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RN embraces new world of assisted living



photo by James Coburn

Crystal Cornwell, RN, wellness director at Stone Creek Assisted Living and Memory Care says wellness is a major factor of nursing care at the center.

by James Coburn,
Staff Writer

Crystal Cornwell has always worked with seniors during her 26 years of nursing. She recently joined the staff of Stone Creek Assisted

Living and Memory Care for the opportunity of opening a new facility, said Cornwell, RN, wellness director.

Cornwell became a registered nurse by taking stepping stones up the career ladder. She was first a CNA and later earned her nursing degrees, associates and bachelor at Platt College, she said.

Stone Creek Assisted Living and Memory Care opened in late June. The grand opening is set for August 10th from 5-7 p.m.

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See CORNWELL Page 3

Stepping stones to excellence

CNO furthers her education by achieving doctorate



Angie Kamermayer, RN, DNP, vice president and chief nursing officer at INTEGRIS Health Edmond continues to grow professionally to attain her personal best.

story and photo by James Coburn

INTEGRIS Health Edmond was established as a special health care facility for the community and surrounding area, said Angie Kamermayer, RN, DNP, vice president and chief nursing officer. Kamermayer joined the Edmond team when the hospital opened in 2011 and recently earned her doctorate of nursing practice at the University of Oklahoma.

As was the case with other professionals hired, Kamermayer was chosen for her concern for the welfare of others and being very people centered.

See CNO Page 2

American Nurses Foundation Announces Honor A Nurse 2016 Nurse of the Year

The American Nurses Foundation (Foundation) recently named Laurene Elauria Johnson, MSN, RN, CDP, of the Department of Veterans Affairs (VA) in Coatesville, Pennsylvania, as the Honor A Nurse 2016 Nurse of the Year. The Foundation's Honor A Nurse program acknowledges nurses who have made a difference in the lives of others while raising money for the Foundation.

The program enables colleagues, friends, family and others to honor and tell the story of a nurse or a group of nurses who has made a positive difference in nursing locally or globally. The funds raised by the Honor A Nurse program are used to support nursing research, scholarships and programs to improve nurses' lives and the nursing profession. Nurses who have been nominated qualify for the Nurse of the Year award.

"We had hundreds of deserving

nurses honored through this program last year. However, the Laurene Elauria Johnson tribute spoke precisely to the purpose and intent of Honoring A Nurse," said American Nurses Foundation Chair Tim Porter-O'Grady, DM, EdD, ScD (h), APRN, FAAN, FACCWS. "We are thrilled to recognize her dedication to nursing and inspirational leadership."

Maria Grier, a lead health tech who worked with Johnson, chose to honor her because of her loyalty and unending compassion for her patients, employer, and co-workers. Johnson and Grier worked together at the Domiciliary Care Program at the VA.

Johnson grew up in the Philippines and always dreamed of becoming a nurse. After moving to the United States in 1981, she found work as a nursing assistant in a nursing home, and went on to obtain her LPN, RN, and MSN degrees. In 1993, she started working at the VA. Johnson considers it her responsibility to give back to veterans because of all they have sacrificed for our country's freedom.

Johnson's giving nature does not end with her patients; she also looks after the future of nursing. As a believer in the power of education, Johnson provides for her niece in the Philippines and is serving as a benefactor of her niece's nursing BSN education.

"The Honor A Nurse program is a great way for colleagues and patients to acknowledge and highlight the difference an individual nurse made in their lives. And we know recognition itself inspires excellence in nursing," said the Foundation's Executive Director Kate Judge. "This unique program makes recognition possible and we are excited to see how Honor A Nurse will continue to develop and expand in future years."



CNO

Continued from Page 1

"We very much promote our nurses to be educated at the highest level that they could possibly be," Kamermayer said. "And so we have taken advantage of a lot of the programs INTEGRIS has sponsored through education."

Nursing academic loans and scholarships are available and health career support. Tuition reimbursement is another perk. No matter what level a nurse wants to achieve, INTEGRIS provides support at every level.

Kamermayer was inspired to become a nurse because of her mother. She told Angie she thought she would be a good nurse. Kamermayer did not initially go that direction. She had an interest in marketing and public relations.

"When I studied at the University of Oklahoma I found myself discovering what is really important to me. It was more along the lines of connecting with people that needed help," she said. "And nursing was just the ideal for me to look at."

She earned a Bachelor of Science in Nursing degree at the University of Oklahoma. A decade later, Kamermayer pursued her Master of Science in Nursing degree at OU.

