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A new approach
Rivus Wellness and Research



Institute set apart by model of care
Dr. Lane Peyton, psychiatrist and psychotherapist, left, and Bruce Austin, RN, director of business development, center their time served at Rivus Wellness and Research Institute for the benefit of clients.

by James Coburn
Staff Writer

Clients are part of the decision making for their own treatment and

Wellness at the Rivus Wellness and Research Institute in Oklahoma City, said Bruce Austin, RN, director of business development of the institute.

"Rivus is a word for 'river,'" Austin said.

"And what we want to promote here at Rivus is a sense of wellness with all of our clients, not just our therapy clients, but our research clients as well that deserve to feel good about coming to the doctor and coming to therapy and being part of a clinical

Honoring that great nurse
The Great 100 Nurses Foundations seeks nominations



Carol Robison, RN, and owner of the Robison Medical Resource Group is looking for volunteers to help with this year's foundation event to honor 100 nurses from across the state.

story and photo by James Coburn, Staff Writer

The Great 100 Nurses Foundation is seeking nominations to honor that great nurse, said Carol Robison, RN and owner of the Robison Medical Resource Group, located in Oklahoma City and Tulsa. Robison is the chairperson for the event.

"This is an event to honor the bedside nurse and those nurses that are making a difference in the profession," Robison said. "We are looking for the top 100 nurses in Oklahoma to represent the state."

The award celebration date will be determined, but it will probably be set in early fall. Last year, the event was in Tulsa, but Robison is looking for a location to appeal to

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MODEL

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trial."

Rivus is not your typical generic approach for psychiatric care. Therapy by definition takes an hour, said Dr. Lane Peyton, psychiatrist and psychotherapist. Peyton serves as chief medical officer and is the principal investigator.

The therapist decides the frequency of care.

"It's not the gravy train. We want our patients to get better and leave, but know that we're still here when they might need us," Peyton said.

Austin builds up business contacts and lets them know not only about research development, but also therapy, neurology and neurological diagnostics.

Rivus wants consumers to know they can feel good about visiting with a psychiatrist and psychotherapist while relaxing and asking questions. Psychotherapy is offered along with yoga and aroma therapy. Rivus has partnered with Hometown Neuro Diagnostics to promote in-home electroencephalograms. They are also going to recruit nutritionists as well as continue its clinical trials for direct

research, Austin said.

Austin has been an RN for 34 years. He has spent the last 17 years as a psychiatric nurse. He said his previous role of being chief nursing officer at an Oklahoma City psychiatric hospital as well as his work in the Tulsa area has provided him many contacts.

He is familiar with tests used for clinical research and has participated in clinical research before himself. Austin conveys the language of the medical community well for communication purposes.

"Right now we have 18 to 20 research studies going on in trials," he said. "And they vary. We stick more with the psychiatry/neurology type. In other words, we do a big opioid addiction study. We do depression. We may do schizophrenia type studies."

"But we also have other things going on, too, with other partners."

Rivus is partnering in osteoarthritis studies, pain studies and lipodermiology. Most of the studies are outpatient, but may in the future involve inpatient studies as well.

"The clinical trials potentially pay the participants," he said.

Rivus takes a variety of insurance and is in the process of getting approved to take Medicare clients. Clients with Medicaid are already established.

"Many of our clients here not only see the psychiatrist or neurologist, but they may be involved in therapy with our therapist," Austin said.

Rivus has developed a different medical model, Peyton said.

Insurance companies have a long history of association with integrated medical care. Rivus is taking the holistic approach beyond the traditional realm of care.

"We're seeing this on the coast. We're seeing this in medical research in the term wellness," Peyton said.

Quality of life requires providers to communicate and step out of their silos and work with patients and the circle of care in order to benefit them.

"The (generic and traditional) system has enormous difficulty in communicating," he said. "Even in the office, part of what we do everyday is not just discuss patients with permission, but what we're working on in therapy -- what we're working on in terms of prescribing to accommodate that therapy -- what we're doing inside and out of the office in terms of primary medical needs."

