

## Hospice and hope for rural patients



LPN Mary Harris, pictured in Russell-Murray Hospice's El Reno office, is one of a four-member nursing staff at the non-profit's Kingfisher office. Harris and her fellow nurses are dedicated to providing hospice care to rural patients and their families.

by Traci Chapman, Staff Writer

For Mary Harris, it was always been family, and personal connections, that fueled her mission to become a nurse. While the experiences that illuminated her path were sometimes painful, sometimes filled with loss, they were something that spurred her to bring comfort, care and kindness to the lives of each patient she cares for.

Harris always knew she wanted to work in the medical field – it was a goal that started early, during a family medical crisis that would have long-reaching consequences.

"I decided I wanted to pursue a career in nursing when I was in 1st grade and got to meet and watch a group of amazing nurses care for my dad when he got burnt," Harris said.

It was a goal that never faltered. As the now 28-year-old began her career, every job she ever had was related to nursing.

But, it was after losing her mother to breast cancer that Harris knew precisely how she wanted to concentrate her nursing efforts – in hospice, where she could make a difference during a patient's final journey, while comforting the family who knew they would have to say goodbye.

"I wanted to be able to provide the same compassion and

care that the nurses showed my family to others when they are at that state in their lives," Harris said.

That drive led the Hennessey High School graduate to enroll in Chisholm Trail Technology Center's nursing program. At the school, located in Omega, Oklahoma, she earned her LPN; she also received CPR instruction at Enid's Autry Technology Center.

Nursing degree in hand, Harris first worked as a charge LPN as a nursing home nurse, before finding the place she would call home – Russell-Murray Hospice.

"I just knew when I met them and I saw what they were doing for their patients that it was exactly where I was meant to be," Harris said.

Living in Loyal, Harris said becoming a part of RMH's Kingfisher office's nursing staff was ideal. That

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## VA Center nurse honored with national award



Oklahoma City VA Center nurse Jillene Sroczyński in February will receive the American Legion National VA Health Care Provider Award. Last week, Sroczyński was honored at Mustang Post 353, where she is a member, in anticipation of that Washington, D.C. award ceremony.

story and photo by Traci Chapman, Staff Writer

Jillene Sroczyński's life and career have always been one of service, something perhaps best illustrated by her dedication and skill as a nurse at Oklahoma City Veteran's Administration Health Care System. It is dedication recognized far beyond her supervisors and peers, as the American Legion recently named Sroczyński 2017 National VA Health Care Provider Award.

It was something particularly special to Sroczyński, she said, because she knows what the veterans she treats face – as a former U.S. Air Force pilot, she's been there.

"It's especially important to me to remember where I've been and what my experiences were in the Air Force and how everyone we treat has been in the same position – many much more with intense,

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## INTEGRIS Announces Aphasia Clinic

INTEGRIS Jim Thorpe Rehabilitation is proud to offer the only aphasia clinic in the Oklahoma City metropolitan area. Aphasia is an acquired communication disorder that impairs a person's ability to speak and understand others, but does not affect intelligence.

Stroke and brain injury are the most common causes of aphasia. While it typically affects those 45 and older, the under 45 age group is the fastest growing group of stroke and brain injury patients in the United States. There has been a 44 percent increase in the number of young Americans hospitalized due to stroke in the last decade.

"With stroke rates on the rise, especially among young adults, this type of specialized care is becoming more necessary," says Susan Dowell, M.S., CCC-SLP, lead speech-language pathologist for the new clinic. "Aphasia can be frustrating for patients and family members alike and is often misunderstood. At the clinic, we educate families and caregivers about the condition and how they can best support their loved one."

Aphasia affects everyone differently and communication problems can last a long time. Improvement is possible, particularly if speech language therapy is provided. The INTEGRIS Aphasia Clinic brings people living with the disorder together in a support group fashion, allows them the opportunity to work on communication skills with a variety of conversation partners and gives them the chance to participate in special aphasia group activities devoted to specific interests. The group meets once a week.

Clinics will be held every Tuesday from 3 to 5 p.m. at the INTEGRIS Jim Thorpe Outpatient Rehabilitation at 4100 S. Douglas Ave., Oklahoma City. The cost is \$75 for each 4-week session, including an initial evaluation.

