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Nursing careers bring husband and wife together at work



photo by James Coburn

Dennis and Kelsey Raines blend their family life with being at work at Grace Living Center Edmond. They hold their daughter Kimber.

by James Coburn
Staff Writer

Dennis Raines began his CNA work at Grace Living Center in October after being laid off work as a driller in the oil field for 12 years. He has no desire to return

to the energy industry when it rebounds in Oklahoma. Now he enjoys working with his wife, Kelsey, an LPN at Grace.

"We love it. If it's a holiday at least we still get to spend it together," Dennis

said.

Grace Living Center has offered them the flexibility they need as a growing family that includes an 11-month-old daughter, Kimber, and another baby to be named Wyatt and expected in May. They also have an 8-year-old son named Gunner. The couple hardly misses any time with each other.

"We both have full time positions so it's excellent," Dennis said.

He lost his job as a driller in

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Give 3 Smiles a Day



Rob Lake, CEO is proud to announce the new opening of Bethany Behavior Health where their goal is to increase functioning and improve quality of life.

story and photo by Vickie Jenkins

There is something exciting taking place in Bethany, OK. It is the new opening of Bethany Behavioral Health! "Today is the first day that we're open to see patients," says Rob Lake, CEO. "It took a lot of people to make this work and it's nice to see everything come together so well. This is the old Deaconess Hospital so it has come a long way. The whole place has been renovated and everything is brand new, along with the latest equipment. New business, new facility, new everything," Lake said.

Bethany Behavioral Health is a 57-bed psychiatric hospital meaning more mental health crisis beds for the Oklahoma City metro. "Of course, as our patients grow in number, our facility will grow also. Our program will help adults over the age of 55 with major mental

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GRACE

Continued from Page 1

January of 2015 before his daughter was born.

"It's a funny story what got me in the medical field," Dennis said. "She likes to watch Gray's Anatomy. And we started watching it and the next thing you know she started suggesting I try to become a nurse. She talked me into trying to get into an LPN program and I actually got into it right out of the oil field."

Kelsey studied to be a nurse at Meridian Technology Center in Stillwater and Dennis earned his CNA license after attending the Kiamichi Technology Center in Stillwater where he also attended LPN school.

Dennis had to delay his LPN training in order to move to Edmond where he said he found better opportunities.

"I love it and you couldn't get me to go back to the oil field," he said. "I love the interaction. I love working with people."

He would show up at the oil field to work whether he was sick to his stomach or at his best. But not at Grace, he said. A sick staff member at Grace is told to rest at home, he said. Dennis said he's not

used to going home when he's sick but appreciates the flexibility he has found.

"They work with appointments," Kelsey said. "Just like tomorrow we have to be gone for appointments. We just let them know ahead of time and they work with our schedules. We don't have any problems."

He has a plan laid out to become an LPN and is sticking to it. Dennis said that Kelsey pushes him with encouragement like he has never been pushed before. He will earn his CMA license and in the spring, Dennis will apply for an LPN program.

"I fully intend on furthering myself here. There's no reason to go anywhere else," he said.

He describes himself as a talker, so it's fun chatting with the residents, he said.

"People with backgrounds that go further than what most people realize," he said. "I've met world renown people here. You wouldn't know it just by looking at them, but world famous people with famous histories."

One resident's grandfather rode with Pancho Villa. Another man is known as a well known sculptor, he said.

Kelsey said it's nice to have someone at home knowing what their spouse is going through at work.

"I love it," Kelsey said of Grace. "There's a great DON and ADON. It's some of the best management I've ever worked for. There's wonderful aides here. I have excellent support staff. I never have trouble finding help."

Any questions she has can be answered immediately, Kelsey said. "I can get hold of my ADON night or day. It's wonderful and I love it here."

Kelsey does not remember a time when she did not have an interest in nursing. She lived nearby Meridian Technology Center in Stillwater for a while and decided to enroll. She has worked in long-term care nursing since graduating.

Dennis works on the rehabilitation hall. He said there's better money to be made while working in the oil field, but working at Grace makes him feel worth more.

