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The 'Dirty Dozen' Return to the Scene



Celebrating their 45th anniversary of acceptance into Baptist Memorial Hospital School of Nursing are longtime friends a.k.a. The Dirty Dozen. Standing in front of a picture of James L. Henry (President of the hospital when the nurses started in 1968) L-R Lenora Beckwith, Connie Furrh, Lou Berry, Melanie Hemry, Beverly Botchlet, Linda Jackson, Janet Jamison, Laura Denwood. Not pictured- Norma Williams, Carol Neal and Terry Thurston. Evannah Esadoah (deceased).

by Vickie Jenkins

I had the privilege of interviewing some wonderful ladies that were celebrating their 45th anniversary of

receiving their caps. What an exciting time for these 8 women that reunited at Integris Baptist Medical Center. It was the summer of 1968 when these women were

accepted into Baptist Memorial Hospital School of Nursing. They all lived in the dorm on the hospital campus except the ones that were married.

At the time, it was a diploma nursing program and their class was small because Baptist was phasing out the school which was then morphed into the nursing program at Central State College (now, University of Central Oklahoma). In the summer of 1969, the

Womack, M.D. named OAFP 2015 Family Physician of the Year



Dr. Womack (left) has been practicing with Deaconess Family Care for 10 years and is currently located at Deaconess Family Care.

The Oklahoma Academy of Family Physicians (OAFP) has named Charles Womack, MD, the 2015 Family Physician of the Year at its Annual Scientific Assembly. The award honors one outstanding Oklahoma family physician who provides patients with compassionate, comprehensive care, and serves as a role model in their community, to other health professionals, and to residents and medical students.

"I am deeply honored and humbled by this award. I focus on doing what every family physician does, care for my patients," Dr. Charles Womack said. "I feel it's not only important have a positive impact in my practice, but also in the community in which I live and practice."

Born and raised in Oklahoma City, Dr. Womack has been a practicing family physician for nearly 40 years. He served as a physician in the U.S. Army for two years

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Oklahoma's NURSING TIMES

RETURN

Continued from Page 1

12 nurses were sent to St. Louis, Missouri State Mental Hospital for their psychiatric training. They graduated on June 5, 1970.

Interviewing the women that gathered for the reunion was a pure delight. The conference room at Baptist Hospital was full of hugs, smiles and laughter as each woman shared memories. "It was Dr. John Donnell, a cardiologist that gave us 12 nurses the nickname of The Dirty Dozen," one woman said. Since then, The Dirty Dozen have held major reunions every five years, getting together whenever possible. In addition to reunions, they also stay in contact by Facebook, email and texts. A few send cards and letters.

After some fun and fellowship, here are some interesting answers from outstanding women telling us what their life is like now.

Melanie Arnold Hemry, RN-"Why did you become a nurse?" "I felt it was a wonderful career and a great way to serve others. It ended up giving me great features for my writing." Hemry is now a freelance writer and has written for Guideposts and other magazines. She has written

more than 50 books.

Laura Bliss Denwood, RN-Describing herself in three words, she says, "Friendly, empathetic and optimistic." Denwood traveled from St. Croix, Virgin Islands, where she still lives. She is happy to see all of her friends again plus enjoyed taking a tour of Baptist Medical Center.

Janet Pomplun Jamison, RN, Clinical Research Nurse- "What is your favorite memory from the past while working at Baptist Hospital?" "There was a supportive nursing staff and several mentors. The progressive acute care experiences were great." Jamison worked in Cancer Research at Walter Reed Medical Center in Washington, DC before working at the National Institute of Health and the Food and Drug Administration. She resides in Delaware.

Beverly Botchhlet, RN, MS-"What was your favorite thing about the reunion today?" "Being a member of a group who are totally nonjudgmental and have only love and support for each other." Bachlet became a nurse in 1970 and is still going strong. Bachlet earned her Master's Degree and continues to teach nursing.

Connie Blackburn Furrh, RN-"What is your life like now?" "I work with the National Center for Missing and

Exploited Children and work full-time at Oklahoma Spine Hospital." "Do you stay in contact with the other nurses?" "Absolutely. I consider them my sisters. Time melts away when we come back together again." Blackburn also helped build the Renaissance Women's Centers.

Lou Berry, RN-"Describe yourself in three words." "Full of energy!" Berry said her favorite memory of the past is working in the Surgery Center. She spent years teaching nursing.