"I had gotten to the point in my career where I felt like I needed to develop more as a profession nurse," she said. "I really liked taking care of patients but I thought there might be more."

"So I began that journey of becoming an advanced practice nurse." There were few advanced specialists at Baptist Medical Center at the time, but she had the privilege of working for a fine team. They had established a maternal fetal medicine department and she was able at that time to take care of high risk patients.

She made the transition into management not long after being a clinical nurse specialist. She knew that she wanted to earn her doctorate of nursing practice. But the timing wasn't right as she was raising a family and establishing a career.

"But I knew at some point in my life I would like to go back and work on my doctorate. It just took me 20 years to do it," she said.

The doctorate program was wonderful and rigorous at OU,

she continued. It had been a long time since she was a student. Most of training was online, she said. Kamermayer embraced the technology that was available for her to learn.

"I don't know if I could have done it any other way," she said. "Because in a program like this you have a little more independence with your time. So you can go to work and in the evening when you're done, you can work on your studies."

There are a lot of competencies learned in the doctorate of nursing practice program. One of the great things is she learned to look at science differently, and examine evidence based practice to further learn how to produce a patient outcome of value.

"Many times I think there are great programs out there, but how to get them implemented into your system may be the most difficult challenge," she said. "And that is the one thing in this program that taught me how to use implementation science to figure out how you go about bringing change."

Many times in research there are findings that go unpracticed for years, Kamermayer said. Part of that is because nurses don't know how to take it to fruition. So the value of having a DNP is valuable, because they have had training about how to use evidence and convert it to current day practice that is practical to current day resources, she said.

"So that's the value, I think, I gained out of the program," Kamermayer said.

INTEGRIS Health Edmond has received a lot of positive acclaim in recent years. It's not a stagnant place, Kamermayer said. There is always room to grow.

"INTEGRIS has been very supportive. They've always been an encouragement to me and other people that have pursued higher degrees," Kamermayer said. "They never required that of me. But being at a place like this motivates me to be my best and prepare myself at the highest level."

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CORNWELL

Continued from Page 1

at 17701 N. Western in Oklahoma City nearby Edmond.

It is an assisted living and licensed community. So they are able to help people with bathing, dressing, activities of daily living and medications, said Anita Kelley, community relations director.

Memory care offers a home-like atmosphere with meals and activities. The memory care residents are engaged to have a purpose in life. Every 45 minutes a staff member engages them with an activity.

"We feel it's very important for them to feel useful, but also have things that bring them enjoyment," Kelley said.

The nursing staff at Stone Creek Assisted Living and Memory Care has CNAs, CMAs, and two registered nurses including Cornwell. It is one of the few communities that realizes the need to have two RNs on staff, Cornwell said.

"We've taken a lot of time to hand-pick staff that has worked with seniors in the past that has a true passion for doing that work," Cornwell said. "They are not someone just coming in to perform

a job. They've been trained in this job."

"They truly care about what they're doing, the reasons that they're doing it. And we are all seeking knowledge to learn more so we can definitely support each of these people as they chose to move forward in their career."

Cornwell has spent a great deal of time with each resident to determine their likes and dislikes according to their needs. This enables a tailor-made structure for staff to respond to their needs. Cornwell said Stone Creek Assisted Living and Memory Care is fortunate to be utilizing technology and systems to align with the staff.

"Staff members will have an iPod with a care plan. Their service plan is right there on that iPod," she said. "So there's never a question about the services they're supposed to provide because those assignments come right up to them from the time that they log in."

The nursing staff documents everything they accomplish when it is completed, Cornwell continued. In real time, Cornwell can look at any of those services rendered in order to provide a clear and updated picture of their loved one's

daily life.

There are activities their loved one attends, and documentation includes how long a response takes from the nursing staff once a resident pushes a call light, Cornwell explained.

Families know how long a nursing staff member attends to their loved one in a room, including showering and what they ordered for their meals.

"So truly, I have information at my fingertips I can give families a good picture of what's going on with their loved one," she said. "But also as I overlook those things I can tell when people maybe change their eating habits for today, or maybe they have called for assistance more often. It will allow me to hopefully pinpoint some illnesses that are moving in early onset so we can treat them."

Being a nurse takes a lot of focus and diligent work. So when Cornwell is at home, she often spends time with her grandchildren, she said.

"We love the summertime. We love to go swimming and we have a pool," she said.

Two of her grandchildren are involved in sports, so she often

attends tournaments and enjoys being a part of that. She also loves to read. Finding a new book is a favorite pastime, she added.