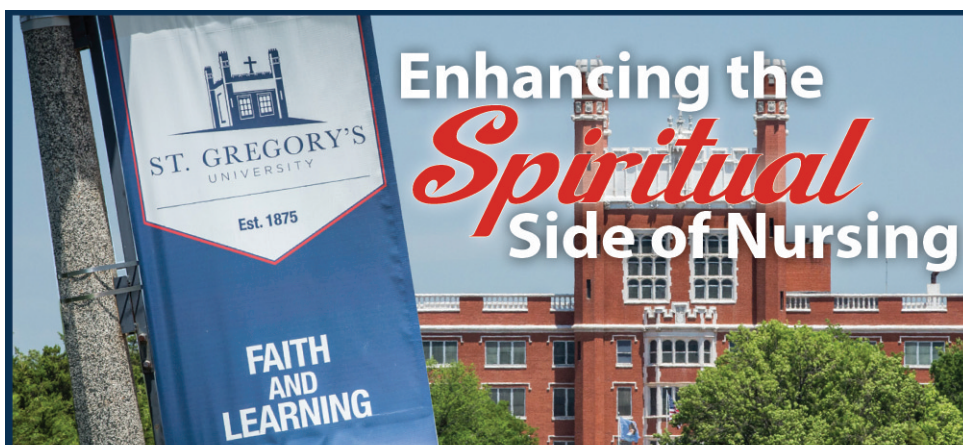
"I love seeing people get stronger. I love seeing them leave," he said. "I love helping them get there. I love being the guy that they ask, 'Hey, where's Dennis at?' That makes me feel better than I ever did working in an oil field."

The couple loves to spend their leisure time together at parks with their kids.

"We take the kids out every chance we get," Kelsey said.

Dennis and Kelsey met when he was still working in the oil field. He was drilling for oil outside of Guthrie behind a golf course. Kelsey was moving into some apartments nearby Grace Living Center Edmond.

"The first time we actually met I helped her move into her apartment," Dennis said. "And it just kind of went from there. She decided to let me come back and I couldn't stand being away from her."



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BETHANY

Continued from Page 1

illness disorders," Lake states. "We will have in-patient only. There will be a 5-day stay for adults and an 11-day stay for geriatrics. That number will change as we fill to capacity and I know we are going to grow in time. The patient will receive treatment for their individual needs and there will be an assessment before discharging them. We have the highest quality of care here," Lake adds.

Lake attended school at Texas Tech University, where he got his Bachelors and his Masters. Beginning his career in the medical field in 1987, he spent 20 years as CEO of different hospitals in different states. "This is the 7th hospital that I have been at," Lake says. "I've been at hospitals in Texas, Arkansas, New Mexico and several cities in Oklahoma. Traveling to different states gives me the chance to join in on a progressive and innovated opportunity to motivate companies for healthcare. With this being a new healthcare facility, it gave me the chance to hire all new people. Recruiting all new people

was fun, yet challenging. Right now, we have 45 employees. We have high quality employees and they were all hand-picked. I am very proud of each one of them. Our main concern here at Bethany Behavior Health is to help the patients with their problems. We will focus on the patients and the quality of medical care as we see them. Right now, we have the chance to make this the best hospital it can be. Everyone needs to work as a team, doing their very best and we can make it happen. I think this is what makes everything run so smoothly," Lake said.

Some warning signs that could indicate a senior should seek help are: anxiety/agitation, confusion/disorganization, depression, fear/paranoia, fluctuations in weight, hallucinations/delusions, memory loss, mood swings, sleep disturbances, social withdrawal, suicide thoughts and wandering.

"Do you see any challenges that you might face as time goes on?" I ask Lake. "Well, like any new facility, I'm sure we'll face a few problems but nothing that we can't handle. I know I have the best employees and I see how well things have gone so far. I look forward to

the future and watching how much Bethany Behavioral Health is going to grow. I like my job and I like the way it makes me feel, even if I do face some challenges ahead, I can do it," Lake commented.

When not working, Lake stays active in many ways. Triathlons, golf, tennis and cycling. "Exercise is very important to me," says Lake. "My wife is an occupational therapist and she stays active too. We have 2 sons, Cody, 24, and Kyle, 23. Both boys will graduate in May of this year. We are so proud of both of them," Lake comments.

"Do you have any words of wisdom that you pass along to others?" I ask Lake. "Yes, I do. I always tell my employees to make sure to give 3 smiles a day. 1. Make a patient smile. That is why we are here. 2. Make a physician smile. That is how we get our patients here. 3. Make the staff smile. This is your hospital. Make it what you want it to be; the best!"