For more information or to schedule an aphasia evaluation, contact Susan Dowell at 405-644-5445 or visit [integriskok.com/rehabilitation](http://integriskok.com/rehabilitation).

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## OU College of Nursing Achieves Top National Ranking

The University of Oklahoma Fran and Earl Ziegler College of Nursing has been ranked as one of the best online advanced degree nursing programs for 2018 by U.S. News & World Report.

"We are very proud of the programs we are able to offer at the OU College of Nursing," said Interim Dean Gary Loving, Ph.D., R.N. "The online programs allow for flexibility for students to better meet their individual needs as they work toward advanced degrees in nursing." Loving explains that the college's online educational programs help address the critical shortage of nursing leaders in health care agencies across Oklahoma.

According to U.S. News, the online advanced degree rankings are determined by student engagement, faculty credentials and training, peer reputation, student services and technologies, as well as admissions selectivity.

"We are honored to be recognized by U.S. News & World Report," said Loving. "Our nursing programs, outstanding faculty guidance and clinical partnerships provide our students a research based learning environment in a variety of health care settings." This is the third U.S. News & World Report accolade for the OU College of Nursing as earlier in 2017 the master's and doctor of nursing programs were ranked among the best for 2017 and 2018. For this year's ranking, the online graduate nursing program is No.



23.

The full list of U.S. News & World Report's "Best Online Master's in Nursing Programs" can be found at <https://www.usnews.com/education/online-education/nursing/rankings>.

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## HARRIS

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location's four nurses and three home health aides care for about 20 to 25 patients at any given time; company-wide, RMH's nursing staff - which also work out of its El Reno home base and an office in Oklahoma City - collectively cares for about 100 people.

Harris said her job is comprised of a different routine every day, comprised of caring for patients, and their families, she gets to know well.

"I make routine visits for wound care, medication planning, skilled nursing assessments - I routinely check on our patients to assess their current condition and if they have any changes in needs," Harris said. "What I like most is getting to visit with the patients on a regular basis and getting to know them."

That care is given in a difficult healthcare climate. Rural areas are challenged with difficulties in finding dedicated staffs willing to commit to a long-term position. Kingfisher was no different; for a time, the city's small hospital was on the edge of oblivion, before officials in 2009 took a bold step, constructing a \$20 million, 52,000-square-foot hospital. In 2013, Mercy Oklahoma - which had

managed the facility since 2011 - agreed to lease the now Mercy Hospital Kingfisher.

It was in that climate Russell-Murray Hospice decided to expand into the Kingfisher area. Now in its 30th year, the non-profit has for many years served the rural community; with the new office - and hiring local nurses and other staff members - RMH ramped up its commitment not only to Kingfisher proper, but also to small towns like Hennessey, Dover, Loyal, Cashion, Alpha, Omega and many more, as well as those families who lived on farms and other even more isolated areas.

"We wanted to make sure we provided access to care to families in about a 75-mile radius from each of our offices - so, of course, Kingfisher also has some overlap with our home base (El Reno), but there are many people surrounding Kingfisher that have had issues with getting hospice care, just because it's not near the Oklahoma City metro or any of the larger cities," RMH founder and executive director Vicki Myers said. "It was a smart decision we've never regretted."

Joining Russell-Murray was something Harris said she never regretted either - it was a chance for

her to find yet another home, with people she said provided inspiration and support her every day - support that led her to begin working toward her registered nursing degree at Oklahoma State University OKC.

"It can be hard sometimes to work in hospice because you lose people, it's just part of the job - but, it's so special to be able to make that final time special and safe and to help the family get through it too," Harris said. "Then there's my family here and it's thanks to the love and support from my amazing boyfriend, Tracy."

"What I get from all of them is more than I can say," she said.

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# Nursing student discovers career path through hospital externship

Matthew Tygart always knew he liked working with children. When his compassion for people influenced him to major in nursing, he learned through a series of clinical rotations and his externship at St. Francis Hospital that he wanted to work in pediatric oncology after graduation.

"I grew up working with children," said Tygart. "Now I can take that one step further by caring for them in their most vulnerable states. I can be there for the families and the patients."