Her nursing career was inspired by her children. Her son was very sick and spent time in a neonatal intensive care unit.

"My little child, my son, he was there in the nursing neonatal for about three months," she said.

At that time, she worked as an executive secretary. The support that she received from the nurses that was life changing.

"They were so supportive during what was the hardest time in my life," Cornwell said. "I didn't know from one day to the next if I would be taking my child home with me. And they provided me with an immense amount of support and it just inspired me to want to do that for others."

Today, at Stone Creek, Cornwell believes they will offer a higher standard of care.

"We are looking into the wellness. We have the ability to communicate with families to give them a true idea of what's going on with their loved ones," she said.

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CAREERS IN NURSING

A CALLING TO SERVE: TUSCANY VILLAGE NURSING CENTER

by James Coburn - Writer/Photographer

Vickie King has returned to her roots as a nurse by going full circle. King returned to long-term care as a registered nurse working at Tuscany Village Nursing Center in Oklahoma City.

She has been with Tuscany Village for three of her 20 years as a nurse. She started out working in a nursing home as a CNA and CMA before becoming a licensed practical nurse and then a registered nurse. After 16 years of working in a hospital ER, King returned to the realm of nursing home care.

"The ER is pretty tough," she said. "This is tough also, but it's more of getting to know the residents, more personable. You see gratification in what you're doing more than in the ER."

She is appreciative for her experience in the ER, because what she learned often lends itself to quick developing acute situations in the nursing home.

"It helps a lot with your assessment skills. I can see what is going on, what's going wrong," she said. "I went back to what I started at."

What keeps her at Tuscany Village Nursing Center is knowing that the residents there depend on her, she continued. They see her come to work Monday through Friday and depend on her being there, she said.

"A lot of them don't have families that come often, so they depend on me, and I have the gratification of being sometimes the only person that talks about their past and what they've been through," King explained. "And I love it."

It is easy for King to become attached to the families of the residents, she said.

"I recently lost a couple that were very dear to me," King said. "And it keeps me going. They need

someone to help them. They need someone to take care of them — listen to them."

The distinct personalities of the residents is a slice of life. They know from day-to-day that she will be there for them as an advocate. Residents depend on her when they are feeling well or during days they are of declining health.

"This is their home," she said.

She commends Tuscany Village for having a core group of nurses sharing a team spirit. What makes Tuscany unique is that the nursing staff has worked together for many years. Director of Nursing Gina Hyde and the other nurses share a conviction that the residents will be taken care of, King said.

"That is very important here," she said.

King said it was her grandmother's life with dementia that compelled her to become a nurse. This was a time when

she lived three doors down the street from her grandparents. Her grandmother would call her at 3 a.m. in confusion saying, "Let's go pick the garden."

"And I would help my grandpa with her, and just kind of got to thinking I loved helping her and I loved helping him," King said. "It kind of got into, 'I can do this. I can make a difference.'"

So she attended LPN school in Woodward when she worked at a Grace Living Center in Woodward as a CNA. Grace sent her to LPN school. From there, she moved to Madill where she worked in a county hospital.

"And then INTEGRIS took over as part of their rural facilities. So I worked there for 16 years. And they are the ones that sent me to RN school," King said of Murray State College in Tishomingo.

But King is not always on her

Continued on next page


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Vickie King has returned to her roots as a nurse by going full circle.

toes. During her time at home she will read, she said. King has seven grandchildren. One of the boys is in college at Oklahoma State University, and another grandson keeps her entertained while she watches him place baseball.

"I enjoy seeing my grandkids," she said.

King is not the only nurse in her family. Her aunt was one of the first nurses to go through the former nursing program at St. Anthony Hospital in Oklahoma City.

When returning to Tuscany Village, she is grateful to be

welcomed by endearing residents and a professional staff, she said. The nurse assistants are also dependable, she said.

"There are specific aides on specific halls, and we're like a big family," she said.

The nursing staff is a blend of compassion, diligence, caring and patience, said King, who is also a good listener. Residents share their life stories with her.

"It's just amazing that the 100 residents that we have here — some of them are from the area that I grew up in," she said.

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Oklahoma City's NURSING TIMES

Haynie named one of Hospital Review "Rising Stars in Healthcare"

Cancer Treatment Centers of America® (CTCA) at Southwestern Regional Medical Center in Tulsa is pleased to announce that Dana Haynie, vice president of growth and marketing, has been named to the 2017 Becker's Hospital Review list of healthcare leaders under the age of 40 who are "Rising Stars". She is the only person from Oklahoma on the list.



