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Tools of training
Villagio Senior Living
meets residents' needs



photo by James Coburn

Villagio Director of Nurses Linda Graham, left, and Debi Sims, RN, are encouraged by the staff's flexibility and kindness offered to residents of the assisted living center that includes memory care.

by James Coburn
Staff Writer

It was the group of people who serve residents at Villagio

Senior Living in Oklahoma City that attracted Linda

Graham to accept a new position as director of nurses

in March.

"I had worked with some of them at a previous job. I knew of their reputations and so when they offered me the job, I was ready to take it, because I wasn't happy where I was," said Graham, LPN.

In 1976, Graham graduated from a nursing school that no longer exists but was at the Woodward hospital. The majority of her nursing career

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See VILLAGIO Page 3

Never Underestimate
the Power of Kindness



Taking over as CEO at Deaconess Hospital is Mr. Devon Hyde. With plenty of experience, he is adjusting well and enjoys being back in Oklahoma City, OK.

by Vickie Jenkins

Mr. Devon Hyde stands tall and proud as the CEO of Deaconess Hospital. Before coming to Oklahoma City, OK in April, 2015, Hyde was the Chief Operating Officer (COO) of Hillcrest Medical Center in Tulsa, OK. Prior to that, he served in senior executive roles in Nevada, Florida and Missouri.

Hyde went to school at OU for undergraduate and went to Oklahoma City University for his MBA. Prior to his graduate education, Hyde had the opportunity to sit down and talk with Paul Dougherty, who at the time was the CEO of Deaconess Hospital. "I was able to learn about Mr. Dougherty's career path and what life as a hospital CEO was like. Spending a significant amount of time with him truly ignited a passion in me for healthcare leadership. Having the opportunity to return to Oklahoma City and serve as the CEO of the same organization that was part of the genesis of my health care career was extremely exciting," Hyde comments.

See CEO Page 5

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VILLAGIO

Continued from Page 1

has been in critical care. Within the last two years she decided to focus her career in assisted living.

Villagio offers assisted living and memory care. It helps its residents do daily living activities that they cannot manage well on their own, such as medications and keeping track of doctors appointment and diet, Graham said.

"Then we have our memory care that we offer a lot more intense assistance to these people who have dementia and Alzheimer's disease," Graham said.

Most of the memory care residents are in the early stages of Alzheimer's and need a lot of guidance.

Graham said the Villagio staff works well together while also being able to laugh and have fun. Residents enjoy seeing a happy staff.

"And when it's time to be serious, we're serious," Graham continued. "We're friends. It's not like we're just coworkers."

There are certain qualities that members of the nursing staff need in order to provide optimum care, she said. First of all, the nurses and members of the staff need to be

patient. They should be flexible in adapting to the changing needs of residents from day-to-day.

"Anything is possible if you have the courage to make it happen," are words posted in the office of Graham and Debi Sims, RN.

Sims said the staff is trained to meet memory care residents where they are in life.

"I think what we do for the most part is we really try to select employees who have previous memory care experience," Sims said. "And during the interview process, we'll ask them questions about what is one tool they can use when working with memory care residents."

"If they can tell us pretty quickly of redirection and give us some examples then we know that they've been there, because redirection is something that you do all day long, either going to the place where they are in time and joining them there or giving them an answer that satisfies them. It doesn't have to be the truth, it's just their truth."

Sims, who is known in the community for her work with dementia patients, said that Villagio will also be adding further training for each staff member in memory care.

"Memory care here will be

expanding. I think it will be doubling in size," Sims said. "So it will be big and we want to make sure we get very good training. It helps to have nurses in place and administrators in place that have dealt with memory care, too."

All of the residents have their favorite nurse aides, but they are rotated so that everybody will be able to work in every area of patient care efficiently, Graham said.

"Some of the staff absolutely loves memory care. And we have others that work better with people in assisted living. Everybody is proficient in every area and we make sure that they take training to know how to work with people in memory care," Graham said.

Villagio is also experiencing some reconstruction of certain areas. It is putting in a coffee bistro and a nutritious juice bar. Touch and aroma therapy will be made available for residents.

"It's my understanding that we're going to begin that with the people back in memory care because they seem to benefit from that better," Graham said. "It's just a beautiful facility, even now as all the renovations take place. The Villagio is all inclusive. Prices don't change, which is a real help for people who are trying to

manage their parents finances."

