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## AllianceHealth Midwest invests in care



James Hutchison, Judy Anderson, RN and Gloria Ceballos, RN, PhD are spearheading a new mental health facility that serves seniors.

by Bobby Anderson,  
Staff Writer

With mental health services in our state disappearing at an alarming

rate AllianceHealth Midwest has doubled its commitment to helping patients.

The hospital has opened a new mental health unit

featuring 32 patient rooms, large community rooms, a group therapy room and occupational therapy room. The hospital now has 72 beds and has a special focus for seniors.

In behavioral health for 25 years James Hutchison was asked to lead the expansion of the new unit.

"They needed

## Man with a plan Surgery supervisor know how to adapt with flexibility



Gordon Butler, RN, nursing supervisor for surgery at OU Medical Center Edmond, likes OU Medical Center because it provides employees with room to grow.

story and photo by James Coburn, Staff Writer

When Gordon Butler went to nursing school in western Kansas, he played football while earning his Bachelor of Science in Nursing Degree. His life has always been well balanced with a sense of direction.

He was a team player then and having that same team spirit serves him well as a nurse.

Today his life is active in a different way as he serves as supervisor for the surgery department at OU Medical Center Edmond. He's been a nurse for a little over four years and he is currently working on his MBA from Fort Hays University, the same school where he earned his undergraduate degree.

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## ALLIANCE

Continued from Page 1

experienced leadership from the psychiatric perspective," Hutchison said. "They needed someone to grow them through the expansion. I have experience in opening new units and expanding existing units."

Hutchison said for the last year the hospital was forced to turn away 25 seniors and 75 adults each month due to space restrictions.

The hospital applied to the state for a certificate of need in order to begin building.

Judy Anderson, RN, has been a nurse for 37 years now. She said the new facility is a blessing for all involved.

"This is going to be really nice for seniors, it's state of the art, it's something for them," Anderson said. "I think people tend to push seniors back and we're pushing seniors forward and that's what I think is so important. A lot of people will instead of dealing with someone with Alzheimer's or dementia they'll put them in a nursing home and just not deal with them."

### DEALING WITH THE PROBLEM

Anderson understands that just because someone begins to show signs of dementia or Alzheimer's doesn't mean that they immediately need to be in a long-term care facility.

"If we have them here sometimes we can get them on the right medication and they can go home and live successfully there for years," she said.

Anderson said many times when you begin seeing a change in your loved one it can be spurred by treatable medical conditions sometimes as simple as a urinary tract infection.

"If we can get them in here early enough and address their medical problems early onset dementia can be stopped with (medication) and they can go home and lead a normal life for a long time. We just have to get the public aware there are other alternatives."

"People don't live it until their parents have it."

Gloria Ceballos, RN, PhD, serves AllianceHealth Midwest as the chief nursing officer. She said the hospital has a special focus on senior adults.

"It's a commitment because our community needs it," Ceballos said. "This unit will never cure anybody. This unit is here to address the crisis. We do know how to treat them

with medications or trying some other treatment and incorporating the family."

Hutchison said having a facility like this in place not only helps the patients and their families but the community as a whole.

When an untreated mental health patient acts out often times law enforcement is called.

"They pick up people with mental health issues and they don't have any place to take them," Hutchison said. "They take them to the emergency department because that's their only option. The emergency department holds them one to two hours or one to two days. If that person is under arrest the officer has to stay with them that whole time which takes them off the street for hours."

Once the patient leaves the hospital, Hutchison said they will often commit a crime whether intentionally or unintentionally.

"We've had a lot of patients say they don't know what else to do. They do this because they don't have any place to live or get medicine," Hutchison said. "It causes a huge problem for law enforcement and the community because there is no place for them to go."

The new facility will serve as a stabilization and treatment point at a time when providers are leaving the mental health arena.

"This hospital has basically invested a huge amount of money at a time when a lot of other places are closing," Hutchison said. "Everybody knows about the legislative issues with funding so at a time when everyone is scaling back we spent a fortune on this floor."

Providing a safe transition point is the focus and Anderson says AllianceHealth Midwest nurses are there to serve seniors in whatever capacity they need.

"I think one of the most important things we do here is not medication it's listening, listening to the family about the problems and listening to the patient to find out what's really going on," Anderson said.

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## BUTLER

Continued from Page 1

Butler has worked at OU Medical Center in downtown Oklahoma City, but transitioned to the Edmond campus about a year ago.

"I've always been in surgery but I'm new to management. This is my first supervisory role," he said. "My goal has been to work my way up and hopefully get into administration."

