



OU Nursing Brings Care Management Services to the Forefront

Teri Round, MS, BSN, RN, NE-BC,
University of Oklahoma Health
Sciences Center Fran and Earl
Ziegler College of Nursing
executive director of Clinical
Operations Case Management

by Traci Chapman

As healthcare becomes more complex and treatment more expensive, patients of all ages and conditions have found themselves in a no man's land where they find more questions than answers.

That's where care management can lift the mists obscuring the answers those patients – and their families – are searching for, helping them improve their health, while

avoiding at least some of the stressors that come with high medical bills and what can become insurmountable treatment costs.

What is care management?

Care managers are tasked with helping patients, caregivers and families find the most effective way to manage health conditions, while also focusing on potential medical cost savings. Several studies found in U.S. the National Library of Medicine, overseen by the National Institutes of Health, concluded care management can improve patients' quality of care in the long-term, as well as positively impact the cost of that care.

University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing's Care Management program is working to train future care managers who can provide those kinds of services to OU Health Center patients and beyond.

Seniors and Disabled Patients

OU's Nursing Care Management program provides case management services to patients of all ages, conditions and income levels. For Karissa Maddox, RN, BSN, CMC, many of the people she's spent the last 15 years of her career treating and guiding through the healthcare maze are seniors, elderly and disabled individuals who are deemed

ADvantage-eligible by Oklahoma Department of Human Services.

Oftentimes, multiple doctors treat patients, who also might be facing a myriad of conditions. That's where a case manager comes in, Maddox said, serving as a central information hub, while helping to coordinate care.

"It just relieves the stress and helps the family try to live a normal life, especially if loved ones live at a distance," she said. "We are often the 'professional advocate' helping manage care while communicating with family members and providers in addition to coordinating all health care needs."

OU Nursing case managers first provide an in-home assessment, allowing them a comprehensive look not only into a patient's medical issues, but also other

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OKLAHOMA'S NURSING TIMES

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Top 100 Oklahoma's greatest nurses to be honored

by Bobby Anderson
Staff Writer

Carol Robison, RN, has been responsible for finding, recruiting and placing great nurses for decades in Oklahoma.

And for more than 30 years, the Great 100 Nurses Foundation has been recognizing the qualities that Robison has long prized through its Great 100 Nurses Celebration.

Nearly 10 years ago Robison and her mother were invited to the festivities in Louisiana and she knew she was witnessing something special.

"It was just really moving," Robison said. "My mom actually said 'Well, you can tell where all the

good nurses are tonight."

"I thought that was really sweet. Once I saw the event I immediately wanted to start having one in Oklahoma."

Robison expects more than 800 attendees ranging from past Great 100 honorees, to sponsoring hospitals and current nominees.

Robison credits the Cherokee Nation as a group that immediately saw the value in honoring Oklahoma's top health care providers.

The Cherokee Nation will host the celebration next month.

The movement is spreading with the group hosting its inaugural celebration in Arkansas in April.

Maybe it's because the atmosphere is electric.

"They're cheering, holding up their posters - some were blowing air horns," Robison says. "It's so awesome."

"I've had several nurses say it's the first time they've been honored during their career in nursing."

The honor has risen to epic proportions in Louisiana with nurses even including their status as a Great 100 Nurse in their obituaries, Robison says.

"I think when you include it in your obituary it meant a lot," she said.

Great 100 Nurses become a family.

"The other thing that's neat about it is we are creating a network of great nurses," Robison said. "Once you're a Great 100 Nurse you're always a Great 100 Nurse. Each event we reach back and invite those previous honorees so there's always a network for these nurses to come back to. Almost their own community forms around it."

Excellence in their field is a given among Great 100 Nurses.



Carol Robison, Gifted Healthcare partner, and Jeny Foster, business development manager, say the Great 100 Nurses Celebration of Oklahoma is a spirit-filled celebration that honors the state's top nurses.