Graham has hobbies to further enrich her life apart from her work at Villagio, especially flowers and gardening when it's not too hot outdoors.

"I love to can. I was raised watching my grandma make jellies and jams from out of the garden," Graham said. "So in the summer we'd make apple butter and things like that."

Graham described herself as a homebody. But she's one who likes to travel. And, when she travels, Graham prefers taking cruises.

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CAREERS IN NURSING

GENERAL THREADS: DECADES OF LIFE IS SHARED AMONG ELDERS AND YOUNGSTERS

by James Coburn - Writer/Photographer

Charity Casey's drive to become a registered nurse comes from her experiences with her grandmother, who lived in a nursing home for five years.

"It really touched me. I was a teenager," Casey said. "It really led me to pursue geriatrics instead of a hospital setting. And I have fallen in love with it," said Casey, an RN at Willow Creek, a long-term care and rehabilitation center located in Guthrie.

The nurses at the facility where my grandmother was at were always very nice, very pleasant," Casey said. "And they seemed to love their job."

Her grandmother was also a nurse who often spoke of her everyday life in the profession. She had been a surgery nurse in Enid for 10 years before working in a long-term care setting.

When Casey would injure herself as a child, perhaps with a cut on the back of her foot, her grandmother would apply the bandage and wrap

it up properly.

"It was those little things when I was growing up with her being in the house that she used to do," Casey said. "She loved being a nurse. She talked about it often."

As the MDS coordinator, Casey is responsible for managing the data sets the government needs to facilitate Medicare and to oversee regulatory requirements for care. She has worked at Willow Creek for three years.

"I do a lot of paperwork and send it to the government. I do assessments. I also develop care plans for my residents," said Casey, who has been a registered nurse for three years since she earned her Bachelor of Science in Nursing degree from Northern Oklahoma College. What she liked about NOC were the small classes that were not too big, she said.

"It was really nice to go to NOC," Casey said.

She started as a floor nurse and

charge nurse at Willow Creek. After four months, she made the transition to MDA part time. Then about one year ago, her role as MDS coordinator became a full time position.

"I do occasionally work as a charge nurse when it's needed," she said.

Casey loves her residents at Willow Creek, she said. They keep her dedicated to serve others.

"I love my team, but I love my residents more. I've gotten to know my residents and I love them," Casey said. "You've got to love what you do to be a nurse or a CNA to work in geriatrics. Sometimes it's very trying, but at the end if you love what you do and love the residents, you're going to keep at it."

The nursing staff works cohesively as one unit to get things done, Casey continued. When challenges come, they go to each other to brainstorm for a solution, she explained.

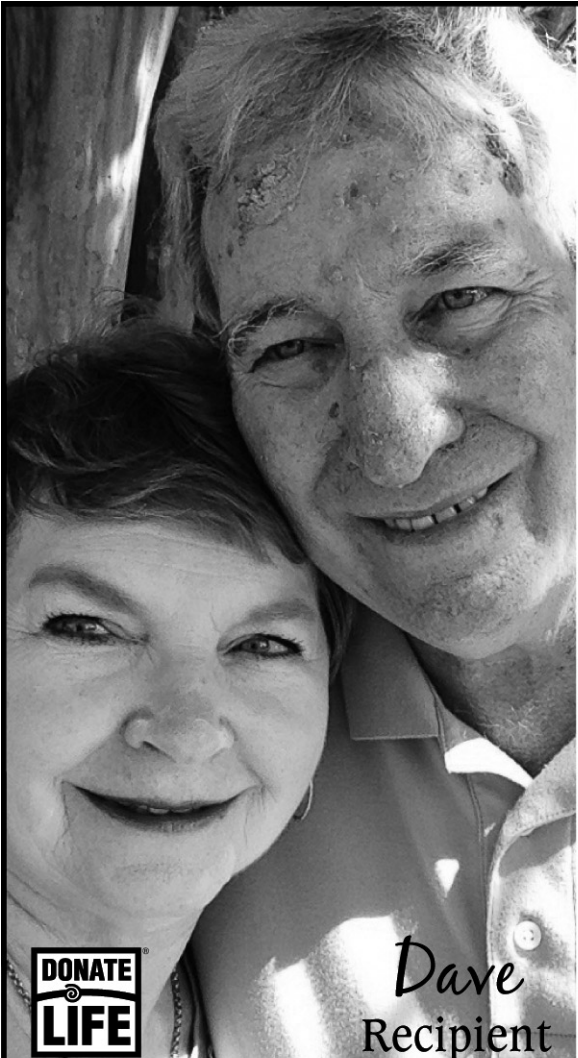
"That, you don't find everywhere. I work with a lot of great nurses

here that do their jobs will," she said. "Communication is very important to stay on the same page to know what's going on."

