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Close to heaven



photo by James Coburn

From left, Moluk Bavi, RN, director of clinical services; Kirk Tarver, director of operations; and Keisha Jackson, CEO and administrator of Humanity Hospice, all believe their work at Humanity Hospice is a patient centered experience.

by James Coburn
Staff Writer

Keisha Jackson had been working in hospice for 15 years when she decided to fulfill a

dream by opening a hospice with a more patient and family centered approach.

"It was a passion of mine," said Jackson, RN, CEO/

administrator of Humanity Hospice, located in Oklahoma City. "I just can't imagine doing anything else."

Humanity Hospice saw its first patient in April of 2014. And Jackson said it's an honor each time families chose Humanity Hospice to care for their loved one during their final days. They help families through that journey and provide care to the families

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See HUMANITY Page 3

Stepping stones

Pediatric nursing spurs growth at Kramer School of Nursing



photo by James Coburn

Nursing instructor Angela Bowen says Kramer School of Nursing offers a learning environment with connectivity between students and faculty.

by James Coburn, Staff Writer

Angela Bowen has come full-circle from her days at a student at Kramer School of Nursing to being a faculty member at the Oklahoma City University campus.

Bowen earned her Bachelor of Science in Nursing degree at Kramer School of Nursing in 2001, and recently earned her Doctorate in Nursing Practice in May.

In 2009, Bowen returned to Kramer as a faculty member. Today, as a clinical nursing instructor, she teaches pediatric nursing to undergraduates who are on the pathway to becoming registered nurses.

Course work in pediatric nursing encompasses all childhood diseases. Her major focus as an educator is sharing how different diseases impact a child's growth and development. Students learn what to expect in a hospital setting to meet those developmental milestones, Bowen said.

"They have to learn those milestones and the interventions they can use to help the child," she continued.

See KRAMER Page 5

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HUMANITY

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following their loved one's death.

Humanity Hospice offers skilled nursing, registered nurses, licensed practical nurses, home health aide services, chaplain services, volunteers, social workers and pet therapy -- all focused on patient centered activities, Jackson said.

Moluk Bavi has been doing hospice for nine years as a registered nurse. Her passion for working with the geriatric population became a passion when working in long-term settings. Today, Bavi serves as director of clinical services for Humanity Hospice.

"By the end of the day, I really enjoy what I accomplish," Bavi said. "Even if it's five minutes in their life, that five minutes counts so much."

Being there means offering palliative care during a patient's journey. The entire team joins together in helping the families with a kind approach centering on mind, body and spirit.

"Our goal is family and patient centered. It's not corporation," Bavi said. "If it's a corporation I will leave."

Quality time is given day one,

Bavi said. Patients are cared for by nurse aides who need not be rushed to see another patient as if they were in a hospital setting, Bavi said. Hospice care can be rendered wherever the patient resides, whether it be at home, a nursing home, assisted living, among other settings.

"We have a social worker to be an advocate for the patient and offering resources for the family," Bavi said. "All of us do the leg work for the family. Then they can share more quality time for their loved one. They don't have to worry about, 'What am I going to do about a funeral home or when Medicaid is going to qualify.'"

Bavi said the chaplain offers both spiritual and emotional support. Ninety percent of the time, the chaplain serves as an understanding voice who listens to the patients' and family members concerns as somebody to talk to, Bavi said.

"Most of our patients, if they're able to carry on a conversation, they want to talk about their life," Bavi said. "They have their good days and also share their bad moments. They want somebody there to listen to them."

One of Kirk Tarver's duties as director of operations is to recruit

and hire qualified staff, he said. One quality that he looks for is a candidate who has had previous hospice experience. Serving others in hospice is not for everybody, he said. The work availability is 24/7.

"I feel that we have got the right team in place," Tarver said. "They all have compassion. That's something you just don't teach somebody. It has to come from the heart. I didn't chose hospice when I started. It chose me."

"It was all due to a hospice experience that I had personally in my life," Tarver said. "And I thought, 'Wow.' When it was all said and done I wanted to be part of that. I'm 50, and it gave me my purpose in life. It brings joy to my heart."

Tarver said it's not easy being with a patient taking their last breath, but Tarver said it's the closest he can get to heaven when God welcomes a dying patient home.