To submit a nurse for nomination you must ensure nominee is currently a registered nurse in the state of their nomination and has not been previously selected as a Great 100 Honoree.

For the Oklahoma Celebration, the completed nomination form must be received no later than July 17 to be eligible for consideration.

Forms may be completed electronically and emailed to nominations@g100nurses.org, faxed to (504)831-3686, or mailed to the address on the form.

Announcement of the Great 100 Nurses for Oklahoma will be made in early August 2017.

Each Great 100 Nurse will receive a certificate and custom pin in honor of their accomplishments. You may nominate as many qualified nurses as you feel appropriate.

Robison stresses judging is done through a double-blind system.

"We don't know who the nominee is and we don't know who judges," Robison said. "Highly respected nurses across the state are involved. It's judged on a very intense scrutiny of the merits and what their nominator wrote about them."

"I always try to remind people it's the story that's told about the nurse." **HISTORY OF GREATNESS**

The Great 100 Nurses Foundation was founded by PK Scheerle, RN in New Orleans, Louisiana thirty-one

years ago. Since its founding, the Great 100 Celebrations have honored thousands of Nurses across Louisiana, North Carolina, Texas, Oklahoma and now Arkansas.

These exemplary Nurses are selected based on their concern for humanity, their contributions to the profession of Nursing, and their mentoring of others. It is a great honor in the life of the Nurse to be selected as a Great 100 Honoree and the Foundation helps each RN recognize themselves as Nurse Heroes.

Each year, community, health care, government leaders, family, friends and peers join together to honor these Great 100 Nurses.

The funds raised through the celebration are used not only to honor the nurses you will meet at the annual celebrations, but to also support nursing advocacy, nursing scholarships, and nursing research for the betterment of lives, publication of nursing discoveries and the implementation of those discoveries.

Robison says The Great 100 Nurses Celebration belongs to everyone who has met and been touched by an exceptional Nurse.

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SERVICES

Continued from Page 1

challenges facing that patient – and their family. As hospital stays get shorter, Maddox said these assessments are crucial, providing the proper care plan and a bridge to medical providers, while also allowing patients to save money.

"You see the education you provide, the stability you provide – and being an advocate for them is huge," she said. "Sometimes people don't have anybody else to speak for them."

OU Nursing Care Management operates in Oklahoma City, Tulsa, Lawton and Elk City, providing services across Oklahoma to patients and their families, Maddox said.

Maternity Coaching and Education

OU Nursing recently unveiled new services geared specifically for pregnant women and new or expectant parents. The service incorporates care management to offer support to clients in their communications with health care providers – also helping them to determine the best educational

programs for their individual needs.

"The focus is on the client and personalized according to what is most important to her," said Margaret Back, RN RLC, ANLC and care management consultant. "The tailored plans and education materials prepare the client to anticipate changes and to minimize the stress of transitioning through the stages of pregnancy and the '4th Trimester' of life with a new baby."

Services also benefit anyone feeling overwhelmed or uncertain about maternity health-related issues, Back said. New or single parents working through the transition back to work and adoptive parents or grandparents caring for their grandchildren can also find support, guidance and assistance, she said.

While services offered by Maternity Coaching and Education are not a substitute for a doctor, midwife, lactation consultant, childbirth educator, therapist or doula, those will be accessible to participants, Back said. It also offers Bump to Baby & Beyond Bundles, as well as a la carte

options, all designed for flexibility and to address the changing needs of individuals and families, both during pregnancy and after childbirth.

"I am very excited about the opportunity to share the knowledge I have acquired in the last 12 years as a maternal newborn nurse," said Ellie Standerfer, RNC-MNN, a program maternity coach. "I truly enjoy helping expectant mothers and new parents navigate through the exciting but sometimes overwhelming transition to parenthood and newborn care."