Communication also applies to the residents as Casey and her residents share stories. She learns about what life was like in past decades. Sometimes the conversations are comical, Casey said. But sometimes due to health factors they cannot always communicate as effectively as in years past.

"By just talking about their day or their grandchildren, you really get to know their family. As MDS coordinator I talk to family members and the residents themselves. Just to know their family and where they came from is a different side of my job that at other places I wouldn't be able to do."


Some the residents will say, 'Back in the day, mom was a flight attendant.' They will show an old picture and that's just fun to see that side of the person because they may




I thought I was just getting old and out of shape. My daughter and wife had been after me for several years to get a check-up, so I finally did go have some blood work done. I was surprised when my doctor said, "Dave, your kidney function is down to less than 10%." We managed it with a strict diet for about a year, but then I had to go on dialysis. That's when they put me on the waiting list for a new kidney. Nearly three months had passed when the phone rang one morning. It was the transplant coordinator with good news. My surgery began that afternoon at 2:30 p.m. Thanks to the generous gift from my donor, my wife, Kay, and I recently celebrated 54 years of marriage, and in November we will celebrate my 22 years of renewed health.

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Charity Casey, RN, remembers her grandmother's love of nursing. She values the time she shares with each of the residents at Willow Creek, located in Guthrie.

not remember or tell me they used to do that, but their family will," she said.

The celebration of holidays and other festivities will also help the residents feel a sense of home. Lot's of family joins in for the Christmas celebration and Thanksgiving dinners. Watermelon has been served on July 4.

During the school year, local pre-k children will visit the residents,

sing and perform skits for them and sometimes will sit on the residents' laps.

The intergenerational pre-k program brings the children to greet the residents three times a week for an entire school day. Casey explained of the program that has been ongoing for three years.

"They absolutely love it. When they come around, our elders really love to see them," Casey said.

CEO

Continued from Page 1

"What are some of your responsibilities as CEO?" I ask. "I am responsible for all aspects of the organizations, policies, objectives and strategic initiatives. This includes the growth and development of service lines, physician and community relations, hospital operations and the quality and safety of the care provided at Deaconess Hospital. Of course, this is not something that one person could do alone and it is very important to recognize the terrific team of leaders at this facility. The leadership team is comprised of bright, experienced and passionate professionals who are focused on caring for the patient, their families, the physicians and one another. We all view the patient experience through a single lens and through that lens we are able to identify and execute our objectives as a cohesive team," Hyde says. "Deaconess Hospital is the community's medical provider, serving Oklahoma City and its residents with inpatient, outpatient, diagnostic, surgical and emergency care. Here, we relate to friends, families, and neighbors, working with and for our community to provide healthcare that fits each individual's lifestyle."

"Being a hospital full of a caring staff, Deaconess wants to make this a place where the patients feel welcome and comfortable. Deaconess reaches out to the community in several ways, focusing on the families." Deaconess promotes participation in the American Heart Association Heart Walk, Deaconess Pregnancy and Adoption sponsorship and Healthy Woman. There is also a free monthly community health program that also offers physician lead health education, health screens and educational seminars at local businesses, annual free cancer screens for the community, plus providing supplies and hospital services for the Open Arms free clinic. "We also have job fairs on Fridays and will start having Food Truck Friday to add a little bit of fun. It makes it nice for everyone," Hyde adds.

As CEO, Hyde sees a bright future ahead, keeping his goals high. "Right now, there are over 800 employees, full-time and part-time. We plan on hiring more nurses, excellent in their field of caring for the patients and comforting their families. We have an excellent team here at Deaconess; it's like one big family. We want a caring atmosphere, where all of our

employees treat the patients with love and compassion. I think Deaconess Hospital is one of the best hospitals in Oklahoma. The hospital is growing every day and there will be exciting news in the near future."

I asked Hyde one last question, "What are some words of wisdom that you live by?" "I think of my father's words and what he instilled in me, Work hard, work really, really hard at whatever you choose to do. Appreciate what you have and the people who share their life with you and be kind. Never underestimate the immense power of kindness."

