion. The staff exceeds knowing that hospice care is something they embrace in life. Hospice has never been a job, she said.

"If you're expecting a job, this is the wrong field. Hospice becomes who you are as a person," she explained. "That's who I am. I am a hospice nurse 24/7. It's a ministry work. I take hospice extremely personally and therefore I am very humbled."

Her role is diverse as director of business development. Medawattage still maintains a lot of patient contact, making her career worthwhile.

The nurses come in contact with a cross-section of life from every income bracket. They approach each patient with the same compassionate care and understanding.

"When we go in we have a nonjudgmental attitude," Webb said. "We don't know what walks of life

they've come from or what they're experiencing or how they deal with grief."

The goal of Sooner Hospice is to enter the home, making sure that palliative, holistic needs will be met. The families work with Sooner to make sure the plan of care will be most beneficial for their loved ones, Webb added.

Many of the families and patients did not realize the depth of their strength. Webb admires this quality.

"They didn't think they were going to make it through this time of their life, but the families a lot of times come together," Webb said. "They become stronger."

Exemplary service is accomplished by compassionate coworkers willing to learn as team players. Webb said they may not be together at every moment of the day. But when they do come together, they recognize

Continued on next page

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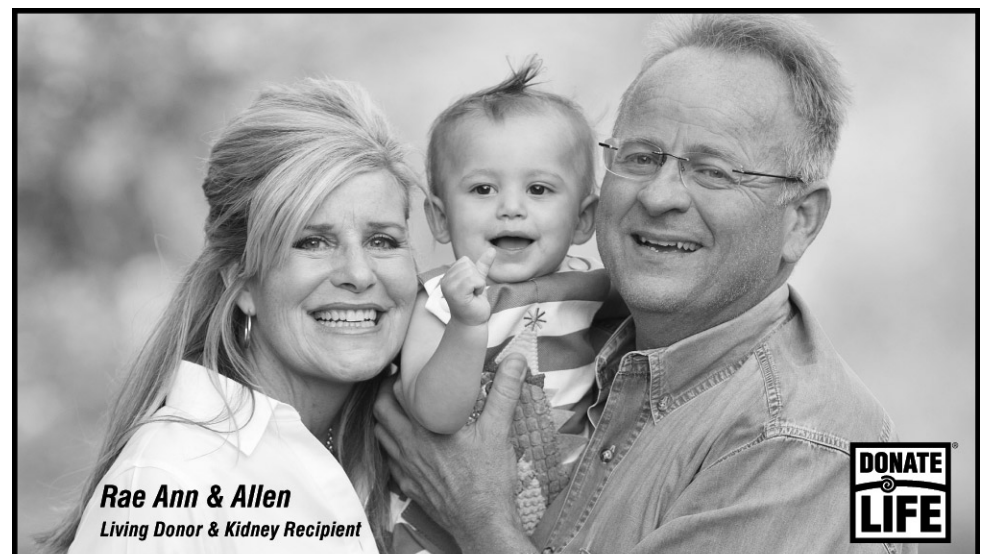
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In Oct. 2014, Allen discovered through a routine life insurance physical exam that his kidneys were not working properly. After a kidney biopsy he was diagnosed with IgA Nephropathy. Within 6 months Allen was on dialysis and needed a kidney transplant.

Rae Ann learned about becoming a living donor from a transplant information event she was attending with her husband. After testing, Rae Ann found out she was a match for Allen, but they were encouraged to help other couples who didn't match.

The decision was made to enter the "paired exchange program". On Monday, August 31, 2015, Allen received a kidney from a woman

named Stephanie. Two days later, on Wednesday, September 2, Rae Ann gave her kidney to Stephanie's husband, Eric. Both kidneys began working immediately and everyone recovered quickly and are doing well.

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



Tamera Webb and Cheryl Medawattage are part of a team of compassionate nurses at Sooner Care Hospice.

they each have a common goal.

"That's to make sure we support one another and we're doing the best job we can do for our patients," Webb said.

The continuum of hospice care deals with physical, spiritual and emotional needs, Medawattage said. Home health aides are invaluable. So is the chaplain, social worker and bereavement coordinator as well as the volunteers and a volunteer coordinator.

"Then of course we have a medical director that oversees all the care that we provide," Medawattage added. "It's a very holistic approach to reaching out to meet the needs of these families."

Medawattage is a big advocate of certification and training in order to be a better hospice nurse. Sooner Hospice began providing a certified hospice and palliative care class to prepare nurses to take their certification exams.

"There are not many certified nurses in the state of Oklahoma. The last time I checked, there was about 120 of them. From a pain management certification, I think there were 15 and we have over 300 hospices."

Sooner Hospice has built a team

with the heart and desire to make a difference.