Dana Haynie

In a statement by Becker's Hospital Review, individuals "on this list have achieved executive positions at hospitals and health systems across the country, founded health IT companies and reached prominence within their organizations. Many members of this list head professional organizations and have been recognized for their innovative approach to patient care and health system improvement."

Dana is a member of the CTCA® executive team in Tulsa and is responsible for the growth and marketing areas, which includes communications, physician relations, advertising, employer relations, public affairs, key market development, community outreach, and the loyalty program. In addition, she also oversees the guest services and patient experience functions, as well as the on-site salon.

"Dana's leadership has created integration across these various disciplines, resulting in meaningful promotion of the clinical innovations and options for



CTCA Hospital Growth team - Left to right: Jessica Weeks, Caron Davis, Sarah Andrews (with star), Allison Kager, Lauren Beach, Chance Lambert, Dana Haynie, Addie Allgood (in pink with star), Tyrell Hughes, Jon Turner (with star), Ryan Alley, Mark McGill (with star), Alicia Letney, Kendra Thompson

patients found at our Tulsa location, while also leading considerable growth in the region," said Jay Foley, interim president and CEO of the Tulsa hospital.

Jay continued, "Because of Dana's proven leadership skills she has been selected to participate in various enterprise-wide teams, which include all five hospitals in the CTCA system and our corporate headquarters. Known for her innovation and creativity, Dana has played a prominent role in addressing hospital access challenges. In addition, she was instrumental in helping to transform our physician referral program, which is now implemented at each hospital site."

Dana Haynie named one of the 2017 Becker's Hospital Review "Rising Star in Healthcare"

Dana graduated summa cum laude with a Bachelor of Science degree in business administration from Oklahoma State University with a major in marketing and minors

in finance and management. In addition, Dana was named one of Oklahoma Magazine's "40 Under 40" in 2016. She also was nominated and participated in Leadership Tulsa, Class 55.

An active volunteer, Dana serves on the Board of Directors of the American Heart Association in Tulsa. She also serves on the Tulsa Area United Way Women's

Leadership Council Steering Committee and serves as Marketing Committee co-chair. In addition, she volunteers at the Little Lighthouse and has participated as a Junior Achievement classroom volunteer due to her passion for children and education. Through her role at CTCA, she regularly supports organizations like Susan G. Komen, American Cancer Society, American Lung Association and many others. Dana and her husband, Ryan, are also active in their local church and volunteer with other community organizations on a smaller scale. They are the proud parents of two sons, Harrison and Turner.



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Oklahoma's Nursing Times Hospice Directory

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

Autumn Bridge Hospice: 405-440-2440

Autumn Light Hospice: 580-252-1266

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

Centennial Hospice: Becky Johnson,
Bereavement Coordinator 405-562-1211

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. Coord. Karen
Cleveland, 405-214-6442; OKC: Vol. Coord. 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

INTEGRIS Named Health Champion by American Diabetes Association



The American Diabetes Association® (Association) today announced INTEGRIS, Disability Determination Division, Groendyke Transport, Inc. and ONEOK from Oklahoma have been designated Health Champions as part of the Association's Wellness Lives Here™ initiative. This designation recognizes companies and organizations that are committed to improving employee health and inspire and encourage wellness programs in the workplace.

"Our mission at INTEGRIS is to improve the health of the people and communities we serve, but we can't successfully do that if we don't practice what we preach. If we as health care providers don't adopt a healthy lifestyle, how can we instruct our patients to do so?" asks Bruce Lawrence, president and chief executive officer of INTEGRIS. "We began the Employee Wellness Program at INTEGRIS nearly 20 years ago as an attempt to encourage and incentivize healthy behaviors among our employees and their families. It's a commitment that continues today and we see it as an investment in our future. In order to reverse the many negative health trends that plague our state and our country, we need to serve as role-models and 'be the change' we hope to see. The recognition as a Health Champion by the American Diabetes Association is proof we are moving the needle in the right direction."

To qualify for the Health Champion Designation, companies and organizations must meet healthy living criteria in three areas: Nutrition and Weight Management, Physical Activity, and Organizational Well-Being. There are three application cycles annually.

"For most Americans, the majority of our days are spent working sedentary jobs, so it's more important than ever for our workplaces to encourage healthful habits," said Alicia McAuliffe-Fogarty, PhD, CPsychol, vice president of lifestyle management for the American Diabetes Association. "Our Wellness Lives Here initiative is designed to provide employers across the country with a roadmap for promoting healthy habits, and we are pleased to see so many employers working to earn a Health Champion Designation."