Jackson has served in many other areas of nursing such as pediatrics that was more focused on the disease process so that she could get the patient's health better, she said. Now she's focused on the patient and their relationships.

"We treat them like a person vs. a number, a dollar or an illness," she said of following each patient all the

way through their journey.

She believes every patient qualifying for hospice service should be allowed those services regardless of age or their ability to pay. When working in NICU, Humanity has now helped 169 patients since it opened.

"Being a hospice nurse is very enriching," Bavi said. "By the end of the day, I know I have given it all I've got and they've got all they want. The service you provide to the community will take you to the next level by saying, 'It was a good day today.'"

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CAREERS IN NURSING

"BE SELFLESS": COPPER LAKE ESTATES ASSISTED LIVING IN EDMOND

by Vickie Jenkins - Writer/Photographer

Edmond, OK is where you will find Copper Lake Estates, Assisted Living. There are 34 acres of serene, park-like scenery nestled around a lake. Here, both Independent Living and Assisted Living are offered to suit the residents lifestyles. With a calm and natural setting plus a short distance from the city, every resident finds something to love about Copper Lake Estates.

"It's such a quiet area and the scenery is beautiful," comments Leigh Park, LPN at Copper Lake Estates. Park is in charge of the nursing staff and Jeannie Proctor is the director, over the facility. "Our purpose here is to have the residents be as independent as possible and whatever they need if they need assistance," says Park. Residents come from all over to be here. We have residents from Kansas, Texas, New York and New Jersey," she adds. "We have about 32 residents at this time."

"Copper Lake Estates Assisted

Living has been here for 15 years and Independent Living for about 30 years. Asking Park if she had any challenges when it came to Copper Lake Estates, she replied, "The biggest challenge is making the resident happy and I don't consider that a challenge," Park says with a grin. I consider it a real privilege to be around these residents," she adds.

The greatest reward for Park is when she bonds with the residents as they share their stories from the past. "There is so much history to tell. If you think about it, some of the residents were here before television and that amazed some of the grandchildren," she replies. They can't imagine life without television," she laughs.

"The residents have multiple activities to do here. We have a clubhouse where they can invite their families and have parties. There is a swimming pool plus we have a guest suite when out of town

family visits. The men love the fact there is a pond for fishing. Family night is every third Tuesday of the month. This is when the residents invite their families and we have a dinner for them, served by the care staff, nursing staff and directors."

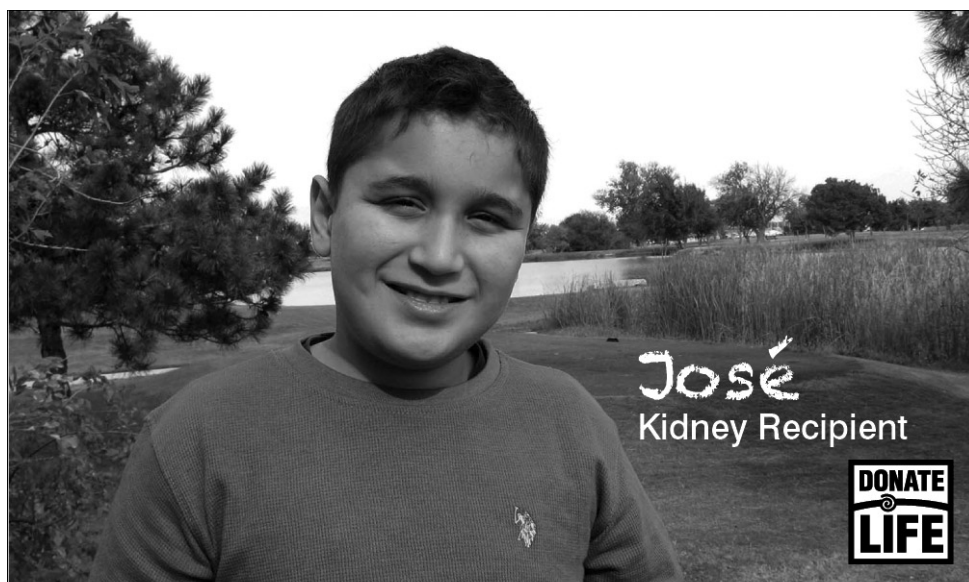
Inside activities are popular for the residents too. Residents can be found playing Wii bowling, bingo and board games. "The Wii bowling and the bingo are definitely the most popular right now," Park said. "The residents have so much fun with the Wii. We also have Happy Hour on Fridays where everyone can gather and have sparkling cider and finger foods. There is dancing and we have individuals that come and play different kinds of music. The residents love the music."