Lenora Schoenhals Bechwith, RN-"What is your life like now?" "I'm a retired Hospice nurse, mother of two and grandmother of two. I go to Hospice Circle of Love, Enid, OK when needed. Bechwith says she was four years old when she received a nurse kit from her cousin one Christmas morning.

Linda Gossman Hazard, RN-"What is your life like now?" "I am retired and life is good!" Jackson worked at OU Health Science Center in NICU.

Unable to attend the 45 year reunion were Terry Thurston, Norma Aycock Williams, RN, Carol Neal, RN. Evannah Esadoah, RN (deceased)

After catching up on just a glimpse of the past years, the women planned on taking a tour of Integris

Baptist Medical Center. A big thank-you to these fine women that have given their time and dedication to helping others provide and coordinate patient care, educate patients and the public about various health conditions, and provide advice and emotional support.

Perhaps, one of the women at the reunion summed up the countless hours of nursing the best. "When did you become a nurse?" I asked. she answered, "1970". "When did your nursing end?" I asked. "Never!" she replied. I am sure The Dirty Dozen will meet again.

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CAREERS IN NURSING

RN IS LIVING HER DREAM: CHILDREN'S CENTER REHAB HOSPITAL

by James Coburn - Writer/Photographer

"I'm living my dream," said Charla Thomas, RN at Children's Center Rehabilitation Hospital in Bethany, OK. Charla works with the children in rehab. It is her bright smile and her genuine happiness that seems to shine through as she talks about the children. "Ever since I was a little girl, I had the dream of being a nurse when I grew up. All of my baby dolls were my patients as I took care of them with my TLC and my doctors' kit," she laughed. "I knew I wanted to work in Pediatrics or work with children. It's as though I knew I would be a nurse when I grew up."

After graduating high school, Charla's first job was a CNA here at the Children's Center. She went to Redlands College in El Reno, OK and became an LPN and then a RN and has been a nurse for 8 years. "Children make everything better, and to me, children are the true meaning of life." "Did anyone influence you to become a nurse?"

I ask. "No, I am the only one in my family that has gone into the medical field. It was always my dream so you see, I really am living my dream," she replied.

If Charla gave advice to someone going into the medical field, she would say, Follow your heart. Wise advice coming from someone living their dream. Asking Charla what qualities make a good nurse, she told me that they would need to be well rounded in all aspects, not just one specific thing. When asking Charla what her greatest and strongest asset is, she answered, "My biggest asset is being caring. I try to treat everyone in the same way that I would want to be treated. I always think of my two little girls and I would want others to treat them that way."

"Do you have any hobbies?" I ask. "My husband and I do scuba-diving and I just love it," she answers. "It was kind of funny how I started scuba-diving," she says. "It was actually a wedding gift from my

in-laws when my husband and I got married. I had never been scuba-diving and after I tried it, I realized how much I enjoyed it. We've been married for six years now. I also like to spend time with my family. My husband and I have two daughters, one and three years old. I spend as much time as I can with them."

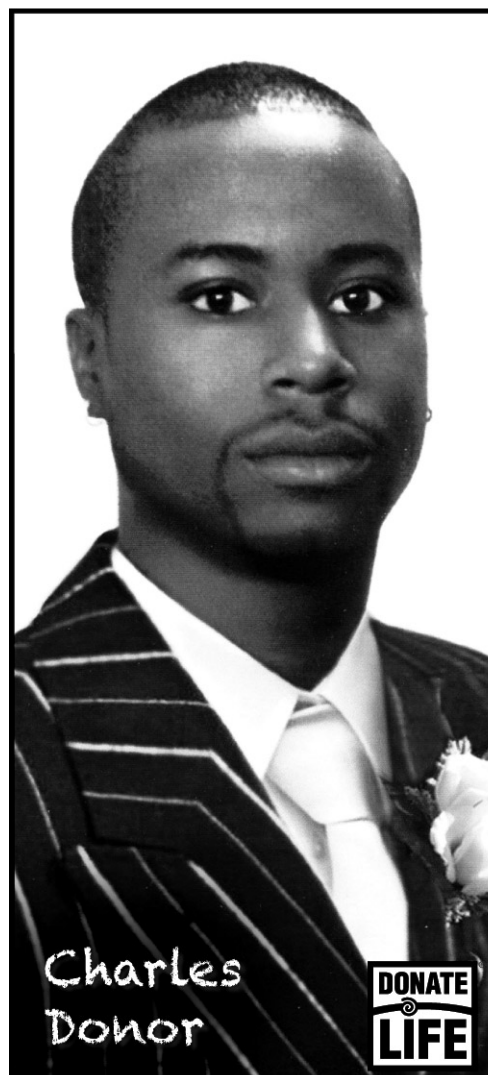
A typical day for Thomas consists of checking the schedules when she arrives. Rehab gets everything ready for the children and their therapy. When the children arrive, she works with them according to their needs. "Each child is different and each child needs a specific form of therapy. The most rewarding part of my job is when I see a child improve from the work they have been doing all along. It gives me a good feeling," Charla said.