"We're excited about the culture of wellness Oklahoma's new designees have implemented in their workplaces," Charles Brown II, Executive Director for Oklahoma and Kansas. "These organizations had to meet extensive criteria with their applications to receive this designation. Our community is strongest when it's healthy—everyone benefits when companies provide access to healthier food choices, promote physical activity and encourage healthy habits at work and beyond."

A complete list of the Health Champion Designees can be found at diabetes.org/healthchampions.

Special Event: Perioperative Update

The University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing

OU/Tulsa Schusterman Center, Room 1C114, 4502 East 41st Street, Tulsa, OK
74135 - Monday, July 17, 2017, 8:30 am to 5:00 pm

Keynote Speaker: Claire Everson, RN, CNOR, CCAP
Surgical Services Education Coordinator
Henry Ford Macomb Hospital

Topics: * Nurse sensitive interventions in the prevention of surgical site infections.
* Incidence of perioperative pressure injuries and how safe patient positioning can positively affect outcomes. * Malignant hyperthermia: What is new? What is the same? * Fire safety...the fire triangle hasn't changed. so why do fires still occur? * I didn't go to work today to find my name in the newspaper tomorrow.
* The year of the healthy nurse...am I?

6.5 Continuing Education hours will be awarded upon completion

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit www.ok.gov/health

Local Art Show Raises Thousands for Stroke Patients

A local art show raised more than \$3440 for Mercy's stroke education, treatment and prevention programs. The benefit, which was organized by Oklahoma Artists Invitational (OAI), featured original works from 24 artists, including Mercy's Dr. Dustan Buckley. To date, OAI has donated more than \$16,617 to Mercy's stroke center.

Mercy Hospital Oklahoma City is currently home to the state's largest group of neuroscience specialists in the southwestern United States, and the state's largest number of neurohospitalists – physicians dedicated solely to providing neurological care for patients admitted into the hospital.

In February, Mercy was named a top stroke center in the nation.



Jan Smith, OAI, Kay Oliver, executive director of philanthropy for Mercy, and Dr. Richard V. Smith, medical director of Mercy NeuroScience Institute.



**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. The exit says, CHANGES. I see it and drive past. I drive a few miles and turnaround. I wonder why I didn't take it. What have I got to lose. Everything. Nothing. I pull off to the side of the road and I stare at the exit sign. I take a deep breath and I exit for CHANGES.

*"Well, I've been afraid of changing
'Cause I've built my life around you
But time made you bolder
Even children get older
And I'm getting older too"
---- Stevie Nicks*

Change is a complicated phenomenon. It happens either by our choice or someone makes it for us. We may be miserable or just in a rut but continue to do the same thing day after day with the outcome always staying the same. Some of us choose to stay because at least it doesn't have an unknown component. We know the routine.

*"It's been too long since we took the time
No-one's to blame, I know time flies so quickly
But when I see you darling
It's like we both are falling in love again
It'll be just like starting over"
-----John Lennon*

If you believe that time flies by so fast, you realize that today matters. It matters a lot!! If there is a problem it needs to be fixed. If you hate your job or realize that no one seems to give a s___ about workplace violence or the safety of your surroundings there must be a better place to work. After waiting for change that does not come, what is keeping you from taking the CHANGES EXIT.

*"I still don't know what I was waiting for
And my time was running wild
A million dead-end streets
And every time I thought I'd got it made
It seemed the taste was not so sweet"
-----David Bowie*

As a friend said, "Change is hard and sometimes very painful, but it's the only exit that leads to a better life." Thanks Phil!!!

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What do you do to beat the summer heat? Norman Regional - The Rehabilitation Center

I just don't go outside.



Nicole Ayers, RN

I usually just go to the pool at my apartment.



Stephanie Johnson, CNA

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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P.O. Box 239
Mustang, Ok. 73064

I turn on the sprinklers in my yard and run through with my grandkids.



Kathy Smith, RN,
Nurse Manager

Basically staying in front of the fan I keep 24/7, year-round.



Karen Gillispie, RN

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*This event is being offered to IL, AL, LTC, SNF – Administrators, Directors of Nursing, Social Services, Hospital, In-Patient Rehab Case Managers And Social Workers ONLY. Must be 21 to attend and if not on the list, will be sent away. RSVP Event, by Invitation only. RSVP's must be received NO LATER than Friday, July 21st. RSVP to Jeff Aynes at Jeff.Aynes@MyAllianceHealth.com or call 405-204-6961 if you have questions. **Free parking available at the Parking Lot by Bass Pro catty-corner to the Ball Park.

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