Teri Round, MS, BSN, RN, NE-BC, executive director of clinical operations, cited OU Nursing's multi-faceted approach to care management, which allows patients to move through every chapter of their life – and healthcare – with support and guidance.

"We have been in the business of providing care coordination for more than 20 years – our case managers are experienced professionals who are able to care for others across their lifespan, but who specialize in the care of seniors and helping them age in place," Round said. "We have developed

other business lines, which work to support care transitions using CTI, an evidence-based model that helps individuals control their chronic conditions at home versus hospitalization or ER; with OU Physicians in the Bedlam L Clinic, in a team effort to improve quality of life in those with little or no insurance and chronic conditions; private care management performing all of the above; and maternal-child health, our newest addition to our group of services."

For more information or a professional consultation for private care management, contact Lisa Macias at 866-416-4980 or via email at lisa-macias@ouhsc.edu.

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CAREERS IN NURSING

NURSE IN RESIDENCE: WHAT KEEPS NURSES UP AT NIGHT

by Bobby Anderson - Writer/Photographer

There's nursing school and then there's the nursing unit. What lies in between keeps new nurses up at night.

I didn't learn that. I wasn't taught this.

The questions, the self-doubt and the unyielding new situations swarm around every new nurse like flies.

It's normal, Cassie Chaffin, RN, says.

But you shouldn't have to go through it alone.

That was the thinking when Norman Regional Health System leaders tapped Chaffin to build a one-of-a-kind nursing residency program.

The new nurse residency coordinator will help lead Norman Regional's newest - or baby nurses - into the next phases of their careers whether that be in intensive care, oncology, pediatrics or out on the med-surg floor.

The yearlong nurse residency program will not replace unit-specific

trainings and competencies, but will provide broader education and support on how to be successful as a nurse.

Based on curriculum developed by the Vizient/AACN Nurse Residency Network, participants will attend training once a month focused on a variety of topics, including leadership development, quality outcomes, professionalism, documentation, self care, crucial conversations and more. Nurses will also complete an evidence-based research project by the end of the program.

Vizient tabs the best projects nationally and invites them to be presented at a national residency conference.

Norman Regional's program will be the first in Oklahoma in the Vizient network.

Chaffin was hired as the Nurse Residency Program coordinator to ensure the successful implementation of the program. In her new role, she will also collect the data necessary

to apply for program accreditation through the Commission on Collegiate Nursing Education.

"To me, it means they are even more committed that they are doing it correctly and that they wanted to the best outcomes," Chaffin said of the path toward certification. "They don't want to just say 'we have a residency program.'"

Chaffin said the OKC VA Health Care System is the only accredited nurse residency program in Oklahoma.

Two years of data collection sits in front of Chaffin before the program can apply for accreditation with an academic partner.

But NRH's newest nurses will benefit immediately beginning August 9 when the first cohort launches.

The first class of between 16 and 20 nurses with a year of experience or less will gather monthly and work on an evidence-based project along the way.

"They will find ways to better their

unit and possibly implement a plan with the help of senior leadership," Chaffin said.

Established nurse residency programs have seen improvements in retention rates among first-year nurses; increased confidence levels among participants; and stronger critical-thinking skills that lead to better understanding about why nurses perform certain tasks.

It also creates a support system of peers at the same point in their nursing careers.

Chaffin has 16 years of nursing experience and completed a two-year nurse internship program similar to a nurse residency program in Dallas after graduating from the University of Oklahoma's (OU) College of Nursing in 2001.

It's a homecoming for Chaffin, who previously worked as a nurse in the neonatal intensive care unit at Norman Regional Hospital from 2004

Continued on next page


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Cassie Chaffin, RN, is set to take first-year nurses at Norman Regional Health System to new heights through a first-of-its-kind nurse residency program.

to 2008 before leaving to help develop a nurse residency program at OU Medical Center in Oklahoma City.