The Rivus model includes the choices its clients have for therapy as well as science and technology. Rivus has helped family doctors to choose the right type of anti-depressant by conducting a saliva test to look for enzymes that cause unique metabolic circumstances.

The pioneering beauty of Rivus is a blend of skill sets within one office that can produce better opportunities for clients.

"The insurance companies don't want to pay the medical doctor to do any therapy -- the one thing I believe the most in," Peyton said.

So Peyton spent years helping patients adjusting to the rates accordingly, he said.

In 2012 all the evaluation and management codes of managed care systems were steered by commercial insurance companies to prescribe more, Peyton said.

Peyton does not accept this approach. And that is why he does not spend five minutes, but an hour with each client, he said.



St. Anthony Physicians Group Rheumatology Moves to St. Anthony Healthplex North

Fahed Hamadeh, M.D., Omar Silvestre, M.D. and Lauren Woodward, PA-C, of St. Anthony Physicians Group Rheumatology, are pleased to announce their new office location at St. Anthony Healthplex North, located at 13401 N. Western Ave., Suite 210, in Oklahoma City.

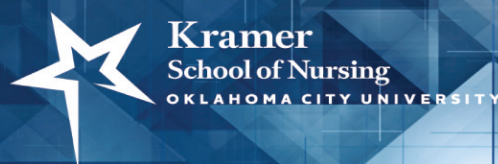
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NOMINATIONS

Continued from Page 1

the western portion of the state this year, she said.

This is the second time the event will be in Oklahoma. The Great 100 Nurses Foundation was founded in New Orleans 29 years ago and since then has honored thousands of nurses across Oklahoma, Louisiana, North Carolina and Texas, Robison said.

"These exemplary nurses are selected based on their concern for humanity, their contributions to the profession and their mentoring of others," Robison continued. "The foundation helps each registered nurse to walk taller and recognize themselves as nurse heroes," Robison said.

Honoring the bedside nurse is very important, Robison continued. The foundation was created by P.K. Scheerle, a registered nurse.

Scheerle saw a need to recognize those nurses that are outstanding in their profession, Robison said. They've done things that go over and above to help people and the nursing profession.

"Some of them are doing continuing education type things that

are related to their certification," Robison said. "They are concerned for humanity. Some of them may have been recognized by a patient or a fellow nurse. The contribution to their profession can be anything that promotes nursing. They may participate in their governance boards of nursing."

The program specifically honors registered nurses. Individuals may nominate as many registered nurses as they want based on their contribution to humanity and mentorship.

"It's a beautiful way to honor them and to have excitement about the nursing profession," Robison said.

Participating nurses may represent any field of nursing ranging from hospice, home health, research, long-term care and hospitals, among others. All of those areas are important, Robison said. One of the beautiful aspects of the nursing profession is the ability to be involved in so many avenues of success, she said.

"You can be a researcher. You can be a hospice nurse and be a quality improvement nurse. You can be all those things within the confines of being a nurse," she said.

Donations are raised to cover the

cost of the event. What is left over is utilized for nursing education or scholarship.

"We have a website, too, at g100nurses.org. So there's a lot of information on there," Robison said. "I'm trying to get people to start thinking about what a neat program it is. It's a call to action that our year was a great success and now we need more volunteers who are interested in being on the committee."

The honorees are always invited back to the event and have become their own community of people concerned for the welfare of others. They get to know people and see other committed professionals in the nursing profession.

"We need people who are interested in promoting the nursing profession and are interested in getting out and talking about the event and taking it back to their work area, having the posters put up to remind people to nominate," she said. "That's a big challenge, to get people to nominate in the beginning."

Several anonymous judges from across Oklahoma will determine those nurses who will be honored at the event. Those judges will convene in July and the names will be

announced a couple of weeks after the judges meet, Robison said.

"It gives us a little time to get everything ready for the event," she said.

Volunteers are helpful at that time by telling people that the nominees have been selected and to promote the event the best way they can.

There will be a well-known speaker involved in the nursing profession to address the audience. Recommendations are also being sought as to who will be the key-note speaker, Robison said.