His work day typically includes starting his work day at 7 a.m. He is responsible for the staffing needs of each operating room and the placement of surgeries in those operating rooms. He helps the physicians know where their patients are in the coordination process of each surgical event.

"I coordinate the flow of the OR, kind of like a air traffic controller at an airport," Butler explained.

The rooms are always changing with different surgeries requiring nurses and techs, he said. Butler coordinates this effort to make certain they have their appropriate teams, he said.

"It's a lot of chasing down doctors. Generally they're around, but right now we're incorporating a bar

tracker, it's basically a monitor. We're still mostly working off a dry erase board that we constantly change and update. I update that and notify the staff if their case has moved or if the surgeon needs help," Butler said.

He also serves as an extra pair of hands to scrub in. He will circulate to do whatever needs to be done with transport needs, Butler continued.

"I help keep the flow of the OR going until the case is done," Butler said.

He chose the field of surgery because of it's fast pace that keeps him on his toes. Patients are added on to the spectrum of daily activities at any moment. Someone may need emergency surgery such as a laparoscopic appendectomy, he said. So Butler needs to get hold of the surgeon to let him know of scheduling adjustments.

"I need to get hold of the anesthesiologist. It's all problem solving," Butler said. "The anesthesiologist needs to be right there. I need to find the nurse, the team to have their instruments full, their supplies full to do the surgery."

"I like that aspect of it the most."

Change is constant in the OR. He

admires the nurses he works with for the flexibility. It's not like an 8-5 p.m. job with a intransigent schedule. Lunch schedules change according to the patients' needs.

"We may need them to come back and be willing to do something," he said. "So their willingness is huge in the OR to keeping it going. There's consistency whenever we get here at 7 a.m. in the morning, but most likely it will all be different as the day goes on."

Butler says he likes the impact that OU Medical Center has on Oklahoma. That is why he stays with them. He believes OU Medical Center has a bright future.

"That is something that inspires me because I want to grow in my career. I want to get better as a nurse and get better for eventually what is the next step. I feel like OU Medical Center provides the most opportunities for people that grow."

The nurses are grateful to work in a place where they see results in the OR right away. After a knee surgery is over Butler is satisfied knowing a person's life has improved.

"We see immediate results," he said.

He thought about becoming a

doctor until somebody told him of all the opportunities a nursing career can offer.

But Butler is not a nurse every second of his life. He has his private life balanced with fun activities. Most of his leisure time is spend with his family, he said.

We have two little kids -- a 2-year-old son and a 1-year-old daughter.

"They like to run around the park and be crazy. We do a lot of bike riding. We go to the Zoo a lot."

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**OKLAHOMA ASSOCIATION OF  
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# Leemaster Named New Director of Nursing

by Vickie Jenkins - Writer/Photographer

The Children's Center Rehabilitation Hospital is happy to introduce the new Director of Nursing, Mr. Kyle Leemaster. He will provide direct training and supervision to professional nurses at the hospital. He will also work with the nursing department to develop improvement plans and evaluations during the hospital's expansion. Leemaster is an experienced pediatric nurse with over five years of clinical experience and over four years of nursing leadership experience.

Leemaster comes to The Children's Center Rehabilitation Hospital from the Pediatric Medical Unit at The Children's Hospital-OU Medicine. He was the Clinical Manager while at the hospital. Leemaster received his MBA from the University of Oklahoma and his Baccalaureate in nursing from the University of Central Oklahoma.

When I asked Leemaster why he came to the Children's Center, he replied, "it was an answered prayer." Working at OU Medical Center, he enjoyed working with children. Since 2006, his career was in nursing. "I

was fortunate to get this job as the Director of Nursing. I think prayer had a lot to do with it. The first time I came here, I fell in love with this place. The campus is wonderful and I love the people that work here but most of all, I get to take care of children," he said with a smile. Leemaster's favorite thing about working at The Children's Center Rehabilitation Hospital is the overall culture. "The staff greets everyone with a smile, they truly love people and they enjoy their job," he replied. "As the new Director of Nursing here at The Children's Center Rehabilitation Hospital, I am looking forward to working with the patients and the staff," said Leemaster. "The nurses here are an incredible team and I'm excited by the opportunity to help them treat more patients," he added.

"How would others describe you?" I ask Leemaster. "Well, I'm patient, alert and optimistic. I am pretty good at reading people and I think that is an important quality for a nurse. I can feel out the situation and

make things better for the patients and their families. I want to make the patients feel comfortable, making their day better. I ask myself, what can I do for them, emotionally and physically?"