Bethany Behavior Health is located at 7600 N.W. 23rd (formerly Deaconess Hospital) Their goal is to increase functioning and improve the quality of life. For any questions, call 844-243-1331 or 405-792-5360.

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Advertising Services Lisa Weigel - Advertising@oknursingtimes.com

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Send all news, story requests, letters to the editor and press releases to news@oknursingtimes.com

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CAREERS IN NURSING

LPN GINGER ROBERTS DANCES THROUGH RESEARCH NURSING

by Bobby Anderson - Writer/Photographer

Thirty-six years in nursing have gone by for Ginger Roberts. Her career has spanned from clinic to hospital and now finds her on the cutting edge of research nursing working at the Oklahoma Medical Research Foundation.

And it all started when she wanted to be a nurse to coincide with the hours her kids would be in school.

Nearly four decades ago she went down to the local nursing school at Harris Hospital in Fort Worth, Texas and applied.

Her first job had her in an allergy clinic. She made allergens and administered the shots to patients.

In her 26 years she worked the night shift in OBGYN post-partum. She went to a medical surgical floor and then came to Oklahoma when her husband was transferred.

She started her Oklahoma nursing career on the south side of the city at Hillcrest on the orthopedic floor.

She worked chart audits before coming to Oklahoma Medical Research Foundation.

As luck would have it, she had just left her job and picked up a local newspaper to find an ad for an opening at the Oklahoma Medical Research Foundation.

"To me that sounded so exciting to be in research," she said.

The secretary for Dr. Judith James soon called and set up an interview and she was quickly hired.

From day one, it was up to Roberts to recruit patients from James' clinic for studies, complete their paperwork, take blood samples and run things from start to finish.

"We started with one study and now I'm at 34," she said.

Not all the studies run concurrently but Roberts is responsible for making sure all the paperwork is in order for yearly inspection by the foundation's institutional review board.

Currently, she's running 12 studies. The number of study participants range from a handful to more than a hundred.

"You have to be highly organized and you have to know who's on first," she said. "I have file cabinets to prove everything is dotted."

In her nursing career Roberts feels like she's ending on a good note.

"This is the best," she said. "What I do is a little bit of everything so there is something new all the time. Throughout the history of my employment I learned different things at each place and I can use that information here. This is kind of the icing on the cake. It's really a nice place to work."

Unless the Powerball comes through, Roberts says she plans on spending three or four more years working at OMRF.

"I work with probably the nicest physician I've ever known in my

years," she said. "She's great to work for. She respects you and gets your input on things. She's so smart and she's taught me a lot about every disease we've studied."

"It's been a great big learning process for me. When I started here I didn't know anything about rheumatology. Every study we do I learn a little bit more."

With 11 possible symptoms, lupus is one of the hardest diseases to diagnose and even harder to treat.

When the immune system loses the ability to distinguish between dangerous interlopers—like viruses, bacteria and fungi—and its own cells, the body's defense mechanisms become weapons of self-destruction. The resulting barrage of friendly fire can cause more than 80 different diseases. Chief among them is lupus, and OMRF has emerged a world leader in the study and treatment of this life-threatening illness.

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to do EVERYTHING and to become a donor and save lives.

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Ginger Roberts, 66, is celebrating her 13th year in research nursing at Oklahoma Medical Research Foundation.

an international consortium that has identified 13 genes specifically associated with the disease. The massive research project, which involves 150 scientists and nearly 7,000 research volunteers, has opened new frontiers in the quest to unmask the genetic culprits behind the disease.

Roberts says she learns something new each day. Seminars and conferences are always available for Roberts to increase her knowledge base.

Around OMRF, Roberts has picked up the reputation of being a stickler for detail. She's meticulous when it comes to her patient records and

super protective of her filing cabinets they reside in.

"I think they call me the HIPAA queen or something like that," she said with a chuckle.

On this day, the records of more than 3,000 patients that Roberts has coordinated over the years were being pulled and put into a new filing system.

"It's a big day. It's a little stressful," she said. "This week and next week I'm learning four new computer systems. I'm a little stressed out."

"My file cabinets are a really big mess right now."