"Volunteers will come and work at the event which includes a sit-down dinner," she noted. "It's a celebration. It's really neat. All of the honorees are in the front of the stage, a lot like a graduation. A lot of their peers are there."

"I never dreamed they would have people who would be nominated from the Department of Health, because a lot of times with the things going on, they don't always look at the smaller subsets. It's usually an acute care nurse or academic. A lot of times the chief nursing officer will be recognized."

Anyone can nominate a nurse, including patients, coworkers or a friend, she said.

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CAREERS IN NURSING

GRACEFUL RHYTHMS - NEW DON CARRIES THE TORCH

by James Coburn - Writer/Photographer

Kourtney Hamilton, RN, was diagnosed with type 1 diabetes at the age of 12. Her experience with doctors and nurses served to motivate her to enter the nursing profession, she said.

"It's something I wanted to be a part of. It's something I grew up with," said Hamilton, the new director of Nursing at Grace Living Center Brookwood, located in Oklahoma City.

Having been brand new to diabetes at a young age makes her think today that she never left the nursing environment.

"It's just something I wanted to do. I loved the way they were so helpful," she continued. "I wanted to do what they do. I wanted to be helpful like they are."

A number of the Grace residents also live with diabetes as well as other conditions. The nurses are trained to respond to their residents' needs.

"Luckily in long-term care you get to know those people. They live here and this is their home. So we have nurses with a lot of tenure here and they learn about those people," Hamilton explained.

These keen observation skills come into play when a resident begins acting differently.

"Especially with diabetes, sometimes their actions or their behaviors are directly related. And so they can certainly recognize a difference in someone because they know what their norm is," Hamilton said.

The nursing staff knows what a resident normally eats for breakfast or whether they need an afternoon snack.

"You learn from living here with them," Hamilton said. "We spend a lot of time together."

Hamilton said she likes the determination to take on life that the elders possess.

They lived as part of a different generation and experienced the rich cultural history of decades ago.

"A lot of them I love for keeping up with the times. They have cell phones and some of them have Facebook," she said. "So they're just able to adapt and keep moving and learning with the learning curve of technology which is huge for so many of them."

"Even the ones that don't have life experiences that they can share put a different spin on our younger population at work."

Grace includes a Bridges unit, which is the skilled unit. Skilled nursing is very different from long-term care, she said. A common denominator is everyone is treated the same. The goal of skilled nursing is to help patients recover and return home, she said.

"We do a really good job at that," Hamilton lauded. "Our rehab and our skilled nurses help those people

get back to the life they are used to living," Hamilton said. "We try to adapt as much as we can while they're here to accommodate what their life was like before."

For long-term care, the nursing staff does not want residents to give up on activities they did at home. So the activities director will interview the long-term care residents about what they enjoy doing. Their interests are accommodated, no matter what, as long as they are reasonable.

Grace residents were welcoming to Hamilton when she accepted her new role at the south OKC campus. She had been at Brookwood since March of 2015, serving as the quality manager before she became DON in January.

"They already knew me as a nurse they went to with issues and things," Hamilton said. "But the biggest challenge was following Betty

Continued on next page

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Kind-hearted, loyal, selfless, funny, giving and passionate are all words one could use to describe Brendon. He was your all American 16-year-old boy, starting on the Perry High School varsity baseball and football teams. Wakeboarding, water skiing and hunting were a few more of his passions.

Brendon will always be remembered for his big smile and his kind heart. He was a blessing to all of those around him during his short 16 years, and continues to be a blessing to those he gave the gift of life.

We continue to find comfort in Brendon's favorite Bible verse. "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9

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*Brendon will
 always be remembered for
 his big smile and his kind heart.*



LifeShare



Kourtney Hamilton, RN, is new to her role as director of nursing at Grace Living Center Brookwood in Oklahoma City. But she has learned to treasure each day that comes, something she observes among the residents.

Kuhlman, who had been director of nursing for 19 years."