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140 GENERAL NURSING

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Oklahoma's NURSING TIMES

Oklahoma Christian University dean helps healthcare students serve those in need at clinics in Oklahoma City



Participants in the internship program of the Consortium of Oklahoma Faith-Based Universities practice taking vital signs in Oklahoma Christian University's Skilled Nursing Lab. Pictured left to right are Jonas Harley, Maggie Williams and Kristen L'hommedieu.



Participants in the internship program of the Consortium of Oklahoma Faith-Based Universities attended International Medicine's Exploring Medical Missions Conference in Kansas City. Pictured left to right are Chase Yager, Kristen L'hommedieu, Alyssa Cardwell, Maggie Williams, Katlyn Chambers and Jonas Harley.

This summer, six of the brightest students from Christian universities in Oklahoma gained a hands-on education about delivering healthcare to the needy in Oklahoma City.

Made possible through funding from the Butterfield Foundation, the Consortium of Oklahoma Faith-Based Universities internship program is overseen by Jeff McCormack, dean of the College of Natural and Health Sciences at Oklahoma Christian University. OC's student participant was junior nursing major Kristin L'hommedieu from Norman.

"The Consortium and the internship program provides such a fantastic opportunity to be involved and connected with the community while serving those in need," McCormack said. "For many of these bright students, the experience gives them a sense of calling as future professionals who want to meet unmet needs of those without healthcare."

The Christian Pre-Healthcare Provider Internship matches six students with three Oklahoma City clinics that serve uninsured and low-income patients. Students work 30 hours a week and receive a \$1,000 stipend for the summer. They rotate to each of the clinics – Crossings Community Clinic, Good Shepherd Clinic and Open Arms Clinic – every two weeks.

In addition to interning at clinics,

students attend the Kansas City-based Institute for International Medicine's Exploring Medical Missions Conference. They learn from care providers, leaders, visionaries and other students about what can be done through healthcare to improve the quality of life for those in need around the world.

"One of the OC students who attended has already taken the lessons and begun to apply them at home," McCormack said. "He is starting an on-campus organization with 20 other students aimed at providing care to and educating others about physical, mental and spiritual health in our community." OC's influence on the internship program also extended to housing. The six participants stayed on the OC campus. Trevy Rauch, OC's nursing skills lab coordinator, handled much of the logistics.

"One of the great joys of this program is seeing the students develop an appreciation for domestic medical missions," Rauch said. "The students left knowing medical missions would be a good fit for them as aspiring medical professionals. They also now know there are plenty of opportunities to serve those in need here in Oklahoma City."

After the internship, students expressed more confidence about their ability to make a difference in the

See STUDENTS next page

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STUDENTS

Continued from Page 8

lives of others. It also helped students understand the importance of providers truly listening to those they serve.

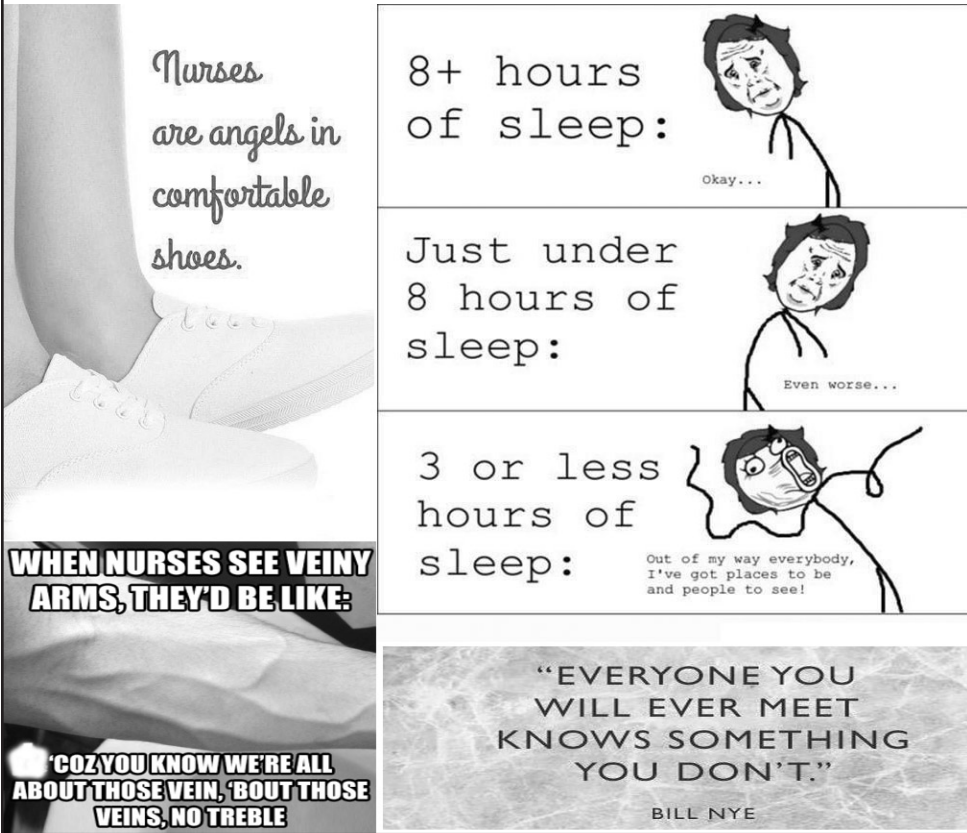
“The students really were affected by the passion these clinics have for the underserved,” McCormack said. “The students said their eyes were opened to just how hard it is for some people to get care when they have no money or a car. The students told us that they now realized how key listening and hearing someone’s life story is. That was vital to being able to help patients get to a better place.”