"The residents also go to different places during the week. They have Lunch Bunch where they go to different restaurants. We take them to the casino and the horse races if they want. The women do a lot of

arts and crafts so they like to take a trip to Hobby Lobby or Michael's," Park says with a smile. "We have made baskets, hats, birdfeeders and we just cater to the month. We love the arts and crafts."

When Park came to Copper Lake Estates, it came with a lot of responsibilities yet Park continues to stay positive in every way. "Being around the residents is so rewarding for me. I love the residents here," she continued. "It's such a nice and warm feeling. I get so attached to these sweet people," she added.

Park has been a nurse for 16 years and has been at Copper Lake Estates for 5 months. "I am the only nurse here, with plenty of ACMA and CMAs. There are 2 facility Physicians that come in to see the residents and examine them once a month. Of course, we can call the doctors anytime if we need anything. We have Podiatrists, Ophthalmologists and 2 Physicians that visit the residents also."



José was born with chronic renal failure. His left kidney didn't grow. At age one, he was placed on the transplant waiting list but was only listed for about a month and he started getting better. He was removed from the list and did well until he was 10 years old.

At 10, his health started declining and he was placed back on the list in July 2013. His mom was also tested to be his donor, but within three weeks, a donor kidney became available and he was transplanted in August 2013. The doctors said it was a one in a million perfect match. José was only in the hospital for 5 days. He is now able to do almost anything a boy his age wants to do with the exception of contact sports.

His family feels so blessed to have met his donor's family and is so thankful for the wonderful life saving gift their son received.

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Leigh Park, LPN enjoys working at Copper Lake Estates Assisted Living in Edmond, OK where she bonds with the residents in a special way...like a family.

Asking Park if she had any words to live by, she said, "Give what you want to get back. The more you give, the better return you will get. Be selfless."

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KRAMER

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Pediatrics is taught everywhere, but what is unique to Kramer are the people who work there, Bowen said. They are very approachable and available to the nursing school students.

"We try to promote what we call 'the Kramer way,'" Bowen said. "We treat people with respect, but we expect it in return as well."

All of Bowen's students have her email address, cell phone number and know where her office is. She tries to always be available not only for questions based on her class, but also for students with a need to vent about an issue.

"I think that's unique to our school," she said.

About 92 students were enrolled in her pediatrics course last semester. The class sizes keep growing, so it is currently split into two sections to make it more doable, she said. Bowen will often hear feedback from her students. They feel like the instructors want them to succeed.

"I was in clinical with a student today. They reiterate that the instructors at Kramer are available," she said. "I'm still friends with a lot of the students outside of the school now. Once they graduate, we still talk and we still pass messages. They always come back to the same thing that it was a nurturing environment."

Bowen said she must keep up-to-date with the modern world of pediatrics so that students can evolve to meet the needs of the industry. What drives her is gratitude when being told by a student that she cares about her work.

"Yes, I want them to learn about pediatrics," Bowen said. "It's more important that they feel a personal connection that someone cares about them. To me, if a student is connected in some way to a faculty member or a staff member in the school, they're more likely to succeed and are more likely to stay there."

Bowen said she did not aspire to become a nurse when she married. It was her husband who enrolled her in nursing after he told Bowen's mother that he would make sure she graduated from college if she would allow them to marry.

"At that time, I had stopped going to school because I was hanging out with him," Bowen said. "So he went to Alva at Northwestern and enrolled me in their nursing program."

Her husband was an EMT with

EMSA, and when he transferred to Oklahoma City, they looked for a nursing school with a promising nursing program. Only 12 students were in her graduating class at Kramer. This was right before former Kramer School of Nursing Dean Marvel Williamson set Kramer on a new course of growth.

Bowen said she was impressed that she could visit her professors in their offices without the slightest hint of them not being interested in helping her to succeed.

"It was really comfortable. And so I graduated; I started working at Children's Hospital and my husband took another job when we moved to Enid," she said.