Being DON for 19 years is rare in the profession, Hamilton said. "She developed the team that is here and led them. Following those difficult footsteps was what I thought was going to be the most difficult part."

"But they've been really great. Betty has been overly supportive. She's still here, and she's been a wonderful resource to have. I'm so glad to have her right next door."

Hamilton loves the way the nursing staff handles each day with a strong work ethic and compassion. They always are willing to learn.

Hamilton earned her RN degree at Platt College in Oklahoma City by completing their LPN to RN program in 2010. She began her career as an LVN in Texas. An LVN is the equivalent of an LPN in Oklahoma.

I worked in a doctor's office starting out and I did double weekends in a nursing home," Hamilton said.

She enjoyed working with older senior adults, so when she moved to Oklahoma City she joined the staff of Grace Living Center Edmond in

2006. She has been with Grace nearly a decade. She left a couple of times but returned. It's the people at Grace Living Center that she works with that refreshes her longevity. It's her connections at Grace that make her feel welcomed each day, she said.

"It's the atmosphere and the support that you get," Hamilton said.

Such support is not always evident elsewhere, she added. She credits the home office for abundant training, support and professional growth in her career.

"You're only a phone call away. They will help you with anything you need," she said. "So that's been very helpful."

Being an active nurse also calls for rejuvenation on her days off. What does she do? She and her husband spend time with their growing family.

"I have two little boys and I don't know if that equals relaxation, but I have a 3 year old and a 5 year old," she said. "They definitely keep me very busy. We have a lot of fun, cut loose and relax. We do that at work, too. I like to laugh."

OSDH Stresses the Importance of Folic Acid

The Oklahoma State Department of Health (OSDH) Office of Screening and Special Services is committed to informing Oklahoma mothers of the benefits of making folic acid a healthy habit this new year. January is National Birth Defects Prevention Month and the Folic Acid Awareness Campaign is aimed at raising awareness of the benefits of taking a multivitamin with 400 mcg of folic acid before, during, and after pregnancies. Folic acid is an essential B-vitamin that the body needs to make new cells.

Everyone needs folic acid every day. It is very important for women because it can help prevent up to 70% of Neural Tube Defects (NTDs). NTDs are serious birth defects that occur when the brain and spine are forming during the first 28 days of pregnancy before most women know they are pregnant.

According to the Centers for Disease Control and Prevention (CDC), about 3,000 pregnancies are affected by a NTD each year in the U.S. From

1994 to 2011, 709 infants in Oklahoma were born with a NTD.

As a result of increasing efforts to supplement folic acid, the prevalence of NTDs in Oklahoma declined from 10 per 10,000 live births in 1994 to four cases per 10,000 live births in 2011.

OSDH's folic acid efforts include: providing multivitamins to family planning clinics at the local county health departments, providing education about birth defects and folic acid to health care professionals and community members, and providing free folic acid educational materials.

OSDH Office of Screening and Special Services recommends taking a multivitamin with 400 mcg of folic acid, eating fortified foods, along with a healthy diet. "Diet, life-style choices, factors in the environment, health conditions and medications before and during pregnancy all can play a role in preventing or increasing the risk of birth defects," said Sharon Vaz, director of Screening and Special Services and Program Manager for the Oklahoma Birth Defects Program.

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

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Call 405-721-5444 to speak with HR. EOE

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

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

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140 GENERAL NURSING

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.

Please apply in person at The United Methodist Health Care at 2316 W. Modelle, Clinton, OK

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

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

We are now hiring an Licensed Practical Nurse for the 3-11 shift and Certified Nurse Assistant's on the 11-7 shift.