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140 GENERAL NURSING

Licensed Practical Nurses Full-time/ Days Licensed Practical Nurses Part-time/ Days and Nights

Certified Nursing Assistants Full-time/ Nights (with shift differential) Summers Health Services seeking to fill the following positions: Licensed Practical Nurses Full-time/Days Licensed Practical Nurses Part-time/ Days and Nights Certified Nursing Assistants Full-time/ Nights (with shift differential) Apply in person at 119 N 6th, Okeene, OK or call Cindy at 580-822-4441 We offer competitive wages.

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Women's Healthcare of Norman

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We are looking for strong Licensed Practical Nurses for 2-10 shift. We offer a longevity bonus of \$1000.00 for 1 year of service, and every year after.

SHAWN MANOR is looking for strong L.P.N.'s for 2-10 shift. We offer a longevity bonus of \$1000.00 for 1 year 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

Licensed Practical Nurse Sign on BONUS \$1,000.00!

3/11 & 11/7. Parks Edge Nurs. & Rehab. 5115 E. 51st St. Tulsa, Oklahoma.

204 REGISTERED NURSE

We are seeking a Registered Nurse who wants to experience a difference in their life while making a difference in the lives of others. Must be a team player and demonstrate autonomy, organizational, assertiveness, strong interpersonal and written/verbal skills. Great Salary! Great Benefits! Apply at 2520 Arlington, Ada, OK. Tel # 580-332-4351 or fax resume to 580-371-2262. EOE/drug Free Workplace

We are accepting applications for an Registered Nurse Case Manager! \$1000.00 Sign On Bonus!

Cypress Home Care of Hugo, OK, is accepting applications for an RN Case Manager! \$1000.00 Sign On Bonus! We are on the GROW! Apply in person-complete an application at: 2816 E. Jackson St. Suite. B-Hugo, OK 74743. 580-317-9333.



TURN KEY HEALTH

STAFF NURSE

Turn Key Health Clinics is currently looking for dependable and self-motivated LPNs to fill multiple statewide OK positions. Turn Key Health Clinics is the leading, local correctional health provider in Oklahoma. Our employees are afforded the opportunity to utilize their nursing and medical skills to their fullest capacity in a safe, secure environment. We provide flexible schedules, excellent pay, and benefit plans for our employees. Contact Deborah Graumann 405-596-1733 or email dgraumann@turnkeyhealthclinics.com

140 GENERAL NURSING

We are Accepting Applications For: • Director of Nursing • Licensed Practical Nurse - Evenings • Certified Nursing Assistant - Days, Evenings, Weekends • PRN - all shifts and roles University Village Retirement Center 8555 S. Lewis, Tulsa, OK 74137. Equal Employment Opportunity

204 REGISTERED NURSE

Director of Nursing and Weekend Registered Nurse needed for a skilled and long term care facility. Pre-employment background screening required and healthcare benefits are available after 60 days. Apply in person at: Colonial Terrace Care Center - 1320 NE 1st Place - Pryor, OK 74361 918-825-5311

Nurse, Registered Nurses and Licensed Practical Nurses. Now accepting applications for Registered Nurses and Licensed Practical Nurses Per Diem positions in Behavioral Health and Neuro-Rehab Units.

Experience preferred, but training provided to those interested. Please fax resume to Debbie Jones at (918) 438-8016 or apply at Brookhaven Hospital, 201 S. Garnett Rd., Tulsa, OK 74128, (918) 438-4257. Equal Employment Opportunity

We are now hiring an Licensed Practical Nurse for the 3-11 shift and Certified Nurse Assistants/ Certified Medical Assistants on the shift.

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

Are you a licensed Registered Nurse and interested in a rewarding career with a great team? You should come talk with us! We are currently seeking qualified candidates for a Hospice Registered Nurse Case Manager. We are also taking applications for certified HHA's/Aides. We offer a competitive salary and great benefits. Send your resume to fax #918-551-6890. 1515 E 71st St SUITE 100. Tulsa, OK 74136. EOE

We are accepting resumes for Full Time Registered Nurse/ Case Managers 907 South Detroit, Suite 905 Tulsa, Ok. 74120 In Home Health Services At this time we are accepting resumes for Full Time RN/Case Managers. Experience in the Home Health Field is preferred. For more information about the position call 918-592-1221 or toll free 1-855-592-1221. EOE