Tygart is earning a bachelor of science in nursing at The University of Tulsa School of Nursing in the Oxley College of Health Sciences. One of the reasons he chose TU was due to the high success rate of TU students passing the NCLEX (National Council Licensure Exam) exam, a standardized test that each state board of nursing uses to determine whether a candidate is prepared for entry-level nursing practice. The pass rate for TU School of Nursing students is higher than the average in Oklahoma and nationally.

Tygart and his classmates participated in clinical rotations at the three major hospitals and various clinics in Tulsa. "Our clinical rotation group was small and included only six or seven students," said Tygart. "This allowed us to develop closer relationships with faculty."

Want to learn more about TU School of Nursing externships?

Watch our video at <https://healthsciences.utulsa.edu/news/clinical-experiences-lead-nursing-externships-jobs/>.

During his rotation at St. Francis Hospital, Tygart realized that he wanted to work in oncology and with the help of his professors, he secured an externship there. "The faculty helped me complete my externship application and provided references," said Tygart. "I was able to work in both adult and pediatric oncology."

After his externship, Tygart received a job offer from St. Francis to work as a nurse technician providing basic medical care in the pediatric oncology unit while he completes his schooling. Nurse technician positions are generally part-time employment opportunities reserved for students currently enrolled in a licensed practical nursing or registered nursing program.

During his time at TU, Tygart served as a member of the Golden Hurricane Spirit Squad and participated in a fraternity. He also started the TU chapter of Love Your Melon raising money for children battling cancer. This organization functions on a buy one give one model where every piece of apparel sold provides a beanie to a child fighting cancer.

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Matthew Tygart RN BSN Externship, Oxley College of Health Sciences at The University of Tulsa.



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## AWARD

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painful and emotionally challenging memories and issues," Sroczyński said. "It means the world that I can be there for them and help them through what they're facing."

A member of Mustang American Legion Post 353, Sroczyński always knew about military life – her father, John Knutson, served in the Vietnam War; he was the one who encouraged her to join the local American Legion post. Her father, in fact, is on her mind most frequently because many of the veterans she treats each day also served in Vietnam, she said.

"Those veterans were different because of the climate in the country when they came home and really for a long time after," Sroczyński said. "I want to make sure I always give them the respect they deserve, try to be there to support them and show them the gratitude for their service."

It was, in fact, a Vietnam veteran who put the wheels in motion for Sroczyński's national honor. Post 353 Commander Paul Ray approached the VA nurse and told her he wanted to throw her name in the hat – something she thought would just end there.

"There are so many accomplished and amazing people working throughout the country for the Veteran's Administration – I just never expected it to go any further," Sroczyński said. "When Paul told me about it, I just didn't think it was for real for the longest time."

It was indeed real, as last week Department of Oklahoma Commander John Bloxom traveled to Post 353's monthly meeting to jointly with Ray present Sroczyński with a legislative proclamation signed by Rep. Leslie Osborn (R-Mustang) and Sen. Lonnie Paxton (R-Tuttle). Sroczyński and Bloxom will in February travel to Washington, D.C., where she will receive the national award.

The honors were a big deal for a little girl who grew up in Montana, graduating in 1992 from Montana State University with a computer science degree. During college, Sroczyński took part in ROTC; after graduation, she went into the U.S. Air Force, where she flew KC-135 Stratotankers.

"It was the best thing, I absolutely loved every single minute of it," she said.

But, things changed in the wake of the Sept. 11, 2001 attacks. Sroczyński's husband, Andrew, served in the Air National Guard, and the couple knew

things would change – the country was headed to war.

"We knew it was time for me to get out, that it was just smart with a small child," Sroczyński said. "So, my life really changed as I decided to stay home as our family grew."

The couple would have three children – Megan, Gunnar and Julia – and Sroczyński spent the next decade as a stay-at-home mom. When her youngest daughter, Julia, began preschool, Sroczyński decided it was time to go back to work.

Her new career would be nursing, she decided.

It was not necessarily a completely new thought. In the years since Sroczyński retired from the Air Force, the family experienced a tragedy, and it was a nurse who helped her at one of the lowest times of her life, she said.