I asked Leemaster what he thought his biggest asset was. "I think it is the fact that I can stop before acting upon something. I can talk to the patients and their parents, putting them at ease. I can talk to the nurses as a leader to improve the patient's outcome. I think my biggest challenge is staffing. Now, I don't mean staffing as filling the nurse positions, but staffing the nurses to lead a younger generation, getting them to understand the many changes

of the medical career. I know that we all have a big influence on others, showing them the true life of a nurse and their patients."

Leemaster enjoys spending time with his wife, Brittany and their 10-month old son, Kai. Leemaster enjoys running and usually does marathons with his brother. "My brother and I would run cross-country in school and we still enjoy running together. My brother runs faster than me and I keep trying to catch up with him," he laughed. Asking if Leemaster had any mentors in school, he mentioned the name Matt Bay. "I met Matt when I was becoming a nurse and I am still in contact with him. He is an awesome

**"I was fortunate to get this job as the Director of Nursing. I think prayer had a lot to do with it." Kyle Leemaster, DON**

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Kyle Leemaster is the new Director of Nursing at The Children's Center Rehabilitation Hospital. "I plan on doing the best job that I can in this new position," commented Leemaster.

guy and I know I can always count on him. We have so much in common. He was there for me professionally and he is still a good friend."

"What do you see in the future as far as The Children's Center Rehabilitation Hospital goes?" I ask. "Oh, it's going to be great! We are building a new building with 40 new beds, Occupational Therapy and an Outpatient Clinic. The completion date is somewhere around 2018. We are already growing and I am anxious to

see what develops."

Ending the interview, I asked Leemaster if he had any words of wisdom that he would like to share. "I follow some words, even though it's a little cheesy; words from the movie, Ferris Beuler's Day Off. The words have stuck with me and it is actually some good advice." "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."



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## Crystal Bowersox to Visit and Perform at Diabetes Camp

*Acclaimed singer-songwriter inspires kids with type 1 diabetes to pursue their dreams*



photos provided

Crystal Bowersox will visit Camp Blue Hawk July 20.

Crystal Bowersox understands how crucial it is to find a healthy balance on and off the stage. Diagnosed with type 1 diabetes (T1D) at age 6, Crystal — now 30 — reached the heights of American Idol in 2010 and maintains an ongoing musical career. Having nearly lost her spot on the show due to a short hospitalization brought on by the rigorous taping and rehearsal schedule, she vowed to make it her mission to touch others impacted by diabetes with her music and her message.

On Wednesday, July 20, Crystal will visit Camp Blue Hawk, a residential camp serving Oklahoma kids also growing up with T1D. Camp Blue Hawk is a project of Harold Hamm Diabetes Center-Children's at the University of Oklahoma. This year's five-day camp will serve 48

children ages 10 to 15 near Guthrie at the Central Christian Camp and Conference Center. Crystal will meet the campers, share her story, and perform briefly.

"Growing up with diabetes, I felt isolated from other kids because they didn't understand the challenges I faced, and today I know there are many who experience the same things," said Crystal. "However, despite the obstacles, I learned how to manage the disease, and I try to live my life to the fullest."

Crystal's grit and determination caught the eye of Lilly Diabetes, which today introduced her as its newest type 1 diabetes ambassador. Crystal's visit to Camp Blue Hawk is part of the Lilly Camp Care Package program, one of the largest diabetes

See CAMP page 9

## Battle at the scale: How your body fights to regain lost weight



photo provided

A regular exercise regimen appears to be the best hope for those who have lost weight to maintain that new body weight. Here, Oklahoma Medical Research Foundation employees Anne Zike, Kelie Ashley and Jonathan Myers attend a Tabata class.

Losing weight is hard. But as anyone who has dropped a few pants sizes can tell you, keeping it off can be every bit as challenging.

It turns out, though, that it likely takes more than just staying committed to a maintenance diet once you reach your goals. Scientists believe your body might actually be fighting to get back to where it was previously in a phenomenon called the 'set point' theory.

The idea is that, for some reason, your body has an idea of what weight it wants you to be, said Oklahoma Medical Research Foundation President Stephen Prescott, M.D. So whether you've lost 40 pounds or gained 15, your hormones will adjust in an effort to get you back to a particular point.

"A person's weight may not always go all the way back to the original weight, but there appears

to be some kind of intrinsic desire on the body's part to get back to a certain weight and stay there," said Prescott. "It's not been proven scientifically, but there is increasing evidence to support it."