"I'm a big advocate of certification with my pain management and gerontology certification. It just helps me be more effective with what I need to do," she said.

Medawattage said nurses must take care of themselves, too. She has started playing billiards for one hour a day at home.

"My son was born when I went into hospice. So talking about hospice and death and dying and the challenges that come with it, they know that's who I am," Medawattage said.

"I took my daughter out to deliver meals for Christmas. She was just so inspired to be doing that," she said.

Webb said she gets a lot of support from her family. She also does swing dance to alleviate stress.

"That's one of the things I do with meditation and exercising," Webb said.



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We are now hiring an Licensed Practical Nurse for the 3-11 shift and Certified Nurse Assistants/Certified Medical Assistants on the 3-11 shift.

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Metro Technology Centers to simulate emergency

Metro Technology Centers will host its 8th Annual MetroCare Hospital Day on Thursday, January 28, beginning at 8:30 a.m. This year's scenario is a simulated school shooting in which students pose as patients and wear tags identifying their injuries. Patients are transported by OSU-OKC Paramedic Care Program students to a mock hospital, where Metro Tech Health Careers students respond to each injury based on classroom training.

The Oklahoma City Fire Department and members of the Shawnee Police Department will respond to the scene and guide Metro Tech Law Enforcement Program students through the crowd control process after an emergency.

If you would like to attend MetroCare Hospital Day, please contact Billie Smith, community relations, at (405) 401-9953.



Metro Technology Centers
Preparing for Life

Finding Common Ground Against Big Tobacco

New Study Recognizes the Benefits of Uniting the Public Health Community and the Vaping Community Against Public Health Enemy Number One

A recently published study proposes a pact between the public health community and the vaping community to combat a shared enemy, Big Tobacco. While the two parties have argued the harmfulness – or the helpfulness – of vapor products like e-cigarettes, this study suggests the parties share common ground in uniting to create a super alliance against Big Tobacco companies.

This study, published in *Nicotine and Tobacco Research*, explores the antagonistic debate between the two camps. The study was authored by several Oklahoma Tobacco Research Center members at the Stephenson Cancer Center, including Theodore Wagener, PhD, one of the country's foremost experts on e-cigarettes and other vapor products.

Vapor products have been quickly gaining widespread popularity, but for often varying reasons. Some view these devices as a safer alternative to smoking tobacco, or as a mechanism for reducing tobacco dependency. While the public health community and the vaping community may never come to an agreement on some of the issues surrounding e-cigarettes and vaping products, they can agree on the unfortunate influence of Big

Tobacco.

The authors of the study contend that identifying shared goals and common ground between the two groups will minimize the involvement of Big Tobacco companies in shaping public policy. A mutual focus on the greater-good, the end of combustible tobacco, will significantly benefit both groups as well as the public.

Dr. Theodore Wagener served as the corresponding author on this study. Additional authors include: Ellen Meier, PhD, department of Pediatrics, OU Health Sciences Center, Oklahoma City, Oklahoma; Alayna P. Tackett, MS, department of Psychology, Oklahoma State University, Stillwater, Oklahoma; James D. Matheny, MPH, Oklahoma Tobacco Research Center, Stephenson Cancer Center, OU Health Sciences Center, Oklahoma City, Oklahoma; and Terry F. Pechacek, PhD, division of Health Policy and Management, Georgia State University School of Public Health Atlanta, Georgia.

The study was published online on October 26, 2015 in *Nicotine and Tobacco Research*, one of the world's few peer-reviewed journals singularly dedicated to the study of nicotine and tobacco.

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INTEGRIS Changing Your Weighs in the New Year

Get the New Year off to a healthy start! Changing Your Weighs, sponsored by INTEGRIS Community and Employee Wellness, is a down-to-earth weight loss program with particular emphasis on eating healthier and increasing physical activity. This course is designed for adults (18+) who are ready to make lifestyle changes. It is a comprehensive eight-week weight management program that includes behavior modification and nutrition education with a registered dietitian.

Sessions available:

- Fridays, Noon to 1 p.m., Jan. 8 to Feb. 26 at INTEGRIS Southwest Medical Center, 4200 S. Douglas Ave., Suite B-10, Oklahoma City, OK 73109.

- Thursdays, Noon to 1 p.m., Jan. 7 to Feb. 25 at INTEGRIS PACER Fitness Center, 5520 N. Independence Ave., Oklahoma City, OK 73112.

- Thursdays, 5:30 to 6:30 p.m., Jan. 7 to Feb. 25 at INTEGRIS PACER Fitness Center, 5520 N. Independence Ave., Oklahoma City, OK 73112.