"This nurse was the kindest, the most understanding person, and the person that I needed at that time," Sroczyński said. "I knew that I wanted to work again, and I missed the camaraderie of the military – and I saw that was something very strong in the nursing field, so I knew where I was meant to be."

Sroczyński knew the first step was education. She enrolled in Oklahoma City Community College's nursing school, before completing her training at Oklahoma City University's Kramer School of Nursing. Both were experiences she said she would always cherish.

"I loved both OCC and Kramer, and particularly as I moved through the program at Kramer, they really taught not just the technical aspects of nursing, but also the caring part of nursing," Sroczyński said. "I loved that."

With her degree in hand, Sroczyński was as certain about where she wanted to be a nurse as she had been that nursing was what she was meant to do. She applied to Oklahoma City's VA Medical Center – and waited.

"I tried for three or four months to get a job at the VA Center, and I was starting to worry that I might have to go somewhere else first and then come back and apply again at the VA, when I was so lucky – there was an opening," Sroczyński said. "They needed someone in the intensive care unit, and I was basically offered the job right then."

From the start, Sroczyński knew her instincts were correct. While the



Mustang American Legion Post 353 Commander Paul Ray reads a proclamation issued by Oklahoma State Rep. Leslie Osborn (R-Mustang) and Sen. Lonnie Paxton (R-Tuttle), as Jillene Sroczyński and Department of Oklahoma Commander John Bloxom look on.

ICU was amazingly busy, the pace fast and at times beyond stressful, Sroczyński said she loved her job – and the people, both patients and the co-workers who worked side-by-side to help veterans when they needed that help the most. "They are amazing people, the staff that works there," she said. "It's kind of a calling to work at the VA Center, it's certainly not easy, but it's so, so fulfilling."

Sroczyński worked in the ICU, one of three intensive care units in the sprawling Oklahoma Center Veteran's Center facility, for about three years. She then moved to the intervention radiology department – and found she could love her job even more, beyond anything she'd ever dreamed possible.

"The other staff members, the patients, just working at the VA Center – it's a fun job, a fulfilling job, and I

wouldn't change any of it," Sroczyński said.

"I loved what I did before changing over to this department, but this is so, so far beyond that."

Sroczyński is one of three nurses who, along with two doctors and three radiology technicians, comprise the intervention radiology department. It's a job with long hours and more than it's share of challenges, but something she said she would never change.

"Being a nurse is harder than flying airplanes – emotionally, physically, it's a coordinated chaos when you're trying to save somebody," Sroczyński said. "It's more than I expected it to be, but it's so rewarding."

"To be given an award for doing what I love, where I love to do it, is beyond anything I could have believed," she said.

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## United Way of Central Oklahoma Names 2018 Volunteer Award Recipients

*Community leaders receive recognition for their volunteering, leadership and commitment to central Oklahoma*

United Way of Central Oklahoma will honor three outstanding community leaders who model exceptional integrity, dedication, generosity and passion with the organization's three most prestigious volunteer awards at its annual Snowflake Gala on Friday evening, Jan. 26, at the National Cowboy & Western Heritage Museum.

Tim O'Connor, public relations representative at American Income Life Insurance Company and president of the Central Oklahoma Labor Federation, AFL-CIO, is the recipient of the Ray Ackerman Leadership Award. This award recognizes those who share his tireless efforts and devotion to the United Way mission and set the standard for volunteering, leadership and caring. Tim has been involved with the United Way for decades and served in leadership roles since 1992. He currently serves on the board and the campaign cabinet.

Another honoree at the gala is Polly Nichols, community volunteer. She is the recipient of the John and Berta Faye Rex Community Builder Award, which recognizes individuals who share the Rex's vision in finding long-term solutions to community needs. Polly's involvement in the community is vast, working with more than 25 nonprofit organizations over the years. Polly and her husband, Larry, were the first couple to chair the United Way's annual campaign and she serves as a trustee on the United Way board.