Two years ago, Chaffin moved

back to Norman from Shawnee. The opportunity to not have to drive to the city day was just of the many things that drew her back to the Norman

Regional Health System.

Chaffin harkens back to the residency program she went through as a new nurse in Dallas.

"I think that's what helped make me passionate about wanting a more in-depth orientation," she said. "We had four months of didactic .. of giving the why behind everything we were doing and going more in-depth. Instead of just going to start an IV we learned why we were starting an IV and why they ordered those fluids."

"We all started together."

Chaffin says research points to nearly 75 percent of new nurses

leaving their unit within the first year.

She says she's happy to return to Norman Regional to launch what she feels is an essential program for new nurses.

"New nurses go through a reality shock at some point realizing that nursing isn't exactly what they learned in nursing school and that people's lives are in their hands," she said. "This program ensures we have the best quality nurses by providing education between their transition from nursing school to a bedside position."

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The program is based in Catholic theology and social teaching. The curriculum's ethical focus includes training in integrative and holistic care. Based in Benedictine values of educating the whole student, mind, body and spirit, the program gives personalized attention from application to graduation.

"I would like to personally congratulate our graduates for setting the bar high for future classes of nursing students. Dr. Susan Barnes the Dean of the St. Gregory's Nursing program as well as the faculty and staff have done a tremendous job preparing these students to become beacons of light to their patients and families. These graduates are helping to transform St. Gregory's from 'Oklahoma's Best Kept Secret' to a nationally recognized university," said President Michael Scaperlanda. "This stellar accomplishment can be credited to the dedication by the students,

faculty, and staff to set the gold standard for the newly established program," responded Dr. Susan Barnes, Dean of Nursing.

Scholarships are available for both the BSN and the RN to BSN program. Applications are being accepted now for both programs. For more information, contact Britany Honsinger in the St. Gregory's admissions office at (405) 878-5153.

The Nursing program at St. Gregory's University is fully accredited by the Commission for Collegiate Nursing Education and appears before the Oklahoma Board of Nursing this July for final full state approval.

Founded in 1875, St. Gregory's University is Oklahoma's oldest institution of higher learning and only Catholic university. St. Gregory's offers a liberal arts education rooted in the Benedictine tradition of cultivating the whole person - mind, body and spirit. With campuses in Shawnee and Tulsa, St. Gregory's features both traditional and adult degree programs, including associate's, bachelor's and master's degree programs. For more information about the University, visit www.stgregorys.edu.



St. Gregory's University inaugural class of BSN graduates recently had a 100% pass rate on their National Council of Licensure Exam for Registered Nurses. The graduates include (top row) Dalton Leatherman and Mark Legako; (bottom row) Alyssa Jackson, Dustin Creecy and Maureen Myrvold. Photo by Theresa Bragg.



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Dr. Edward Legako named to Oklahoma State Board of Health

The Oklahoma State Board of Health welcomed new board member Dr. Edward Legako of Lawton during their July meeting. Dr. Legako will represent Blaine, Kingfisher, Canadian, Caddo, Grady, Comanche, Jefferson, Stephens and Cotton counties. His appointment by Governor Mary Fallin is subject to Senate confirmation in 2018. A graduate of the University of Oklahoma Medical School, Dr. Legako specializes in Pediatrics and Adolescent Medicine. He serves on the Board of the Oklahoma Chapter of the Academy of Pediatrics as a past president and is co-chair of a committee that has developed a toolkit for primary care physicians on identification and treatment. He has also served as president of the Comanche County Medical Association and President of Medical Staff at Comanche Memorial Hospital. Dr. Legako currently serves on the Board of Trustees of Comanche Memorial Hospital in Lawton and president of the Lawton Farmers Market. Dr. Legako's will serve the remaining two years of the term vacated when Dr. Ronald Woodson resigned after moving out of the region.