Please apply in person at The United Methodist Health Care at 2316 W. Modelle, Clinton, OK

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

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

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IMMEDIATE ON site training for DDCNA's at Billings Fairchild Center. Certified Nurse Aides and Certified Medication Aides can earn up to \$11.00 to \$11.50 an hour. All shifts available. Call Doris McAbee at 580-725-3533. E Maple St, Billings, OK 74630. EOE

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Now accepting applications for a 3-11 Certified Nurse Assistants/Certified Medical Assistants

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

140 GENERAL NURSING

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

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

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

Our small pediatric office is looking for a part-time Nurse Practitioner to work 1 PM to 7 PM two or three days a week, although this is somewhat flexible. No call or hospital, occasional weekend morning clinics and vacation coverage. The person we choose will have several years experience in office pediatrics, a collegial and team friendly attitude, and will genuinely enjoy children and families. Experience with EMR software is a plus. We take excellent care of our patients, value our colleagues, and enjoy our jobs. We offer competitive salary, full benefits for part time employees, including a 401k retirement plan, short term disability and life insurance, vision insurance, and paid vacation and holidays. 700 Wall St, Norman, OK 73069

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needed for busy Family practice clinic, 4 1/2 day work week, exc. salary & benefits. Fax resume to: 580-536-2427. 5610 SW Lee Blvd, Lawton, OK 73505

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

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

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APPLY IN PERSON... OR ONLINE AT: ROLLINGHILLSHOSPITAL.COM

140 GENERAL NURSING

Now hiring for Certified Nurse Assistants/ Certified Medical Assistants for evening and night shift. Competitive wages and benefits.

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

140 GENERAL NURSING

WE ARE ACCEPTING APPLICATIONS FOR FULL TIME NURSE

FAMILY PRACTICE MEDICAL CLINIC accepting applications for full time nurse. Bilingual a plus but not required. Excellent benefits, salary based on experience. Send resume to: Business Manager McMurry Clinic 123 Medical Drive Guymon, OK 73942

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

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

204 REGISTERED NURSE

WE ARE SEEKING REGISTERED NURSE

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

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Two Hospitals Receive the 2016 Women's Choice Award

Among top 15% of hospitals considered the best in which to have your baby in 2016

INTEGRIS Baptist Medical Center and INTEGRIS Health Edmond have both received the 2016 Women's Choice Award® as one of America's Best Hospitals for Obstetrics. This evidence-based designation is the only award that identifies the country's best health care institutions based on robust criteria that consider female patient satisfaction, clinical excellence, and what women say they want from a hospital.

The list of over 400 award winners, including INTEGRIS Baptist Medical Center and INTEGRIS Health Edmond, represents hospitals that offer exceptional obstetric services which ranked above the national average for patient safety, thereby supporting a woman's decision when choosing the best for her maternity needs.

"New moms have many choices when it comes to having their baby, so choosing the best birthing experience is right up there with choosing the best doctor. We've made it easy for moms to vet out the hospitals proven to deliver an outstanding experience," says Delia Passi, CEO and Founder of the Women's Choice Award.

The America's Best Hospitals for Obstetrics scoring process is unique in that it is the only national list that is evidence-based and focuses on female patient satisfaction. Awarded hospitals ranked above the national average for patient recommendations, as indicated by the data reported by the U.S. Department of Health and Human Services in Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) surveys. Additional requirements included: having a NICU on-site, low rates of early elective deliveries (between 0-1%) as well as ranking above the national average for patient safety.

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



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across Central Oklahoma,
desperate need will be met**

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Targeting Infections of the Brain and Nervous System

*better diagnosis
key to reducing
global burden*



Hélène Carabin, D.V.M., Ph.D.

Researchers believe millions of children and adults across the globe may be impacted by infections that lead to neurological, cognitive, behavioral and mental health problems as well as death. Yet, without advances in diagnosis, we may never know the full impact of these diseases.

Hélène Carabin, D.V.M., Ph.D., a presidential professor at the University of Oklahoma College of Public Health, has devoted her career to the study of the incidence, prevalence and detection of disease as well as to the assessment of the global burden of parasitic infections. Now, she and colleagues report in the publication *Nature* that a better understanding of the many, varied infections that impact the nervous system hinges on improved diagnosis first.

"Even in developed countries, it is very difficult to know when an infection is in the brain in contrast to being somewhere else in the human body," Carabin said. "While biopsies or blood tests are relatively easy to conduct, obtaining cerebrospinal fluid is delicate work and many clinicians in developing countries are scared of doing it for fear of contamination of the material or error. In addition, many health facilities would not have the proper equipment to conduct these tests."