Oklahoma's NURSING TIMES

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Oklahoma's NURSING TIMES

INTEGRIS is Now Offering Acupuncture

Integris will now offer acupuncture through our Integrative Medicine Clinic every Tuesday morning at the Wellness Center at the INTEGRIS Cancer Institute, and every Tuesday afternoon through the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit in Building D at INTEGRIS Baptist Medical Center. Acupuncture is one of the oldest, most common medical practices in the world. Based on ancient Chinese medicine dating back thousands of years, it has been used to diagnose, treat and prevent illnesses. In conjunction with standard Western medicine practices, acupuncture can help maximize the effectiveness of medicine and reduce potential side effects. In 2003 the World Health Organization published a report about clinical trials researching the effectiveness of acupuncture, discussing more than 100 indications across the following conditions: psychological, neurological, musculo-skeletal, respiratory, gastrointestinal, gynecological, cardiovascular and others.

We would like to introduce our acupuncturist, Seneca Dewbre, M.A.O.M., L.Ac. Dewbre has a Masters of Acupuncture and Oriental Medicine and is currently completing her doctorate specialization in gynecology. Additionally, she is certified by the National Certification Commission for Acupuncture and Oriental Medicine and licensed by the Texas Medical Board. Oklahoma does not have a licensing certification for acupuncturists at this time. She has experience in both private practice as well as outpatient services within a hospital setting.



Seneca Dewbre, M.A.O.M., L.Ac.

OMRF scientist discovers new multiple sclerosis biomarkers

In new research from the Oklahoma Medical Research Foundation, scientists have discovered subtle biological signs in the development of multiple sclerosis that point to the need for highly individualized treatment plans for patients suffering from the disease.

MS damages the nervous system's ability to carry signals to and from the brain. The disease can cause a wide variety of symptoms, including problems with vision, tremors, paralysis, muscle spasms, imbalance and cognitive changes.

Working with a team of international researchers, OMRF scientist Robert Axtell, Ph.D., completed a study to identify patient responses to different MS therapies, including the popular treatment interferon-beta. The findings were published in the journal *Neurology, Neuroimmunology & Neuroinflammation*.

According to Axtell, the wide range of patient responses to medications is one of the biggest hurdles in treating MS, as the disease can be caused or affected by a variety of factors. Researchers measured 50 immune molecules in the blood and found that certain subsets of MS patients responded well to standard treatments while others did not.

"We looked for biomarkers that indicated the presence of disease, because they can help us identify which patients respond to specific therapies," said Axtell. "We collaborated with a lot of folks and received blood samples and clinical data from a sizable MS patient population. It took a lot of effort from many clinical and basic scientists to complete this study."

By knowing which biomarkers are associated with specific reactions or responses to certain drugs, said Axtell, scientists will have a better idea of how individual patients will respond to specific types of therapy. "Our study definitely showed us that MS is not biologically the same in every patient, and that lets us know that a personalized approach is needed when it comes to treatment."



Oklahoma Medical Research Foundation scientist Bob Axtell, Ph.D.

Harald Hegen, M.D., Ph.D., of the Medical University of Innsbruck, Austria, who collaborated with Axtell on the study, believes that the research provides helpful information to guide patient treatment.

"Given the large and increasing number of disease-modifying treatments for MS, there is a strong clinical need for biomarkers that enable treatment allocation in the individual patient," said Hegen. "In the present study we observed that MS patients can be grouped by specific patterns of immune molecules, which were predictive for response to interferon-beta therapy."

Axtell said these results may eventually help scientists use these immune molecules as a predictive test for MS.

"We need to do many other studies to verify the molecules and refine the testing before this can be taken forward commercially," said Axtell. "But this research lays the groundwork for developing tests for prediction of MS or patient treatment options for the disease."

OMRF scientists Christopher Lessard, Ph.D., and Indra Adrianto, Ph.D., also contributed to the work, which was supported by grants R00NS075099 from the National Institute of Neurological Disorders and Stroke and P30GM110766 from the National Institute of General Medical Science, both a part of the National Institutes of Health.



HAPPY NURSES WEEK 2016

National Nurses Week is coming!

Join us in celebrating and recognizing the contributions and commitments your RNs and LPNs make every day! We will highlight your nurses with a complimentary group photo & story to accompany your National Nurses Week ad!