Asking Charla what a perfect evening would be, she answers, "It would be dinner with my husband and daughters and then spend time watching a Disney movie on T.V."

Charla listens to KLOVE and country music. "If you were on a TV show, what show would it be?" I ask. "Oh, it would definitely be Family Feud," she answered with a laugh. "I love that show," she added.

"What is something most people don't know about you?" I ask. After a pause, she replies, "I think it is the fact that I am extremely sensitive, it gets in the way sometimes. I always try to hide it but that doesn't work too well," she says with a laugh. If her co-workers could describe Charla in so many words, Charla thinks they would describe her as: Fun, creative and hyper.

"What are some of the challenges that you deal with working with the children?" I ask. "I have a really hard time when I get attached to a problem and I need to keep it all together," she replies. "If you were to give others some words of wisdom to live by, what would those words be?" I ask. "Live each day like it was the last day and make it count."



Charles was the father of three and loved his children very much. He had a wonderful outgoing personality and loved the game of golf. He was quite good at it.

He loved his family and would worry about them whenever the weather was bad. Even when nobody else could get out, he would make the rounds to everyone's home to make sure that they were all safe and sound.

It came as no surprise that when the time came he was an organ donor and gave the greatest gift of all.

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Charla Thomas loves her job working with the children at the Children's Center Rehabilitation Hospital in Bethany, OK. Her bright smile and cheery disposition is proof.

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AWARD

Continued from Page 1

before starting his private practice in Oklahoma City in 1976.

Dr. Womack has been practicing with Deaconess Family Care for 10 years and is currently located at Deaconess Family Care - North Portland in Oklahoma City. Dr. Womack is an outstanding physician and leader within Deaconess Hospital and we are proud that the OAFP has honored him with this award. Dr. Womack serves as the Chairman of the Board at Deaconess Hospital and provides leadership that his peers describe as "quiet confidence that speaks to his years of serving people in healthcare." Dr. Womack has served in many positions within the OAFP, including President in 1988-89.

As the 2015 Oklahoma Family Physician of the Year, Dr. Womack becomes a candidate for the

2016 American Academy of Family Physicians Family Physician of the Year.

Deaconess Hospital, located in northwest Oklahoma City, is a 238-bed facility. With almost 500 providers on the medical staff, Deaconess is a full service, acute-care, medical/surgical hospital with a wide range of services including, cardiology, orthopedics, oncology, pulmonology, urology, general surgery, obstetrics and inpatient rehabilitation. Deaconess also operates 21 clinic locations with 45 providers across the Oklahoma City metro area. We work hard every day to be a place of healing, caring and connection for patients and families in the community we call home. Deaconess Hospital is directly or indirectly owned by a partnership that proudly includes physician owners, including certain members of the hospital's medical staff.

Jefferson's Garden ACMA Receives Award

The Oklahoma Assisted Living Association recognized Emily Ardoyn as the winner of 2015 OKALA Caregiver of the Year award. Ardoyn serves as an Advanced Certified Medical Aide at Jefferson's Garden.

"Emily is truly a team player. She's willing to fill in wherever we need her," said Donna Kilgore, Residence Director at Jefferson's Garden.

The award indicates Ardoyn has shown excellence in the care of Oklahoma seniors since August 2010. It also proves the exceptional performance of her duties within Jefferson's Garden Assisted Living.

Emily is respected and admired by her fellow associates and she can always be counted on to help where she's needed.

"Emily pays great attention to residents and details. I'm so glad to have her on my team," said Adrian Carpenter, Health Care Coordinator at Jefferson's Garden.

Everyone says Ardoyn's smile and cheerful spirit is infectious. Residents adore her and she adores them.