The Consortium of Oklahoma Faith-Based Universities includes OC, Oklahoma Baptist University, Oklahoma Wesleyan University, Oral Roberts University and Southern Nazarene University. A committee of representatives from each of the Consortium universities chooses the internship participants. The number of applications has increased each year, and most students are pre-med, nursing or pre-physician’s assistant majors.

The Butterfield Foundation was created in 2005 after the sale of Deaconess Hospital in Oklahoma City. The foundation is named after longtime Methodist minister and Deaconess administrator Ralph Butterfield and his wife Gladys. She served for many years as the superintendent of The Home of Redeeming Love, which helped many children become adopted by loving families. “We are so grateful to the Butterfield Foundation for helping fund the Consortium and internship program, in addition to providing significant support to each of the three clinics,” McCormack said. “The foundation truly lives out its mission to help build up the physical, mental, social and spiritual well-being of people.” With the third year of the internship now complete, McCormack hopes next year’s experience will be the best yet.

“We are exploring ways to expand the program, really in response to the strong demand from our student applicants,” he said. “It’s an exciting program that is truly improving lives.”

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Okc, 405-463-5695 Keith Ruminer/
volunteer coordinator/chaplain

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405-440-2440

Autumn Light Hospice:

580-252-1266

Carter Healthcare & Hospice:

OKC - Adam Colvin, Vol. Coordinator,
405-947-7705, ext. 134; Tulsa - Mike
Gregory, Vol. Coordinator,
918-425-4000, ext. 114

Centennial Hospice:

Becky Johnson, Bereavement
Coordinator 405-562-1211

Chisholm Trail Hospice:

Tiffany Thorne, Vol. Coordinator,
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Choice Home Health & Hospice:

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Comforting Hands Hospice:

Bartlesville: 918-331-0003

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Vicky Herrington, Vol. Coordinator,

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Arrow: 918-251-6441; Muskogee:
918-681-4440.

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Cross Timbers Hospice:

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Coordinator-Shelly Murray

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Faith Hospice of OKC:

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Coordinator, 405-789-2913

Full Life Hospice:

Vicki Barnhart, Vol. Coordinator,
405-418-2659

Golden Age Hospice:

405-735-5121

Good Shepherd Hospice:

4350 Will Rogers Parkway Suite 400
OKC OK 73108 405-943-0903

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Sharon Doty, Dir of Spec. Projects -
Tulsa 918-744-7223

Harbor Light Hospice:

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1009 N Meredian, Oklahoma City, OK
73107 405-949-1200

Horizon Hospice:

LaDonna Rhodes, Vol. Coordinator,
918-473-0505

Heartland Hospice:

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

Heavenly Hospice:

Julie Myers, Coordinator 405-701-2536

Hope Hospice:

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918-343-0777 Owasso: 918-272-3060

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Hospice of Green Country:

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918-342-1222, Sapulpa: 918-224-7403