Judy Love, business leader and philanthropist, is the recipient of the Richard H. Clements Lifetime Achievement Award, which honors individuals who have a lifelong dedication to volunteering, leadership and philanthropy not only to United Way but to the community as a whole. For more than 30 years, Judy has been an integral part of the community serving on the boards of 18 Oklahoma City-based nonprofits. Judy remains a staunch advocate of the United Way of Central Oklahoma, serving as campaign co-chairman in 2015 and a founding member and current co-chair of the Women's Leadership Society.

"We are truly honoring three of our community's best this year, I cannot think of three more deserving honorees," said Debby Hampton,



Tim O'Connor.



Polly Nichols.



Judy Love.

president and CEO of United Way of Central Oklahoma. "We commend them for their outstanding commitment to strengthening our community and appreciate all the ways they have impacted and contributed to United Way, our Partner Agencies and our community. Their work is so inspiring."

## Making a Connection: the Best Part of the Job



Jana Chavous, APRN-CNP, RN, MHA is a member of the pain management team at Cancer Treatment Centers of America (CTCA) in Tulsa.

For Jana Chavous, APRN-CNP, RN, MHA, really getting to know her patients and their families is truly the best part of her job.

In a typical health care setting, the role of a nurse practitioner is to work directly with patients, aided by advanced education and clinical training, to provide physical exams, help diagnose and treat many common acute and chronic problems, prescribe and manage medications and other therapies, as well as many other responsibilities.

As a member of the pain management team at Cancer Treatment Centers of America (CTCA) in Tulsa, Chavous is entrusted with these responsibilities and in doing so, has many opportunities to communicate with family members while serving her patients. In her role, she conducts full medical histories on adult individuals with all types of cancers, reviewing past pain medicine usage and success. She then works with the patient and his or her caregivers to make pain management recommendations, provide drug education and provide the best possible care for their unique circumstances and needs.

"My goal for each patient is the

best possible quality of life," says Chavous, who recently received her APRN-CNP. "To do that, I explore and share medication options, with a focus on the optimal pain management using non-addictive drugs as often as possible."

To her, this is a special and meaningful kind of connection.

Prior to her latest role, Chavous gained more than eight years of nursing experience at the Tulsa specialty cancer center. She joined CTCA in the spring of 2010 as a registered nurse working as a care manager and as a clinical resource nurse. And, prior to arriving at the Tulsa hospital, she gained over a decade of experience with another northeastern Oklahoma hospital.

Working toward her APRN-CNP while employed full-time at CTCA was not an easy task, but one her family and friends supported her through and her colleagues encouraged her in. "I would work a full day, have classes two to three days per week and study every day," says Chavous, who has been married for 10 years and has two children. "My husband was definitely my rock through it all and I could not have accomplished what I did without

See CHAVOUS page 11



## Oklahoma's Nursing Times Hospice Directory

- another free service provided by Oklahoma's Nursing Times -

**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

**Choice Home Health & Hospice:**  
405-879-3470

**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

**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

**Frontier Hospice:** Amber Cerney, 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. Coor. Karen  
Cleveland, 405-214-6442; OKC: Vol. Coor. Tricia  
Woodward, 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

**Humanity Hospice:** Sala Caldwell, 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

**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; 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

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

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or  
[ronaldcolemanjr81@hotmail.com](mailto:ronaldcolemanjr81@hotmail.com)

**405-842-4717**

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit [www.ok.gov/health](http://www.ok.gov/health)

## Construction begins on St. Anthony Neurology Center in Midtown

St. Anthony is celebrating the beginning of construction on its newest building at the corner of Shartel Avenue and 9th Street which will further expand its Midtown campus. The St. Anthony Neurology Center, a 18,000 square foot, two story building, is slated to be complete in late 2018.

The campus expansion reflects the hospital's growing need for neurology services for patients in Midtown. The new facility will contain space for six neurologists, patient exam rooms, and three procedure rooms. Surface parking will be available for patients and families. Special attention has been given to a space-efficient design that incorporates a large waiting room along the northern edge. The second floor includes a corner terrace with view of downtown Oklahoma City. The project features a design that sensitively blends into its neighborhood which has undergone strong revitalization efforts and investments since St. Anthony committed to staying in its Midtown location thirteen years ago. "We are excited about the design of the new facility and how it will enhance exceptional care for our patients," said Dr. Salman Zubair, St. Anthony Neurologist. "This will be a patient centered facility built to provide the best, most efficient care available."