Jefferson's Garden is a Legend Senior Living residence. Legend Senior Living is a privately owned company founded in 2001 by Timothy Buchanan and is dedicated to providing quality services and housing to senior adults. Legend Senior Living owns and operates Senior Living Residences in Kan., Fla., Colo., Okla. and Texas.



Emily Ardoyn, winner of 2015 OKALA Caregiver of the Year award.

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Kindred Hospitals in Oklahoma city is hosting a **Talent Search Event**
Friday July 10, 2015
9am – 3pm
Kindred Hospital Oklahoma City
1407 N. Robinson Ave.

Sign-on-Bonus Full Time RN and ICU RN
"NIGHTS ONLY" \$6,000.00

Career opportunities:
RN Relief Supervisor PRN
ICU RNs FT and PRN Days and Nights
RN Med Surg FT and PRN Days and Nights
Nursing Assistants PRN Days
Registered Dietitian FT
Monitor Technician FT Nights

New Grads WELCOME!

POSITIONS AVAILABLE AT BOTH LOCATIONS:
Kindred Hospital Oklahoma City South - 2129 SW 59th St.
Kindred Hospital Oklahoma City - 1407 N. Robinson Ave.

For more information, please visit www.kindredcareers.com
Or contact Michelle Foster to schedule your interview, 504.762.5150.

EOE. M/W/V/D. Drug Free Workplace.

140 GENERAL NURSING

WE ARE SEEKING CHHA, CERTIFIED NURSE ASSISTANT, PERSONAL CARE ATTENDANTS
Excell Private Care Services is seeking CHHA, CNA, personal care attendants in your area and surrounding towns to assist clients/ members at their place of residence. Call 580-357-3469. 1511 W Gore Blvd, Lawton, OK 73507

We are now hiring an Licensed Practical Nurse for the 3-11 shift and Certified Nurse Assistant's on the 11-7 shift.

Please apply in person at The United Methodist Health Care at 2316 W. Modelle, Clinton, OK

We are looking for a Certified Nurse Assistant days and A Certified Nurse Assistant for weekend doubles. We also have an Licensed Practical Nurse open for 10 to 6 shift.

WILLOW HAVEN Nursing Home. We are looking for a C.N.A days and A C.N.A for weekend doubles. We also have an L.P.N open for 10 to 6 shift. If you are tired of not being a team, come work for us. We are a small home with a home like atmosphere. 1301 N 5th, Tonkawa, OK 580-628-2529

140 GENERAL NURSING

Platt College

NOW HIRING Director of Nursing Practical Nursing Program Lawton, OK
At least 4 years verifiable Exp. req.

-Full-Time
-Salary & Benefits
-Degree & current license in OK req.
Campus is licensed by OBPVs

Contact Natalie at 580.215.7051 or nmusser@plattcollege.org

Certified Nurse Assistants - 7/3 shift
• **Certified Medical Assistants 3/11 & weekends.**
PARKS EDGE NURSING & REHAB. • CNAs - 7/3 shift
• CMA 3/11 & weekends.
5115 E 51st St, Tulsa, OK 74135

Great opportunity to work with a growing healthcare company with excellent benefits!

Northwest Surgical Hospital

Surgical Tech, \$1000 Sign On Bonus
Full Time, M-F Days, Days/Hours may vary, Ortho or Spine exp. & certification preferred. Call required.

Med Surg Patient Care Tech II
Full Time, M-F Days, Must have one year clinical hospital experience as PCT/CNA/MA or have an AUA cert and formalized phlebotomy, order entry and EKG/Dysrhythmia training.

Night Med Surg RN - \$5000 Sign on Bonus for FT position with a 2 year commitment

Full Time, 7 pm–7am, RN, Med Surg, ICU, or ER experience required.

Med Surg RN - PRN

PRN, 7pm–7am, RN, Med Surg, ICU, or ER exp. required.

Visit us on our website at www.communityhospitalokc.com or www.nwsurgicalokc.com for NWSH positions. Fax resumes to (405) 378-3991 or forward resumes to: jobs@chcares.com or call (405) 606-2600.