INTEGRIS Hospice, Inc. & the

INTEGRIS Hospice House Ruth Ann
Frick, Vol. Coordinator, 405-848-8884

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Hospice of the Cherokee:

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Humanity Hospice:

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918-392-0800

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Director. 405-842-0171

LifeSpring In-Home Care
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Terry Boston, Volunteer and
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LifeLine Hospice:

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405-222-2051

Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,
405-273-1940

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

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Community Relations Director

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Physician's Choice Hospice:

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405-936-9433

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Angela Shelton, LPN - Hospice
Coordinator, Lawton: (580) 248-1405

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RoseRock Healthcare:

Audrey McCraw, Admin. 918-236-4866

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Coordinator, 918-745-0222

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Vernon Stone, D. Min. Chaplin, Vol.
Coordinator, 918-774-1171

Sojourn Hospice:

Tammy Harvey, Vol. Manager
918-492-8799

Sooner Hospice, LLC:

Matt Ottis, Vol. Coordinator,
405-608-0555

Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator
Tulsa : 918-592-2273

Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:
405.609.3636 Chandler
Shawnee/Cushing: 405.258.2333 Toll
Free: 888.901.6334

Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director



**Vicki L Mayfield, M.Ed., R.N.,
LMFT Marriage and Family
Therapy Oklahoma City**

*If you would like to send a
question to Vicki, email us at
news@okcnursingtimes.com*

We are sitting at lunch one day when my daughter casually mentions that she and her husband are thinking of "starting a family." "We're taking a survey," she says half-joking, "Do you think I should have a baby?"

"It will change your life," I say, carefully keeping my tone neutral.

"I know," she says, "no more sleeping in on weekends, no more spontaneous vacations."

But that is not what I meant at all. I look at my daughter, trying to decide what to tell her. I want her to know what she will never learn in childbirth classes.

I want to tell her that the physical wounds of child bearing will heal, but becoming a mother will leave her with an emotional wound so raw that she will forever be vulnerable.

I look at her carefully manicured nails and stylish suit and think that no matter how sophisticated she is, becoming a mother will reduce her to the primitive level of a bear protecting her cub. That an urgent call of "Mom" will cause her to drop a souffl  or her best crystal without a moments hesitation.

I feel that i should warn her that no matter how many years she has invested in her career, she will be professionally derailed by motherhood. She might arrange for childcare, but one day she will be going into an important business meeting and she will think of her baby's sweet smell. She will have to use every ounce of discipline to keep from running home just to make sure her baby is all right.

However decisive she may be at the office, she will second-guess herself constantly as a mother.

Looking at my attractive daughter, I want to assure her that eventually she will shed the pounds of pregnancy, but she will never feel the same about herself.

That her life, now so important, will be of less value to her once she has a child. That she would give herself up in a moment to save her offspring, but will also begin to hope for more years, not to accomplish her own dreams, but to watch her child accomplish theirs.

I want her to know that a cesarean scar or shiny stretch marks will become badges of honor. My daughter's relationship with her husband will change, but not in the way she thinks.

I wish she could understand how much more you can love a man who is careful to powder the baby or who never hesitates to play with his child. I think she should know that she will fall in love with him again for reasons she would now find very unromantic.

I wish my daughter could sense the bond she will feel with women throughout history who have tried to stop war, prejudice and drunk driving.

I want her to taste the joy that is so real it actually hurts.

My daughter's quizzical look makes me realize that tears have formed in my eyes. "You'll never regret it," I finally say. Then I reached across the table, squeezed my daughter's hand and offered a silent prayer for her, and for me, and for all the mere mortal women who stumble their way into this most wonderful of callings.

Please share this with a Mom that you know or all of your girlfriends who may someday be Moms. May you always have in your arms the one who is in your heart."

STEPHANIE JARRELL CELEBRATES "HOME RUN FOR LIFE" SATURDAY WITH THE OKC DODGERS

INTEGRIS SURVIVOR FIT PROGRAM AIDED JARRELL IN RECOVERY FROM BREAST CANCER

The Oklahoma City Dodgers and INTEGRIS Health proudly continued the 2015 "Home Run for Life" series Saturday, July 18th during the Dodgers' home game against the Round Rock Express at Chickasaw Bricktown Ballpark. The Dodgers and INTEGRIS recognized Stephanie Jarrell, who benefitted greatly from the INTEGRIS Survivor Fit Program at INTEGRIS Pacer Fitness Center during and following her battle with breast cancer.