Infections that cause significant nervous system morbidity globally include: • Viral infections like HIV, rabies, herpes simplex virus, varicella (chicken pox), Japanese encephalitis virus, dengue virus and chikungunya virus • Bacterial infections like tuberculosis, syphilis, bacterial meningitis and sepsis • Fungal infections like cryptococcal meningitis • And parasitic infections like malaria, neurocysticercosis (a common worm infection of the central nervous system), neurochistosomiasis (also known as snail fever) and soil-transmitted parasitic worms

"Without diagnosis specific to the infection being in or affecting the brain, we are not able to conduct research, monitor the impact of clinical treatment on the health status of patients or of interventions in the community. If we can develop better diagnoses, we can then identify people affected by these infections and start treating them appropriately," Carabin said.

With better diagnosis, she added, epidemiological studies also could be conducted in non-clinical settings to identify risk factors that might be modified to control future infections and their neurological impacts. In addition, those studies would allow for better evaluation of the role that infections play in the burden of all neurological and mental health disease worldwide.

"At the moment, we know very little about this. A lot of these infections occur primarily in developing countries where diagnostic tools, trained personnel and financial resources are lacking. These infections also often fall into a category of diseases for which there has historically been little research investment," Carabin said.

She added the development of vaccines targeting these infections would be the ultimate solution to potentially eradicate these devastating infections, but that requires more research and that research hinges first on better diagnosis.

LifeShare has Another Record Breaking Year

For the second year in a row, LifeShare Transplant Donor Services of Oklahoma, has a record breaking year! LifeShare reached new all-time high records for the number of organ donors recovered, the number of organs transplanted, and the number of tissue donors recovered in a one year period.

LifeShare is the federally designated organ procurement organization in the state of Oklahoma and is responsible for organ and tissue donation statewide.

In 2015, LifeShare recovered 174 organ donors for the year passing the organization's all-time high record of 141 donors set in 2014. Prior to 2014, the record was from 2007 with 109 donors. These donations resulted in 479

organs recovered and transplanted for 2015, a total which also passes last year's organizational record of 445 organs. Prior to 2014, the high record for organs recovered in a one year period was 323 organs in 2012.

LifeShare also achieved new records in the area of tissue procurement. Last year, the organization recovered 643 tissue donors surpassing the 2014 record of 498 tissue donors. More specifically in the area of tissue recovery, LifeShare completed 109 eye donor recoveries for the year, which is new territory for the organization.

"I am incredibly proud of the work LifeShare has done this year to help save lives," explained Jeffrey Orlowski, President and Chief Executive Officer of LifeShare. "We have once again set

organizational records across the board, which is a result of the focus and commitment from the entire LifeShare team including staff, leadership and volunteers and the efforts of the Oklahoma medical community."

"Most importantly, we have also had incredible support and generosity from the citizens of Oklahoma, without which our lifesaving work would not be possible," explains Orlowski. "We encourage Oklahomans to continue registering to be organ, eye and tissue donors so more lives can be saved."

This record breaking year 438 lives were saved through organ and

tissue donation. There are still approximately 800 Oklahomans on the waiting list for a lifesaving transplant.

LifeShare is a nonprofit, federally designated organ procurement organization (OPO) dedicated to the recovery of organs and tissue for transplant purposes. We work closely with five transplant centers and 145 healthcare organizations in the state of Oklahoma to facilitate donation. Additionally, we strive to raise awareness for organ, eye and tissue donation and transplantation through public education.