She found difficulty finding work in pediatrics in Enid because all of them were adult-centered in their care, she said. Bowen had practiced nursing with adults, but still felt leery about steering her nursing career in that direction, she said.

"My sister called and said they needed an instructor at one of the junior colleges," Bowen said. "I applied, got the job, and ended up getting my master's degree in nursing education. But once I was up there I felt I wanted to go back to Kramer." The way Kramer presents itself to its students is different than what she had experienced when she first began her academic journey, she said.

"I wanted to be part of that," she said of the connective environment of nourishment. "It's home. We've just added more numbers, but we still try to make it more personable. We still try to learn everybody's name. We try to connect on a personal level so that we all feel like we care about one another." Her work flow has been steady at Kramer, but she still has time to enjoy other aspects of life such as crafting, Bowen said.

"Crafting and kids. My kids are pretty busy," she said.

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She has also been named the director of the Adult Congenital Heart Disease Clinic. Along with OU Children's Physicians pediatric cardiologists caring for adult congenital heart disease patients Kent Ward, M.D., and Anjan Shah, M.D., Phillips will lead the establishment of Oklahoma's first dedicated center for the care of these complex patients.

Phillips is board certified in internal medicine, cardiology and echocardiography. She comes to OU Physicians from Mayo Clinic College of Medicine, Rochester, Minnesota, where she was assistant professor of Medicine and a consultant for the division of Cardiovascular Diseases, department of Internal Medicine.

Phillips completed an adult congenital heart disease fellowship at the Mayo Clinic division of Cardiovascular Diseases. She completed a cardiology fellowship, internal medicine residency and internship at Baylor University Medical Center, Dallas. She earned her medical degree from the University of Texas, Southwestern Medical School, Dallas.

She is a fellow of the American College of Cardiology and the American Society of Echocardiography.

Phillips sees patients in the OU Physicians building, 825 N.E. 10th Street. For appointments, call (405) 271-7001. With more than 600 doctors, OU Physicians is the state's largest physician group. The practice encompasses almost every adult and child specialty. Many



OU Physicians have expertise in the management of complex conditions that is unavailable anywhere else in the state, region or sometimes even the nation. Some have pioneered surgical procedures or innovations in patient care that are world firsts.

OU Physicians see patients in their offices at the OU Health Sciences Center in Oklahoma City and at clinics in Edmond, Midwest City and other cities around Oklahoma. When hospitalization is necessary, they often admit patients to OU Medical Center. Many also care for their patients in other hospitals around the metro area. OU Physicians serve as faculty at the University of Oklahoma College of Medicine and train the region's future physicians.

OAHCP to conduct one-day Disaster Planning Workshop

The Oklahoma Association of Health Care Providers will conduct a one-day Disaster Planning Workshop for Nursing Facilities and Assisted Living Facilities across Oklahoma.

This training will review the basic elements of the proposed CMS Rule Change that will require SNF providers to enhance their disaster management capabilities. Attendees will learn how to obtain COMPLIANCE with federal law for proper disaster planning.

Make sure you go to <http://www.oahcp.org/education.php> to get registered today as we feel like this will fill up quickly! *Register and pay online to guarantee a seat. Payment is required before class participation.

The Disaster Planning Workshop (CEs for administrators) will take place August 11th in Oklahoma City - Moore-Norman Tech. Ctr. - South Penn Campus.

Walmart and Sam's Club Associates Raise more than \$370K for Children's Hospital Foundation during Six-Week Campaign

Donations stay local to help Oklahoma's kids

Walmart and Sam's Club associates, customers and members recently wrapped up a six-week campaign to raise funds for Children's Miracle Network Hospitals (CMN Hospitals) across the country. Children's Hospital Foundation partnered with 74 stores and clubs across Oklahoma and was able to raise \$370,490 – a 15% increase from previous years.

"We are very pleased to once again increase our contribution to CMN Hospitals as we have each year since 1987," said Celia Swanson, senior vice president of Global Associate Experience for Walmart and CMN Hospitals leading campaign supporter. "Over the course of our six-week campaign, we collectively raised more than \$42 million that will be used to help save the lives of children across the United States. "The significance of the dollars raised through this campaign is critical to sustaining health care access and excellence through the local Children's Hospital network and I'd like to thank our associates, members and customers for their incredible generosity and commitment to their local communities."