"Home Run For Life" recognizes people in the Oklahoma City area who, with the help of their families, physicians and health care professionals, have overcome a significant medical event. Honorees are recognized during a Dodgers game and take a home run "lap" around the bases, symbolizing the end of their battle against adversity.

"We are so pleased to continue the 'Home Run For Life' series with our partner INTEGRIS Health," OKC Dodgers President/General Manager Michael Byrnes said. "Throughout the season, 'Home Run For Life' allows us to feature several extraordinary individuals from the local community who summoned a great deal of tenacity and courage to get where they are today."

After a diagnosis of stage 2 breast cancer, Jarrell underwent surgery

in December 2013. Over the course of the next seven months, she endured chemotherapy treatments at the INTEGRIS Cancer Institute every three weeks, followed by three months of radiation.

Severe pain in her bones and loss of muscle followed the treatments, and the pain endured even after she went into remission in November 2014.

Jarrell learned about the INTEGRIS Survivor Fit Program at INTEGRIS Pacer Fitness Center. The nine-week program is funded by donations from INTEGRIS employees who are passionate about eradicating cancer. The classes focus on improving patients' mobility, flexibility, strength, coordination and mental clarity, and Jarrell became an active participant.

She has repeated the program and between sessions even joined the INTEGRIS Pacer Fitness Center to work out there regularly as a member.

Jarrell believes that the Survivor Fit Program changed her life, as she can now walk without pain and is grateful to have gotten her life back. She now serves as an inspiration to new patients coming into the program suffering the same pain she once felt.

To read Jarrell's full story, visit okcdodgers.com.

Check Out www.okcnursingtimes.com



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What do you like to do in your leisure time? ER Oklahoma, a division of OU Medical Center

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Melissa McRay, RN

"Hang out with my grand kids. I spend a lot of family time. I'm very family oriented and value the time I spend with them."



Tanya Jacob, RN

Each week we visit with health care professionals throughout the Metro



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"My hobbies are raising kids and playing soccer. I take care of family."



Majid Hiedari, medical technologist

"I just love spending time with my family. My husband and I have a 3-year-old and I have another one on the way in August."



Stefanie Pereria, ultrasound

St. Anthony Welcomes Malarie Fellers Family Nurse Practitioner

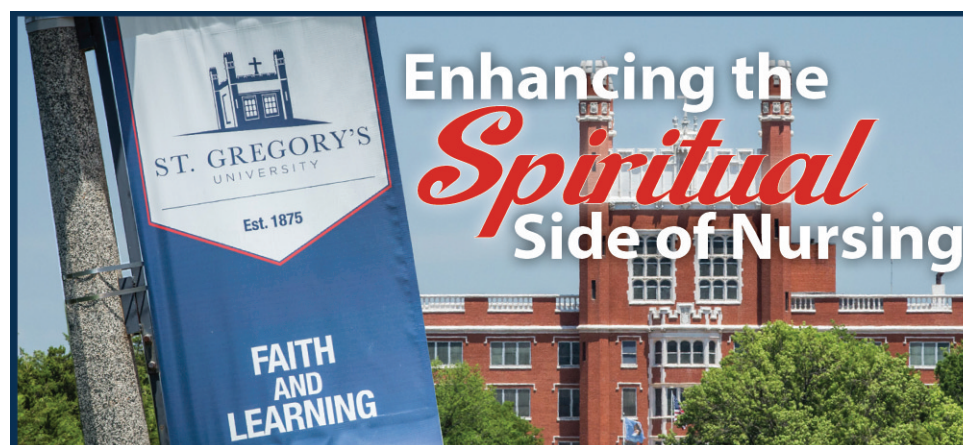
St. Anthony Hospital is pleased to welcome Malarie Fellers, MSN, ARNP, CNP, to the St. Anthony Well Again Medical Clinic.

Fellers received her Bachelor's of Science in Nursing, from Washburn University in Topeka, Kansas. She then completed a Master of Science, Family Nurse Practitioner Program, at the University of South Alabama.

Fellers will see patients at the St. Anthony Well Again Medical Clinic, located on the second floor of St. Anthony Healthplex Mustang, 201 S. Sara Rd., Suite 200. The clinic is open Monday-Friday 8 a.m. to 4 p.m., for an appointment call 405-272-WELL (9355).



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