The set-point theory isn't new, but it has been re-popularized because of a recent study by scientists at the National Institute of Diabetes and Digestive and Kidney Diseases, who tracked the progress of contestants from the reality television show "The Biggest Loser." For six years, they followed contestants after they shed massive amounts of weight for the popular competition.

The researchers' discoveries gave the set-point theory a lot of ammunition, as the former contestants packed the pounds back on regardless of how strictly they adhered to their diets. Some even

See EXERCISE page 9



## 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:** 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 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; 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

**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

**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

## EXERCISE

Continued from Page 8

gained to a point higher than their original weight.

"It was a really dramatic, attention-grabbing example of the theory as it had previously been described," said Prescott. "It also shows that there are mysteries we don't quite fully understand, and you can't just blame people for getting fat again. Some may not follow their diets as closely as they should, but it appears likely that people also end up fighting their own biology."

Prescott said the study's findings point to resting metabolism, or basal metabolic rate, which determines how many calories your body burns at rest.

Our bodies burn energy just keeping us alive. Prescott said somewhere around 70 percent of the calories you use each day are going to get burned no matter what, even if you're just sitting on the couch or at your desk.

Your age, muscle mass, fitness level and height all contribute to how many calories your body burns. But the findings presented a paradox: The people who gained the weight back appear to have lower metabolic rates than expected based on these factors.

"It's thought that this could be a result of a complex interplay

between hormones that regulate how our bodies burn energy," said Prescott. "These people were not burning as many calories as you would think based on their height, weight or age. They were gaining weight even on what would be considered a maintenance diet."

In other words, if you should be burning around 2,000 calories on a maintenance diet based on your personal combination of factors but you have recently lost 20-30 pounds, your actual metabolic rate might have dropped to somewhere around 1,700 or so.

So if your body is determined to gain the weight back even after all your hard work to lose it, does this mean it's time to throw in the towel and raid the freezer for that pint of rocky road?

"That's a little too dramatic," said Prescott. "There may be a tendency to do that, but I think there is hope that there are things you can do to alter or reset your set point."

To influence this process in your favor, the best solution may rely on an old standby—the gym.

"An exercise regimen often leads to more success in maintaining a new, lower weight," said Prescott. "Maintaining your new weight may tough, but increased understanding can help you start to rebuild your behavior and habits around a new number for better long-term outcomes."

collaborated with Joe Cocker, B.B. King, Alanis Morissette, Jakob Dylan, John Popper of Blues Traveler, and Melissa Etheridge, among others. Originally from Northwest Ohio, Crystal now makes her home in Nashville.

Harold Hamm Diabetes Center (HHDC) is an OU Medicine Center of Excellence leading the way to prevent, treat, and ultimately find a cure for diabetes. HHDC-Children's is the center's pediatric division, housed in the OU Children's Physicians building in Oklahoma City. This is Camp Blue Hawk's second year; campers are invited by medical staff at HHDC-Children's, and every camper attends on scholarship. [www.haroldhamm.org](http://www.haroldhamm.org)

## CAMP

Continued from Page 8

camp support programs in the United States.

Attending a diabetes summer camp can be a valuable experience for children learning to live with the disease, particularly those transitioning from parental care to self-care. A three-year survey by the American Diabetes Association® showed camp experience increases children's diabetes knowledge, self-confidence, diabetes management and emotional well-being. Camps are especially valuable for newly diagnosed campers (less than one year since initial diagnosis) changed the most, with 19 percent showing improvement in their ability to manage diabetes-related issues.

Since finishing as first runner-up on Season 9 of American Idol, Crystal has released two full-length albums and two EPs, mostly featuring her own original songs. She has

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)





**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*

*I think my life is missing girlfriends. I am very busy with work and family obligations but I realize my husband cannot meet all of my emotional needs or all my social needs. I need female friends too. Don't you think?*

**YES I DO!!**

#### THE HEALTH BENEFITS OF TRUE FRIENDSHIP

The definition of A True Friend

- The tendency to desire what is best for the other
- Sympathy and empathy
- Honesty, perhaps in situations where it may be difficult for others to speak the truth, especially in terms of pointing out the perceived faults of one's counterpart.
- Mutual understanding and compassion, ability to go to each other for emotional support.
- Enjoyment of each other's company
- Trust in one another
- Positive reciprocity - a relationship is based on equal give and take between the two parties.
- The ability to be oneself, express one's feelings and make mistakes without fear of judgment.

People with a close network of friends live longer, have healthier brains, survive breast cancer better, survive heart disease better, and get less colds.

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends can also:

- Increase you sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise.