Oklahoma's Nursing Times Hospice Directory

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

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

Autumn Bridge Hospice: 405-440-2440

Autumn Light Hospice: 580-252-1266

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

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

Choice Home Health & Hospice:
405-879-3470

Comforting Hands Hospice: Bartlesville:
918-331-0003

Companion Hospice:
Steve Hickey, Vol. Coordinator, Guthrie:
405-282-3980; Edmond: 405-341-9751

Compassionate Care Hospice: Amy Legare,
Bereavement/Vol. Coordinator, 405-948-4357

Cornerstone Hospice: Vicky Herrington, Vol.
Coordinator, 918-641-5192

Crossroads Hospice: Elizabeth Horn, Vol.
Coordinator, 405-632-9631

Cross Timbers Hospice: Ardmore-
800-498-0655 Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray

Excell Hospice: Toni K. Cameron, Vol.
Coordinator 405-631-0521

Faith Hospice of OKC: Charlene Kilgore, Vol.
Coordinator, 405-840-8915

Frontier Hospice: Amber Cerney, Vol.
Coordinator, 405-789-2913

Golden Age Hospice: 405-735-5121

Good Shepherd Hospice: 4350 Will Rogers
Parkway Suite 400 OKC OK 73108 405-943-0903

Grace Hospice Foundation: Sharon Doty, Dir
of Spec. Projects - Tulsa 918-744-7223

Harbor Light Hospice: Randy Pratt, Vol.
Coordinator, 1009 N Meridian, Oklahoma City, OK
73107 405-949-1200

Horizon Hospice: LaDonna Rhodes, Vol.
Coordinator, 918-473-0505

Heartland Hospice: Shawnee: Vol. 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

Medical Center 901 ICU Earns Silver Beacon Award for Excellence

The only unit in Oklahoma to currently hold a Beacon Award

The American Association of Critical-Care Nurses recently conferred a silver-level Beacon Award for Excellence on the 901 ICU at INTEGRIS Baptist Medical Center in Oklahoma City.

The Beacon Award for Excellence – a significant milestone on the path to exceptional patient care and healthy work environments – recognizes unit caregivers who successfully improve patient outcomes and align practices with AACN's six Healthy Work Environment Standards. Units that achieve this three-year designation meet national criteria consistent with Magnet Recognition, the Malcolm Baldrige National Quality Award and the National Quality Healthcare Award.

AACN President Clareen Wiencek, RN, Ph.D., ACNP, ACHPN, applauds the commitment of the caregivers of 901 ICU at INTEGRIS Baptist Medical Center for working together to meet and exceed the high standards set forth by the Beacon Award for Excellence. These dedicated health care professionals join other members

of the exceptional community of nurses who set the standard for optimal patient care.

"The Beacon Award for Excellence recognizes caregivers in stellar units whose consistent and systematic approach to evidence-based care optimizes patient outcomes. Units that receive this national recognition serve as role models to others on their journey to excellent patient and family care," she explains.

The silver award was earned by meeting the following evidence-based Beacon Award for Excellence criteria.

- * Leadership Structures and Systems

- * Appropriate Staffing and Staff Engagement

- * Effective Communication, Knowledge Management, Learning and Development

- * Evidence-based Practice and Processes

- * Outcome Measurement

The INTEGRIS Baptist Medical Center 901 ICU is the only unit in Oklahoma that currently holds a Beacon Award.

SSM Health named to '2017 Health Care's Most Wired' List

List highlights health systems and hospitals adopting innovative technology to enhance patient experience and clinical integration

SSM Health has been named to the "2017 Health Care's Most Wired" list, marking the fourth straight year the organization has received this industry recognition from the American Hospital Association (AHA) Health Forum. In Oklahoma, St. Anthony Hospital, Bone and Joint Hospital at St. Anthony, St. Anthony Shawnee Hospital, and St. Anthony Physicians Group were included in the recognition as members of SSM Health.