161 LICENSED PRACTICAL NURSING

Great opportunity for an experienced Licensed Practical Nurse!
Strong PC skills required and hospice experience preferred. Full Time employees get company paid health/dental/life, PTO, mileage, paid holidays, 401K & more. Please fax resume in confidence to Patrick at 918-744-8310. 6400 S Lewis Ave, Tulsa, OK 74136. EOE

161 LICENSED PRACTICAL NURSING

Licensed Practical Nurses for 2-10 shift.
SHAWN MANOR is looking for strong L.P.N.'s for 2-10 shift. We offer a longevity bonus of \$1000.00 for 1 yr of service, and every year after. We have insurance, and P.T.O. We are currently with new management. Apply in person at Shawn Manor 2024 Turner Rd Ponca City, OK 74604

Great opportunity to work with a growing healthcare company with excellent benefits!

COMMUNITY HOSPITAL

South Campus Positions:

Day Med Surg RN

Full Time, 7 am – 7pm, RN, Med Surg, ICU, or ER experience required.

Med Surg Patient Care Tech - Day

Full Time, Variable days, 7am-7pm, CNA, AUA or MA training or 1 year clinical hospital exp. preferred

Med Surg Health Unit Coordinator - Day

Full Time, variable days, 7 am-7pm, 6 months experience as division assistant or training as medical records or admitting clerk preferred.

RN Circulator- \$5000 SIGN ON BONUS for Full Time position with a 2 year commitment

(2 positions, 1 position Four 10 hour shifts, 1 position three 12 hour shifts), Variable days, Circulating exp. required, Ortho exp. preferred.

PRN ER RN

ER experience required.

Surgical Tech, \$1000 SIGN ON BONUS

Full Time, M-F Days, Days/Hours may vary, Ortho or Spine exp. & certification preferred. Call required.

Sterile Processing Tech (3 positions)

Full Time, 9am-5:30pm & 3pm-11:00pm, PRN evening, 3 years exp. in cleaning & assembling instrument sets & working Sterile Processing preferred.

Coding Analyst

Full Time, M-F Days, Minimum of five years coding experience in acute care setting.

North Campus Positions:

RN Circulator- \$5000 Sign on Bonus for Full Time position with a 2 year commitment

M-F Days, Occasional weekend, Circulating experience required, Ortho experience preferred.

Surgical Tech, \$1000 SIGN ON BONUS

Full Time, M-F Days, Days/Hours may vary, Ortho or Spine exp. & certification preferred. Call required.

Sterile Processing Manager \$1000 SIGN ON BONUS

Mgmt Experience required with min 2 years Sterile Processing Experience.

Visit us on our website at www.communityhospitalokc.com or www.nwsurgicalokc.com for NWSH positions. Fax resumes to (405) 378-3991 or forward resumes to: jobs@chcares.com or call (405) 606-2600.

204 REGISTERED NURSE

FT and PRN Registered Nurse Case Managers.

Muskogee/Tulsa, Oklahoma and Surrounding Area. CIMA HOSPICE (formerly Professional Home Hospice) has immediate openings for PRN and Full-time RN Case Managers. Hospice/Home Health experience is preferred but not required. Qualified applicants can apply by faxing their resume to 918-516-0700. 2421 S. York Street, Suite 15, Muskogee, OK 74403

204 REGISTERED NURSE

REGISTERED NURSE. ALEXANDER HEALTH CENTER.
The Registered Nurse reports to the Director of the AHC and provides direct patient care in a university clinic setting to both students and employees. Minimum: Oklahoma R.N. license with current BLS/AED certification; minimum of three years work experience in an emergency, ambulatory care or college health facility. Preferred: BSN; EMR proficiency, 12-Lead ECG monitoring, phlebotomy experience. Hours are 8am to 5pm, M to F, 12 months. 800 South Tucker Drive, Tulsa, Oklahoma 74104 The University of Tulsa is an Equal Opportunity Employer F/M/Disabled/Veteran.

Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100
or email ads to advertising@okcnursingtimes.com

Oklahoma's NURSING TIMES

Cancer Center Physicians Introduce New Prostate Cancer Diagnosis Tool

Oklahoma men now have access to a powerful new solution for more targeted prostate

biopsies at the Stephenson Cancer Center at the University of Oklahoma.



and positioning of the biopsy device as it allows the physician to more accurately guide the

biopsy needle into the targeted lesion.

This new technology fuses pre-biopsy magnetic resonance imaging (MRI) images of the prostate with ultrasound-guided biopsy images in real time. The enhanced cancer detection offered through this tool is leading to better patient outcomes through a more accurate biopsy.