ADG is the architect for the project, and Smith & Pickel Construction, Inc. is the general contractor.

St. Anthony Physicians Neurology currently resides in the Saints Medical Plaza building at the east entrance of the hospital campus. Board certified neurologists in the group include Dr. Tehseen Khan, Dr. Zahid Cheema, Dr. Salman Zubair, Dr. Farhan Tariq, and Dr. Matt Ryan. The group provides a wide range of neurological care and expertise. For more information, call 405-815-5050.



Kelley Chase was a hero to his country after serving 16 years in the Air Force, his community and his family. After a tragic accident during combat training for the police department, he passed away because of a massive brain injury. Kelley was a hero in life and because he became an organ donor, he was able to save six lives.

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](http://www.LifeShareRegistry.org). You may also call **800-826-LIFE (5433)** and request a donor registration card.

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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](mailto:news@okcnursingtimes.com)*

**Q. My boyfriend recently broke up with me after four years. I hate to say it but I would go back with him even though he was often disrespectful and verbally abusive. I do not want to be alone at 27. What does this say about me?**

**--Katie**

**A.** There is an interesting phenomenon in relationships, an oxymoron of sorts. Relationship does not always equate with togetherness and closeness, or love and respect. Relationship can mean disrespect and disconnect, power and control. To be in a relationship does not guarantee the connection that most people desire.

It is interesting to note that you would choose getting back together (to avoid loneliness) and subject yourself to verbal abuse and disrespect than be without a partner.

Whenever we NEED someone who is BAD for us, it is usually time for some self discovery. It is very CODEPENDENT to NEED someone or something that creates harm to our well being. We suffer a disconnect within ourselves when this is how we live.

Really think about what you are saying, "Maltreatment is better than no treatment." Challenge the authenticity of that belief. If you were alone in your home, reading or watching TV or visiting with friends and no one was abusing you, wouldn't that be a win/win evening?

In the book, "The Four Agreements" the author Don Miguel Ruiz says it like this, "If someone is not treating you with love and respect, it is a gift when they walk away from you." It really is a gift.

Now you need to be calm enough, long enough to detox from this man. You really don't need to be in an abusive relationship to avoid loneliness. I think exploring the belief you hold about relationships, love, respect and abuse could use some work. Needless to say your self respect and self love are in jeopardy.

Some of the saddest people I have seen have been married people who are miserable and lonely.

When you have someone sitting on the sofa with you but there is no intimate connection (and I am not speaking of sex) you have someone with you but a stranger could be sitting there with you and you might find something to talk about.

So Katie, before you take him back and go round 2 in this relationship, please do something for yourself first. Go to a 12 step Codependency group (CODA), read a book about self esteem, sit on your patio and journal your thoughts and feelings. You are worth more than an abusive relationship.





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*I felt like I didn't know anything. Probably dealing with patients more and conflict resolution.*



Kim Tisby, RN

*How to be able to let go of your job every day. You really take it home.*



Amanda Whitwell, RN

## CHAVOUS

Continued from Page 8

him. He took care of our two kids, one who has special needs.

"I was inspired by my Aunt Janet whom is also a nurse," adds Chavous. "As a small child I loved wearing her nursing hat and I pretend played with her stethoscope. I always knew I wanted to be a nurse."

With the exception of her final degree, Oklahoma institutions have been the backbone of Chavous' education. She attended Connors State College for her associate's degree in nursing, earned a bachelor of science degree in nursing from the Northeastern State University in Muskogee, and went on to earn a master of science degree in healthcare administration from Oklahoma State

University in Tulsa. Chavous completed a second master's of science degree, with a focus in Family Nurse Practitioner, from Simmons College for Graduate Studies. After graduating she then took her board certification and became certified by the American Academy of Nurse Practitioners.

She is an active member of several organizations, including the Oklahoma Nurse Practitioner Association, American Association of Nurse Practitioners, Oncology Nursing Society and Sigma Theta Tau International Honor Society of Nursing.

A native of Stigler, OK, Chavous enjoys spending time with her family and friends, shopping, watching Oklahoma State University football and gardening.

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