To raise funds, Children's Miracle Network Hospitals partnered with local Walmart and Sam's Club to host a variety of fundraising activities such as bake sales, carnivals and sports tournaments. Children's Hospital Foundation will be using the funds to purchase a DNA sequencer. With a goal of raising \$2 million over the next three years, Walmart and Sam's Club are positioned to easily achieve their goal.

"In the Oklahoma market,



Miracle Child Samantha joins a local Walmart associate as she works a booth to sell ice cream floats to benefit Children's Miracle Network Hospitals.

Walmart and Sam's Club have been some of our largest corporate donors for many years," said Jan Dunham, director of Children's Miracle Network Hospitals. "We are grateful for their consistent support, which continues to grow and expand each year."

Walmart and Sam's Club associates and team members helped raise more than \$800 million for sick and injured children since partnering with Children's Miracle Network in 1987. Funds raised impact each of the 170 Children's Miracle Network Hospitals, which treat 1 in 10 children across North America.

The retailer's six-week campaign ran May 4 – June 14. Walmart and Sam's Club 2015 fundraising efforts will continue throughout the year at participating locations through various in- store activities.

21st Annual Art Show at INTEGRIS Cancer Institute

It is the distinct pleasure of the Troy and Dollie Smith Wellness Center of the INTEGRIS Cancer Institute to invite you to our 21st annual art exhibit dedicated to the curative powers of creativity and to all those whose lives have been affected by cancer. This is slated to be our biggest show yet with more than 200 pieces of art.

Artists of all ages wishing to express how their lives have been affected by cancer will have their work on display. The pieces will be individual or collaborative and may be done by professionals as well as first-time artists. The largest piece of art that will be showcased is from artist Bob Palmer who actually did all the Centennial Murals in Bricktown.

The exhibit is open to all forms of art including but not limited to fiber, graphics, oil, watercolor, mixed media, photography, pottery, sculpture, writing, or poetry.

Pieces are being displayed from July 24 through Sept. 3, 2015.

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**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

My friends tell me that my marriage is "not normal." My wife thinks it would be good for us to have an "open marriage" but that is not what I want, but I agreed. I don't know what to do now. What do you think?

First of all I am glad you have this group of friends because they are giving you healthy information. You are going along with something that you do not want to do but you could not tell your wife NO. Why couldn't you tell her that this is something that does not interest you and you want no part of it?

That may be the bigger problem. If you are in a marriage that does not allow personal authenticity and compels you to agree to "open marriage" behavior then YOU really do have a problem. I suspect that there are many other issues where you agree with your wife to avoid conflict but leaves you frustrated, unhappy or resentful. If you give in to her requests or demands often enough I promise you will eventually feel resentful.

If your marriage has reached a place where "open" behavior with other people helps to "make it better" then you probably need to be in counseling. I have never seen a couple engaging in this type of behavior where there was a positive outcome. I have actually seen some disastrous consequences from this type of behavior.

I would encourage you to get into individual counseling. It sounds like you need to explore why you couldn't tell your wife NO. Your individual growth is very important at this point. Before marriage counseling can be beneficial each person needs to be working on their own issues. Two wounded people have a difficult time having a healthy relationship.

Your wife may or may not be interested in individual counseling. Sometimes one person is more invested in keeping the sick dynamics of a relationship in motion. Gaining knowledge and getting healthy means making behavioral changes and upsets the dysfunctional equilibrium.

But even if she does not want to go, you work your own program. After all you are the one who does not like this arrangement. It appears your wife does.

There is also a great book that might help you; *Codependent No More* by Melody Beattie. Get the book. Find a therapist. Listen to your friends. You can say NO!!

5 Tips For Reducing Stress The Day Of Your Job Interview

Little Things Can Easily Derail Your Big Moment If You Don't Prepare, Says Career Coach

After months of responding to job postings, you finally land an interview.

This could be a pivotal moment in your life and career so it's natural to feel nervous. But there's no reason to let stress rule the day, says Lisa Quast, author of the book *"Secrets of a Hiring Manager Turned Career Coach: A Foolproof Guide to Getting the Job You Want Every Time"* (www.careerwomaninc.com).