"Targeted MRI/ultrasound biopsy is becoming the new standard in prostate care, and the Prostate and Urologic Cancers Clinic at the Stephenson Cancer Center is pleased to be the first in the area to offer this powerful solution to our patients," said Dr. Michael S. Cookson, professor and chair of the department of Urology at the OU College of Medicine.

The new technology has been shown to increase cancer detection by about 20 percent over traditional biopsy. Traditional prostate biopsies are done "blind" with physicians randomly sampling the prostate- an approach that has been used since the 1980s.

With MRI-guided prostate biopsies, a MRI identifies suspicious lesions before the biopsy, and then the 3-D map is fused or overlapped with the real-time 3-D ultrasound images during the patient biopsy procedure to create a very precise image of the area.

The new system uses electromagnetic tracking, similar to the GPS in a car, to track the location

For patients, the only additional step to the prostate examination is the addition of MRI imaging, which occurs in a separate visit before the biopsy exam. Cookson said the MRI-guided prostate biopsy leads to earlier diagnosis when cancer is present and reduces the number of false positives. Other benefits include reduced recovery time, lower risk of infection, and less bleeding and pain.

"We are confident that this new tool will provide Oklahomans with access to the latest technology to identify and target suspicious prostate lesions," said Dr. Kelly Stratton, a urologic oncologist at the Stephenson Cancer Center and assistant professor in the OU College of Medicine.

According to the American Cancer Society, up to one in six men will be diagnosed with prostate cancer during their lifetime. This makes prostate cancer the most common form of cancer in American men, aside from skin cancer, and the second leading cause of cancer death.

This new technology is available through the combined efforts of the OU College of Medicine's Departments of Radiology and Urology as well as the Stephenson Cancer Center. For more information on this new tool or to make an appointment, please call the Prostate and Urologic Cancers Clinic at (405) 271-4088.

The Fountains at Canterbury Seniors Excel in Dragon Boating



The Fountains at Canterbury group practices rowing technique after loading into the dragon boat.

Residents of The Fountains at Canterbury, located in northwest Oklahoma City, recently visited the Boathouse District to participate in dragon boating. Associates, residents and members of The Club, a full service fitness center at The Fountains at Canterbury, joined together to form a rowing team to try their hands at something new, different and exhilarating.

Located on the Oklahoma River, an official U.S. Olympic and Paralympic training site, dragon boat rowing is one of numerous activities offered in the Boathouse District. Paddling to the beat of a drummer, rowers learn the basic commands and paddle strokes then venture out to enjoy the water. According to the Boathouse District, dragon boating is the world's fastest growing water sport and children, adults and seniors can all enjoy.

"It was just wonderful," said Sue Leary, member of The Club at The Fountains at Canterbury. "The dragon boats are a fun group activity, the weather was great and it's in a really beautiful location in downtown

Oklahoma City."

Dragon boating is one of numerous activities and adventures that residents of The Fountains at Canterbury participate in throughout the year. They regularly take trips across Oklahoma and surrounding states, enjoy live performances on and off campus, participate in community service, enjoy theme dinners, take a variety of classes on site and are active in the arts, including participating in a national calendar art competition. Maintaining an environment where people thrive is a top priority of The Fountains of Canterbury community life director Becky Strong.

"Seeing our residents partake in such an unusual, active event was thrilling and we can't wait to go back," said Strong. "The joy our residents experience when they try something new and fulfilling is what The Fountains is all about."

"This was fun," said Marv Groschen, member of The Club at The Fountains at Canterbury. "It was a really good workout, this was the first time I've been here and I'd love to come back to do it again."

Check Out Oklahoma's BEST Nursing and Health care jobs

www.okcnursingtimes.com click jobs!



The INTEGRIS Cancer Institute Introduces Integrative Medicine

INTEGRIS announces offering an Integrative Medicine Clinic every Tuesday at the Wellness Center at ICIO. Integrative Medicine is an intelligent combination of conventional and complementary therapies. It is healing-oriented medicine that takes into account the whole person (body, mind, spirit) including all aspects of lifestyle. It combines conventional Western medicine with alternative or complementary treatments, such as herbal medicine, acupuncture, massage, biofeedback, yoga, nutrition, and stress reduction techniques—all in the effort to treat the whole person.