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

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

Heavenly Hospice:
Julie Myers, Coordinator 405-701-2536

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

Hospice by Loving Care:
Connie McDivitt, Vol. Coordinator,
405-872-1515

Hospice of Green Country:
Tulsa: 918-747-2273, Claremore:
918-342-1222, Sapulpa: 918-224-7403

**INTEGRIS Hospice, Inc. & the
INTEGRIS Hospice House** Ruth Ann
Frick, Vol. Coordinator, 405-848-8884

Hospice of Owasso, Inc.:
Todd A. Robertson, Dir. of Marketing,
877-274-0333

Hospice of the Cherokee:
918-458-5080

Humanity Hospice:
Kay Cole, Vol. Coordinator
405-418-2530

InFinity Care of Tulsa:
Spencer Brazeal, Vol. Director,
918-392-0800

**Indian Territory Home Health &
Hospice:** 1-866-279-3975

Interim Healthcare Hospice:
405-848-3555

Image HealthCare :
6116 S. Memorial Tulsa, Ok. 74133

(918) 622-4799

LifeChoice Hospice:
Christy Coppenbarger, RN, Executive
Director. 405-842-0171

**LifeSpring In-Home Care
Network:**
Terry Boston, Volunteer and
Bereavement Coordinator 405-801-3768

LifeLine Hospice:
April Moon, RN Clinical Coordinator
405-222-2051

Mays Hospice Care, Inc.
OKC Metro, 405-631-3577; Shawnee,
405-273-1940

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

Mercy Hospice:
Sandy Schuler, Vol. Coordinator,
405-486-8600

Mission Hospice L.L.C.:
2525 NW Expressway, Ste. 312
OKC, OK 73112 405-848-3779

Oklahoma Hospice Care
405-418-2659 Jennifer Forrester,
Community Relations Director

**One Health Home
Health in Tulsa:** 918-412-7200

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

Physician's Choice Hospice:
Tim 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. I recently found out my wife has been having an affair. I was devastated. I don't want to divorce her but is it realistic to think I can get over the affair and be happy?

A. In any loving relationship it is vital that couples trust each other. But when your partner has an affair that trust is broken and you are confronted with the fact that your partner is not as dependable, reliable or as honest as you thought.

Nonetheless, do cheaters often get a second chance? According to a new survey by OurTime.com at least 42% of adults would be willing to work through things with someone who was sexually unfaithful, no matter the circumstance.

So can trust ever be rebuilt after an affair? Being willing to work on the relationship is not the same as rebuilding trust. It takes a lot of work and commitment on both partners parts. Studies find that only one out of four couples can move beyond an affair and regain the necessary trust in their partner.

If you're willing to give your partner a second chance, here are six strategies to help you rebuild trust after an affair.

1. Make an agreement. You and your partner should set a specific time period (minimum of 6 wks) during which you pledge not to leave each other and to commit to working on the relationship. The betrayer also must avoid the circumstances that led to the betrayal.

2. Apology. The betrayer must give a heartfelt, serious apology, taking responsibility for his or her actions.

3. Don't blame yourself. Your self-esteem is not dependent on your partner's behaviors. You can be a part of the solution or work to change the relationship but you are not the cause of the betrayal.

4. Anger. Express your anger in a constructive way. The anger cannot continue to be kept inside, letter writing, talking to your partner, talking to a trusted friend are suggestions.

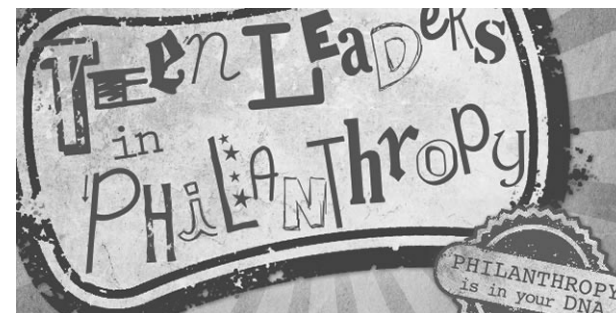
5. Positive qualities. Make a list of the positive aspects of your relationship. Do you remember the good that brought you together?

6. Seek professional help. When a relationship gets into a pattern of hurt and anger, it can be tough to break the pattern. A therapist's perspective can be beneficial.

OMRF accepting Teen Leaders in Philanthropy applications

The Oklahoma Medical Research Foundation is seeking applications for its fourth annual Teen Leaders in Philanthropy class.