"Life routinely throws us curves, and that's just as likely to happen on your job-interview day as any other day," Quast says. "Traffic could be bad. You might spill something on the blouse you planned to wear. Any number of things could go wrong that aren't directly related to the interview, but can knock you off your game."

While it's not possible to anticipate every scenario, Quast says a little preparation can help you keep the anxiety level manageable.

She offers these tips for navigating your interview day as stress free as possible:

- Know where you need to go. Don't wait until right before an interview to make sure you have the correct address and phone number. Verify these online by checking the company website a few days ahead of time. You also should download driving directions or program the address into your smart phone or GPS to find potential routes and estimated drive times. "When in doubt, do a trial run," Quast says. "You can drive there the weekend before to get the lay of the land and see where to park." Don't rely on technology alone. Always have a hard copy with the address and driving directions, just in case GPS or the smartphone fails you.

- Obtain the correctly spelled name of the interviewer. And remember,

bring a printout of the job posting. "It always surprises me how many people show up for a job interview and can't remember the name of the hiring manager or even the job title of the position they're interviewing for," Quast says. "Don't be one of those people."

- Schedule enough time for the interview. Block your calendar so you won't need to rush from one job interview to the next, or go straight to another appointment or back to work. "The interview could take much longer than you think going in," Quast says. For example, if things are going well, you might be asked to interview with others in the organization. Be sure to schedule ample time in case you need to stay longer. "You don't want to be stealing quick glances at your watch when you should be listening to what the hiring manager is saying," Quast says.

- Turn off your cell phone. "When I say off, I mean off," Quast says. "Don't put it on vibrate." The reason, she says, is that almost everyone can hear a cell phone vibrating in a purse, briefcase or pocket. You will be aware that a call is coming in for you. The people interviewing you will be aware. And you will be aware that they are aware.

- Take a bathroom break before the interview. Use the restroom before you leave your house and avoid too much coffee or other liquids shortly before your interview. If you need to use the bathroom when you arrive at the company, ask the receptionist to point you to them before he or she informs the hiring manager that you have arrived.

"One additional thing you can do is give yourself a pep talk before



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What is the greatest opportunity nursing brings in a career? Oklahoma Christian University

"Nursing will provide for me to be a better person because I will constantly be serving other people. I think it will teach me to be selfless and to have a better outlook on life."



Allyson Stewart,
student

"I believe a nursing career will give me the opportunity to help different types of people from different walks of life."



Brooke Hutson,
student

Each week we visit with health care professionals throughout the Metro



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"I think nursing in general presents a lot of opportunities, but one of my favorites is it's a profession where you truly get a chance to impact somebody's life."



Courtney McCoy,
faculty

"It's really teaching me humility and I'm just happy I'll be able to help others and teach others how to help themselves."



Ella Daniels,
student

JOB

Continued from Page 10

the interview," Quast says. "Mentally remind yourself of all the things you plan to do during the interview, the points you want to make about your experience and the questions you have about the company."

"You may not be able to eliminate all the butterflies, but your preparation should help reduce the stress and let you concentrate on making the most of the opportunity."

Lisa Quast is a career coach, a business consultant and author

of the book "Secrets of a Hiring Manager Turned Career Coach: A Foolproof Guide to Getting the Job You Want Every Time" (www.careerwomaninc.com). Quast spent more than 20 years climbing the career ladder in corporate America with career success in traditionally male-dominated companies/industries. She has completed projects around the world in the areas of strategic planning, marketing & communications, sales, service, operations, pricing, business development, pre-acquisition analysis and acquisition integration and HR/talent development.

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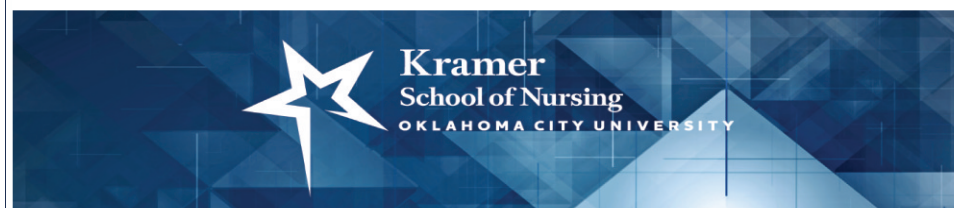
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