INTEGRIS also introduces Integrative Medicine practitioner, Juli Johnson, APRN. She is an advanced practice nurse in adult acute care focusing on oncology/hematology/integrative medicine. She received her Master's degree from the University of Oklahoma in 2008. She is nationally certified through the Oncology Nursing Certification Corporation and has practiced at INTEGRIS since 2000. She currently practices as a midlevel provider in the medical oncology/hematology clinic at the INTEGRIS Cancer Institute. She graduated from the Fellowship in Integrated Medicine at the University of Arizona College of Medicine in 2014. This is the Integrative Medicine Fellowship that was launched in 1997 by IM pioneer, Andrew Weil, M.D. This fellowship is a 1000 hour, two year program for physicians, nurse practitioners and physician assistants.

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 - 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,
580-251-8764

Choice Home Health & Hospice:
405-879-3470

City Hospice:
Beth Huntley, Vol. Coordinator,
405-942-8999

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

Hometown Hospice:
Robin Boatman, Com. Relations, Broken
Arrow: 918-251-6441; Muskogee:
918-681-4440.

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

Freedom Hospice:
Tulsa: 918-493-4930; Claremore:
918-343-0493; Tollfree: 866-476-7425

Frontier Hospice: Kelly Morris, Vol.
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

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

FACEBOOK FUNNIES - SHARED - JOIN US!

Manic Attack

PRIMARY SYMPTOMS: "DIG FAST"

DISTRACTIBILITY
INDISCRETION
GRANDIOSITY
FLIGHT OF IDEAS
ACTIVITY INCREASE
SLEEP DEFICIT
TALKATIVENESS



I love the full moon!
Said no nurse ever.
EVER!



One, two
three,
BREATHE



He's
dead,
Jim

"Always
THANK YOUR NURSE
Sometimes they're
the only thing
between you and a
HEARSE"
-Warren Beatty

allnurses.com

Harbor Light Hospice:
Randy Pratt, Vol. Coordinator,
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:
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

Hospice of the Cherokee:
918-458-5080

Humanity Hospice:
Kay Cole, Vol. Coordinator
405-418-2530

InFINITY Care of Tulsa:
Spencer Brazeal, Vol. Director,
918-392-0800

**Indian Territory Home Health &
Hospice:** 1-866-279-3975

Interim Healthcare Hospice:

405-848-3555

Image HealthCare :
6116 S. Memorial Tulsa, Ok. 74133
(918) 622-4799

LifeChoice Hospice:
Christy Coppenbarger, RN, Executive
Director. 405-842-0171

**LifeSpring In-Home Care
Network:**
Terry Boston, Volunteer and
Bereavement Coordinator 405-801-3768

LifeLine Hospice:
April Moon, RN Clinical Coordinator
405-222-2051

Mays Hospice Care, Inc.
OKC Metro, 405-631-3577; Shawnee,
405-273-1940

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

Mercy Hospice:
Steve Pallesen, 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

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*

**THE TROUBLE IS, YOU THINK YOU HAVE TIME!!!!
-Buddha**

Everyday we are reminded how fragile and uncertain life can be; as we lose loved ones in the blink of an eye. As we lose opportunities due to unexpected health issues. As our finances are drastically altered due to lay offs and salary cuts.

Life is very uncertain. We have a tendency to believe that tomorrow will always arrive and life will carry on as planned.

What are some of the things that you are WAITING to do? Here are a few of the things I frequently hear:

1. I have always wanted to go back to school and finish my degree, BUT
2. I have always wanted to visit Italy; Rome, Florence, Venice, BUT
3. I have always wanted to live near the beach, I love the water, it is so peaceful and relaxing, BUT
4. I will start eating healthy and lose these 40 pounds RIGHT AFTER
5. I need to call friends that I have not talked to in months, BUT
6. I need to lower my stress because I know its going to kill me, BUT
7. I need to work less and enjoy more time with my family, BUT

8. I am going to plan a 3 day getaway, RIGHT AFTER
Now the reason for these BUT'S and RIGHT AFTER'S are as follows:

1. When the kids are grown
2. When I have more money saved (how much?)
3. I don't know, it just doesn't seem realistic.
4. Once I get some new shoes. (to walk...what about healthy eating? no shoes needed)
5. I am just so busy, no time to call people.
6. I have to work all these hours to pay for everything (what is everything?)
7. It just seems to take so much money to pay for everything (again, what is everything?)
8. Once all my projects are completed (projects are never all completed)

How much time do you have to live a healthier life and do the things that bring quality to your life?