High school students entering their sophomore, junior or senior years in the fall of 2016 are eligible to apply. The application deadline for this unique opportunity is March 1.



Students selected will have the opportunity to meet leaders from charitable foundations, nonprofit organizations, corporate donors and volunteers, as well as OMRF scientists. Through group interaction, students will learn first-hand about the fundamentals of development, board structure, networking, fundraising and effective social media usage. They will also learn how to implement these skills in their communities.

"OMRF's Teen Leaders in Philanthropy continues to attract Oklahoma's most energetic and compassionate high school students. We are excited to see how this generation is interested in giving back, whether it's being a volunteer, a donor, or a non-profit professional," said program coordinator and OMRF Director of Development Kelley McGuire.

Those selected will work together with students from a variety of schools throughout the state on a group fundraising project.

Through this experience, students will gain a deeper understanding of the nonprofit sector, develop hands-on leadership skills and will learn how to implement those skills in their community.

Participants are chosen through an application and interview process. Group sessions will start in September and run throughout the 2016-17 school year.

"We're looking for students who don't want to just sit back and let other people take action," said McGuire. "It's great watching them take their philanthropic efforts to different levels. We look forward to working with another great group of students this year."

2015 Jim Thorpe Award Recipient Desmond King Set to Tour Rehab Center

2015 Thorpe Award winner Desmond King of the University of Iowa will tour the Jim Thorpe Rehabilitation facility at INTEGRIS Southwest Medical Center on Tuesday, Feb. 2, at 9:30 a.m. King will visit with patients and sign autographs before attending a luncheon being held in his honor at the facility.

The Thorpe Award is given annually to the top defensive back in college football. King, is a junior from Detroit. His eight interceptions are tied for most in the nation. King

has multiple interceptions in two games, with two thefts in wins over Pittsburgh and Wisconsin. The eight interceptions tie the Iowa single-season record. King has 11 career thefts, which ties for eighth best at Iowa.

King has recorded 39 solo tackles and 22 assists, with one tackle for loss. He leads the Hawkeyes with 11 pass break-ups. King was named the Jim Thorpe national Defensive Player of the Week and Big Ten Defensive

See THORPE next page



NURSE + TALK

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

What is your favorite season and time of the year? Brookwood Living Center

"My favorite time of the year is Easter. And the reason for that is because Jesus died so we can be saved."



Betty Kuhlmann, RN

"Summer. I like it hot. It's real relaxing. I like to get out and do things and have fun."



Rita Hinderman-Bradford, LPN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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"I like fall just because it's in between. It's not too hot and not too cold right around the holidays and Thanksgiving."



Kimberly Graham, LPN

"Fall, because I like to have the windows open. I like it mainly because of the cool breeze."



Ronda Smith, LPN

THORPE

Continued from Page 10

Player of the Week following Iowa's win at Wisconsin. He had an 88-yard touchdown return in Iowa's win over Maryland, the second touchdown of his career.

King was named a finalist for the Walter Camp Player of the Year, was named the Tatum-Woodson Defensive Player of the Year, and named first-team All-Big Ten.

The Thorpe Award is named after history's greatest athlete, Jim Thorpe, and is presented by the Oklahoma Sports Hall of Fame in Oklahoma City. Thorpe excelled at every sport in which he competed, including football where he played on the offensive and defensive side of the ball.

The other Thorpe Award finalists for 2015 were Jeremy Cash from Duke and Vernon Hargreaves, III of Florida. King is the seventh player from the Big Ten to be chosen as a Thorpe Award winner. The most recent being Darqueze Dennard in 2013 from Michigan State.

The announcement was made at The Home Depot College Football



Desmond King

Awards Show on ESPN. King was presented the Thorpe Award by Oklahoma Governor, Mary Fallin, on behalf of the Oklahoma Sports Hall of Fame.

The Oklahoma Sports Hall of Fame will honor King at the Jim Thorpe Award Banquet on Tuesday night, February 2, 2016 in Oklahoma City. The banquet will be held at the National Cowboy and Western Heritage Museum.

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