The Most Wired list is determined by the AHA's annual Most Wired Survey, which highlights hospitals and health systems and their adoption of

innovative technology to improve care delivery, patient experience, clinical quality and safety, clinical integration, and IT infrastructure.

According to the survey, Most Wired hospitals are using smart phones, telehealth and remote monitoring to create more ways for patients to access health care services and capture health information. They also are investing in analytics to support new delivery models and effective decision-making and training clinicians on how to use analytics to improve quality, provide

See SSM page 10

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

SSM

Continued from Page 9

access and control costs.

"To be recognized nationally for the fourth straight year by the AHA is strong validation of the close partnership that exists between our IHT and clinical teams," said Philip Loftus, Senior Vice President, Chief Information Officer for SSM Health. "The recognition resulted from our efforts across a wide range of areas impacted by IT, including everything from our primary data center and patient monitoring to how quickly we can restore operations in the event of a disaster and the electronic ordering of medical and pharmaceutical supplies."

In addition, SSM Health's current

initiative to consolidate the system's three Epic platforms into a single unified electronic health record was a factor in the recognition. The unified Epic system will reduce the cost and duplication associated with maintaining separate systems, while enhancing the patient experience through better data coordination and sharing of information.

The AHA's Most Wired survey and benchmarking study is a leading industry barometer measuring information technology use and adoption among hospitals nationwide. Detailed results of the survey can be found in the July issue of Health & Health Networks magazine. For a full list of winners, visit www.hhnmag.com.



**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 love summer, there are so many fun things to do, longer days, fun in the sun, BUT I notice I sometimes stay up too late, spend too much time in the sun and eat more "summer food." I am really off balance. Can you give me some summer survival tips?

A. I definitely have some suggestions that will make a big difference in your overall health, no matter what season. Here are a few:

1. SLOW DOWN - Summer has finally arrived and you feel this need to be in the sun, attend all the pool parties, drink the fun beverages and eat the hot dogs and chips. You forget to listen to your body.

2. TAKE A BATH - You can take a relaxing bath when it is sunny outside. You won't miss a thing and your body and mind will thank you.

3. GO TO BED EARLY - Did you know that you can go to bed when it is daylight? Do you notice when your body is tired and needs sleep? Be aware of what your body needs and not on the time of day.

4. READ A BOOK - Get in your favorite chair or snuggle in the pillows with a good book. Open the windows so you can still connect with the summer day or evening.

5. STOP TECHNOLOGY - See if you can turn your phone off for a period of time. Take a break from Facebook. It will still be there, I promise you. If you are resting even sending text messages is a distraction.

6. LISTEN TO MUSIC - You can do this anywhere: on the patio, in your living room, while taking a bath, while cooking. Music really does soothe the soul.

7. EAT HEALTHY FOOD - Summer food can add on the pounds or create sluggishness if you are not careful. Plan for your summer meals. If you know you are going to a party, don't eat heavy during the day. Or have a snack before you go so you won't indulge and then feel bad later.

8. BE OK BEING WITH YOU - You don't have to be with other people all of the time just because it is summer. Have you gone for a walk, roamed around an art festival, gone hiking, enjoying your own company.

Self care is a life saver. It is easily obtained with few if any side affects. So tonight, recharge your battery and make it about you!!!

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NURSE + TALK

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

What do you enjoy about your leisure time? Grace Living Center Wilshire

"I like to spend time with my family and I go to the casino."



Inez Russell, LPN

"I like to spend it with my family and friends and go shopping."



Lekita Edwards, LPN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

Email:
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"I have a new great-grandbaby that I have been spending a lot of time with."



Leslie Bowie, Medical Records

"I just had a 3-month-old baby, so I spend a lot of time with him and my other son."



Misty Burkhalter, LPN

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OKLAHOMA'S MARKETING Plus

SUMMER SOCIAL

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LOTS OF FOOD • DRINKS • DODGER BALL CAPS • DOOR PRIZES • FREE PARKING **

*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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