THE REALITY IS, YOU MAY NOT HAVE THAT MUCH TIME!!!!

AAN Partners with Consumer Reports to Bring Health Care Recommendations

Academy's Choosing Wisely® List of "Things Patients and Nurses Should Question," Developed Into Useful Brochures by Consumer Reports

The American Academy of Nursing has partnered with Consumer Reports to translate its new Choosing Wisely list of "Things Nurses and Patients Should Question," containing health care recommendations developed by nurse leaders, into engaging brochures for consumers to reference for common health practices and treatments. Today, the Academy and Consumer Reports released the first two brochures developed from the Academy's first set of five recommendations, with plans to continue their creation as other recommendations are added to the Academy's list.

The Choosing Wisely campaign is an initiative of the ABIM Foundation to encourage conversations between patients and their healthcare professionals about what care is genuinely necessary. The Academy leads the nursing profession's efforts in the Choosing Wisely campaign through its task force composed of leaders of many national nursing organizations.

"We are proud to partner with the Academy to break out these recommendations into easily understandable information for patients and their families," said Tara Montgomery, senior director for Health Impact at Consumer Reports. "These brochures will help arm consumers with useful advice in order to have more engaging and impactful conversations with nurses and other health care providers to ensure they are getting the right tests and treatments and avoiding unnecessary care."

"The Academy is grateful for the opportunity to partner with Consumer Reports to make our recommendations accessible to a broad audience," said Academy President, Diana J. Mason, PhD, RN, FAAN. "The information in these brochures will empower patients and their families to approach their providers on these practices that patients and nurses should question, and come to the best health solution."

The first brochure titled, "Hospital Hazards," focuses on four practices that can harm older people including bed rest, physical restraints, interrupted sleep and urinary catheters. The second brochure focuses on fetal monitoring, titled, "Monitoring Your Baby's Heartbeat During Labor," and includes a section offering advice to women on making their labor and birth easier.

The brochures can be found at www.ConsumerHealthChoices.org/choosing and will be distributed through the Consumer Reports network of partners, which consists of over 50 national, regional and local organizations, consisting of employer groups, unions and healthcare collaborative.

The Choosing Wisely initiative has engaged over 70 national specialty societies, and has identified more than 350 tests and procedures that have been described as overused and inappropriate, and should be discussed with patients. Consumer Reports develops plain-language translations of these topics, including questions to help patients engage their health care provider in meaningful conversations.



NURSE + TALK

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

If there were no nurses in the world then ... Integris Canadian Valley Hospital - Outpatient Surgery

Then there would be no patient care advocates.



Jennifer Donihoo, RN

My husband wouldn't have anyone to take care of him.



Vicki Cantrell, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

Email:
news@okcnursingtimes.com
or mail to
Oklahoma's Nursing Times
P.O. Box 239
Mustang, Ok. 73064

I would be out of a job.



Erin Baker, RN

Then there would be a lot of dirty hands.



Stephanie Goodson, RN

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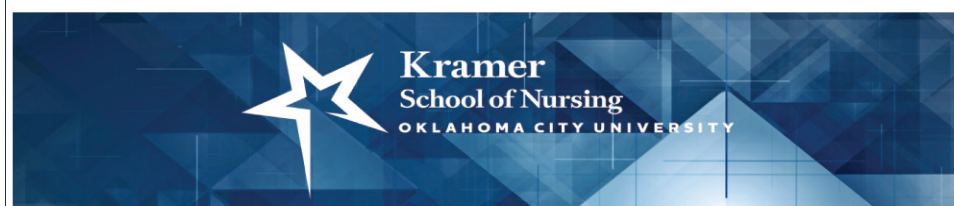
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- » **MSN, Nursing Leadership Track:** Prepares nurse executives for the healthcare environment.

COMPLETE YOUR TERMINAL DEGREE!

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- » **Doctor of Nursing Practice (DNP):** A 30 credit hour, post-master's clinical doctorate completion program for advanced practice nurses.
- » **PhD:** Prepares established nurses to become career academicians.



BECAUSE YOU GAVE,

THE WHOLE COMMUNITY

— WILL KEEP THE —
CHANGE

You and thousands of others contributed an incredible \$21,574,097 to our 2014 campaign. Your kindness and compassion will continue to help United Way of Central Oklahoma create lasting change in our community.

We are extremely grateful for you!

unitedwayokc.org

United Way
of Central Oklahoma