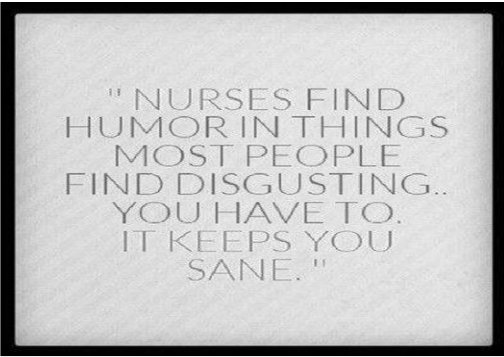
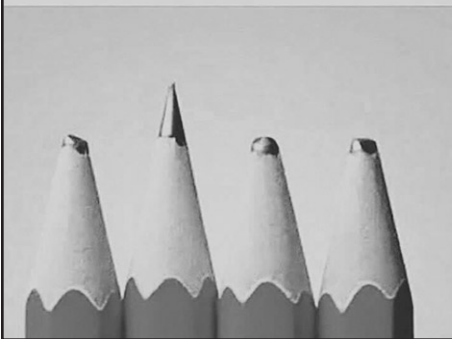
Sign up for the session that works best with your schedule. Cost: No charge for this program; reservations are required.

For more information, please call the INTEGRIS HealthLine at 405-951-2277.

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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 Meredian, Oklahoma City, OK

73107 405-949-1200

Horizon Hospice:

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

Heartland Hospice:

Shawnee: Vol. Coor. Karen Cleveland,
405-214-6442; Norman: Vol. Coor. 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 Clausing, 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; Kingfihser 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*

Q. My friend is dating a man that I believe is a narcissist. She is obsessed with him even though he treats her badly. I have tried to point out what seems so obvious but she does not want to listen. What should I do?

A. Narcissistic addictions are like cocaine, gambling and any other drug or behavior that provides us with a rush and a feeling of wanting more and more and more. There probably isn't much more that you can do: the best thing for your friend would be if her narcissistic boyfriend would drop out of sight for good. But unless she gets treatment she will find another one.

These relationships defy common sense. They are not logical and usually find people behaving in ways they never would under normal circumstances, such as:

- Putting up with being ignored • Putting up with their partner being involved with other women or men
- Putting up with never being able to rely on them • Putting up with long periods of unexplained absences • Putting up with being lied to and deceived - even though you know you are being lied to and deceived. • Putting up with them putting in little or no effort. • Putting up with looking weak, like a fool, doormat or like you have no self-respect. • Putting up with being allocated to the friend position.

The million dollar question is why?

The answer is - they're addicted to the high. The high is that moment where the object of their obsession is giving them their undivided attention. Where for a brief moment they feel loved, cherished and special.

The reasons for this are complex and can be any number of the following:

- Feeling starved for love and attention
- An addiction to the high intensity feelings
- Codependency
- They are used to poor treatment
- They live in a fantasy world.
- They've claimed some type of ownership of the individual and can justify sleeping with them even though we know they are involved with someone else.
- Low self esteem.

Your friend will suffer in this relationship and it will be hard for you to watch. Hopefully she will find herself in enough emotional pain that she will seek treatment.

Registration Underway for Faith Community Nurses' Conference

Transition to the Beyond: Being a Sacred Presence during End of Life Care will be the title of an early spring conference for nurses, health professionals, health ministers, clergy and anyone interested in gaining skills in a caring ministry in their faith community.

The conference will be held March 4, 2016 at Crossings Community Center, 10255 N Pennsylvania, Oklahoma City, OK 73120 and is hosted by Faith Community Nurses Association (FCNA OK.)

Participants will explore a theology of suffering and its role in end of life care, define palliative care, differentiate between hospice care and palliative care, distinguish the differences between inpatient and in home hospice care, identify the Faith Community Nurse's role in end of life care and discuss the role of the Faith Community Nurse in support of planning a funeral. Speakers will address the topics for the Faith Community Nurse to take back to one's own parish or congregation.

This conference will provide the opportunity for participants to network, build relationships with nurses and health ministers interested in Faith Community Nursing. The purpose of the conference is to increase awareness of Faith Community Nursing in Oklahoma, provide tools to enhance ministry of caring in a congregation, and open doors to networking among clergy, nurses, and community services.

Prior to February 19 registration for the one-day conference is \$50 for FCNA OK members. Non-member fees are \$85. Students, clergy, and health ministers' fees are \$65. After deadline add \$25 and at the door registration add \$45. FCNA OK is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for 6.4 contact hours applicable for APRN, RN, or LPN relicensure. Kansas State Board of Nursing Provider Number: pending.

For registration information and brochure, see the FCNA website, downloads' page: www.fcnaok.org or contact Marilyn Seiler, 405-340-0691, ext 197 or email at parishnurse@stjohn-catholic.org.