Reading about friendship made me consider my friendships and whether I'm as good a friend as I could be. (I could be better and plan to work on it).

## OU Physicians and SW Oklahoma Family Medicine Clinic in Lawton join forces on July 1

OU Physicians, the state's largest physicians group, and Southwest Oklahoma Family Medicine Clinic in Lawton announced today that the clinic will join OU Physicians on July 1. The clinic will continue to provide services and care at the same location at 1202 NW Arlington Avenue in Lawton, but will be renamed "OU Physicians Family Medicine Lawton."

"By collaborating with OU Physicians, we enhance our already strong connection to the OU Health Sciences Center campus and its vast medical resources. Our patients will have better access to hundreds of adult and children's specialists and the latest technology at their disposal," said Dr. Daniel Joyce, medical director of the Lawton clinic. "Our patients will still see familiar faces in our clinic and receive the same quality care, but we will have a stronger relationship with OU and the state's largest physician practice."

Located on the University of Oklahoma Health Sciences Center campus near downtown Oklahoma City, OU Physicians provides advanced care in almost every adult and child specialty, conducts groundbreaking

medical research and helps train the physicians of tomorrow. OU Physicians providers see patients at many of Oklahoma's premier health care facilities, including the Stephenson Cancer Center, the Harold Hamm Diabetes Center, The Children's Hospital and OU Medical Center, home of the state's only level one trauma center.

In addition to the new name on the Southwest building, patients will notice that future billing correspondence will come from OU Physicians.

"We are excited about working with clinic leaders in Lawton and enhancing the OU presence there," said Brian Maddy, OU Physicians chief executive officer. "The clinic and its providers have a wonderful reputation in their community and we look forward to building on our relationship with them."

Dr. Daniel Joyce, Dr. Bella Carroll, Dr. Penny Hoover, Dr. Joseph Dawley and physician assistants Tom Mills and Amy Hannington provide services at the clinic along with OU Health Sciences Center family medicine residents. Appointments can be made at (580)248-2288.

## FREE CEU'S & EVENTS

### Holistic Wellness Event July 16-17 at United Life Spiritual Center

United Life Spiritual Center will present "Holistic Wellness - a mind, body, spirit event" July 16-17 at its Oklahoma City location, 3332 N. Meridian.

The free event features eight presentations, holistic practitioners, wellness products and services, educational information and alternative/complementary therapies. Hours are 11 a.m. to 6 p.m. Saturday, July 16, and noon to 6 p.m. Sunday, July 17. For additional information, contact (405) 943-2741 or wisdom110@hotmail.com.

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# NURSE + TALK

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## What are your summer plans? *Integris Canadian Valley Hospital Women's Center*

We are remodeling the house so we have a whole summer of painting, scraping ceilings and texture.



Carlie Haight, RN

I'm getting married July 22 and we're honeymooning in Canada and maybe Nova Scotia.



Zoe Burleson, RN

Each week we visit with health care professionals throughout the Metro



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Mustang, Ok. 73064

We're going to Grand and Arbuckle Lake and spend time with the kids.



Michelle Stone, RN

Staycation and fixing up the house and getting ready for the holidays.



Etta Nelson, RN

## INTEGRIS Medical Group Welcomes Dena O'Leary, M.D. Urogynecology

Dena O'Leary, M.D., is board certified in Obstetrics and Gynecology and fellowship trained in Urogynecology. She earned her medical degree from the University of Texas Medical School in Houston, TX and completed her internship and residency training at John Peter Smith Hospital in Ft. Worth, TX. She furthered her education with fellowship training in Female Pelvic Medicine and Reconstructive Surgery at the University of Oklahoma Health Sciences Center in Oklahoma City. Dr. O'Leary is a member of the International Urogynecologic Society, American Urogynecologic Association and International Continence Society.

Dr. O'Leary's special interests include: pelvic organ prolapse, urinary incontinence, fecal incontinence and mesh complications.

"My goal is to make a positive impact in the lives of my patients and it's very important for me to create a safe environment so they can discuss their issues and feel comfortable. I pride myself on being present and available for my patients at all times, they are my number one priority."

## St. Anthony Welcomes Nikki Short, PA-C to Saints Dermatology-Midwest City

St. Anthony is pleased to welcome Nikki Short, PA-C to Saints Dermatology-Midwest City.

Nikki earned her undergraduate degree in biology from Southeastern Oklahoma State College. She then went on to complete a Master of Health Science as Physician Associate Degree from the University of Oklahoma Health Science Center, College of Medicine Department of Family Medicine.



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