Make-A-Wish Oklahoma Welcomes New CEO Katie Fitzgerald

Katie Fitzgerald, a proven nonprofit executive and child advocacy leader, joins Make-A-Wish Oklahoma as President and CEO. In addition to managing the operations of the organization, Fitzgerald will work closely with supporters all over the state to promote and expand the Make-A-Wish mission of "granting wishes to children with life-threatening medical conditions to enrich the human experience with hope, strength and joy."

"We are excited to have Katie join the Make-A-Wish organization. Her steadfast commitment to serving children throughout her twenty year career in non-profit and foundation management is a perfect match for our Chapter. With Katie's proven leadership abilities, we look forward

to advancing our most important goal which is to reach all the children in Oklahoma in need of a quality wish experience," said Angie Hooper, Chairman of the Board of Directors of Make-A-Wish Oklahoma and Senior Counsel for The Williams Companies, Inc.

Fitzgerald's resume includes extensive experience in the fields of child advocacy, child and family services and fund development. She joins Make-A-Wish following a six-year tenure as Executive Director at the Center for Children and Families in Norman, Oklahoma where she led the largest expansion in operating and capital revenue in the agency's history along with a related expansion in

See WISH next page

OBU to Host Stavros Hall Grand Opening

OBU will host a grand opening for its state-of-the-art nursing building, Jane E. and Nick K. Stavros Hall, Friday, Feb. 5, at 2 p.m. The building is located on the northeast corner of the OBU campus in Shawnee, just south of MacArthur Street and west of Kickapoo Street. Attendees will congregate in the Stavros Hall Foyer for the celebration.

The 32,000-square-foot facility is the new home to the OBU College of Nursing and is designed to provide cutting-edge nursing education for both undergraduate and graduate-level students.

Stavros Hall includes five classrooms, a 109-seat lecture hall and a computer lab, as well as spaces for students to study, meet and interact with faculty. The facility features six high-fidelity skills simulation labs, a medium skills lab, a health assessment skills lab, and a home health and bathing training room, totaling 24 beds. The high-tech simulation labs are equipped with the industry's most advanced medical simulation solutions.



In 2014, Nick Stavros provided the lead gift for construction of the new facility for the OBU College of Nursing in honor of his late wife, Jane, who was the daughter of Victor C. Hurt, legendary OBU athletic director and football, basketball and track coach. The building is named in their honor.

OBU's nursing program offers a Bachelor of Science in Nursing degree,

a BSN completion degree for nurses with an associate degree, an LPN to BSN degree, and a Master of Science in Nursing degree with a focus in either nursing education or global nursing.

In 1952, the Oklahoma State Board of Nursing granted OBU the approval for Oklahoma's first baccalaureate nursing program. The inaugural class of 11 students graduated in 1956.

You can learn more about the College of Nursing by visiting the OBU website at www.okbu.edu/nursing. If you would like to share memories associated with the College of Nursing, you can share those on social media using the hashtags #OBUNursing or #StavrosHall.

With campuses in Shawnee, Oklahoma, and Oklahoma City, OBU offers 10 bachelor's degrees with 88 fields of study and four master's degree programs. The Christian liberal arts university has an overall enrollment of 1,986, with students from 40 states and 35 other countries. OBU has been rated as one of the top 10 regional colleges in the West by U.S. News and World Report for 24 consecutive years and has been Oklahoma's highest rated regional college in the U.S. News rankings for 22 consecutive years. OBU is one of three universities in Oklahoma and the only private Oklahoma university listed on Great Value College's rankings of 50 Great Affordable Colleges in the Midwest. Forbes.com consistently ranks OBU as a top university in Oklahoma and the Princeton Review has named OBU one of the best colleges and universities

WISH

Continued from Page 10

child and family services. Fitzgerald has also served as Director for the Women's Leadership Initiative at the University of Oklahoma and led the Oklahoma Afterschool Network at the Oklahoma Institute for Child Advocacy. Before moving to Oklahoma, Katie served as Program Director with the W.K. Kellogg Foundation in Battle Creek, Michigan and as a Vice President with United Way of Greater Battle Creek. Katie earned her Masters of Social Work from the University of Michigan and her undergraduate degree at Michigan State University.

"I am tremendously honored and excited to serve as the next leader of Make-A-Wish Oklahoma. As a parent of three children, I cannot imagine the challenges our wish kids and families bravely face every day. It is a privilege to have this opportunity to steward this most sacred mission of bringing hope, strength and joy to the lives of children with life-threatening medical conditions. Make-A-Wish has a great reputation and I look forward to serving our wish kids and their families, along with the Board of Directors, donors and our many volunteers all over Oklahoma."

Fitzgerald and her husband, Brad Stevenson, live in Norman with their three children, Georgia, Lazo and Gloria.

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