NNW 2016 BEGINS ON

AND ENDS ON

Friday, May 6

Thursday, May 12

Oklahoma's
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Oklahoma’s Nursing Times

Hospice Directory

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

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

Autumn Bridge Hospice: 405-440-2440

Autumn Light Hospice: 580-252-1266

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

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

Choice Home Health & Hospice: 405-879-3470

Comforting Hands Hospice: Bartlesville: 918-331-0003

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

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

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

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

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

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

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

Frontier Hospice: Kelly Morris, Vol. Coordinator, 405-789-2913

Golden Age Hospice: 405-735-5121

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

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

Harbor Light Hospice: Randy Pratt, Vol. Coordinator, 1009 N 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

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

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

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

Interim Healthcare Hospice: 405-848-3555

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

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

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

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

Mercy Hospice: Sandy Schuler, Vol. Coordinator, 405-486-8600

Mission Hospice L.L.C.: 2525 NW Expressway, Ste. 312 OKC, OK 73112 405-848-3779

Oklahoma Hospice Care: 405-418-2659 Jennifer Forrester, Community Relations Director

One Health Home Health in Tulsa: 918-412-7200

Palliative Hospice: Janet Lowder, Seminole, & Sabrina Johnson, Durant, 800-648-1655

Physician’s Choice Hospice: Tim Clausing, Vol. Coordinator 405-936-9433

Professional Home Hospice: Sallisaw: 877-418-1815; Muskogee: 866-683-9400; Poteau: 888-647-1378

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

Quality Life Hospice: 405 486-1357

RoseRock Healthcare: Audrey McCraw, Admin. 918-236-4866

Ross Health Care: Glenn LeBlanc, Norman, Chickasha; April Burrows, Enid; Vol. Coordinators, 580-213-3333

Russell Murray Hospice: Tambi Urias, Vol. Coordinator, 405-262-3088; Kingfihser 405-375-5015; Weatherford-580-774-2661

Seasons Hospice: Carolyn Miller, Vol. / Bereavement Coordinator, 918-745-0222

Sequoyah Memorial Hospice: Vernon Stone, D. Min. Chaplin, Vol. Coordinator, 918-774-1171

Sooner Hospice, LLC: Matt Ottis, Vol. Coordinator, 405-608-0555

DHS Adult Protective Services

launches photography contest,

‘The Beauty of Frailty’

The Oklahoma Department of Human Services (DHS) Adult Protective Services (APS) has launched a photography contest to raise awareness about the ‘Beauty of Frailty.’ The contest is open to all photographers in Oklahoma over age 14 and entries will be accepted from March 15 to May 1, 2016. Entry form and contest documents – including contest rules – are available at CommunityAPS@okdhs.org.

“The goal of the photography contest is to change the perception of what it means to be frail in Oklahoma,” said Gail Wettstein, DHS APS Director. “We invite all amateur and professional photographers to use their cameras to show us the beauty of frailty. It could be someone in their own family or a colleague or friend whose image evokes a sense of courage, determination, and strength that can be found among some of our most vulnerable citizens.”

There is no fee to enter the contest and entries will be judged by a panel of professional photographers and an artist. First, second, and third prize winners will be recognized at a special event on June 17, 2016 at DC on Film Row in downtown Oklahoma City. Winners will each receive certificates and their work will be used in DHS publications. Honorable Mention winners will have their work displayed in a traveling photography exhibit at various locations across the state.

Sponsors of the contest include DHS Adult Protective Services, Bedford Camera and Video, DC on Film Row, Caeli’s Sweets and Eats, and the DHS Office of Community and Faith Engagement.

Norman Regional

Hospital Board Authority

Announces Interim CEO

The Norman Regional Hospital Board Authority is pleased to announce the appointment of Mr. Richie Splitt, FACHE, to the position of Interim President & CEO, effective March 4, 2016. Splitt, a board certified Fellow of the American College of Healthcare Executives with more than 25 years of healthcare experience, has an extensive background in clinical, operational and service excellence within a multi-facility environment.

Since May 2013, Splitt has served as the Chief Administrative Officer of the HealthPlex Hospital and Norman Regional Moore. He has led the rebuilding efforts of the new Moore facility and established the EMSSTAT ambulance service in the community. Splitt has also been instrumental in the expansion of patient care services on the HealthPlex campus

Authority Board Chair, Tom Clote stated, “Richie will provide the continuity of leadership and organizational stability that Norman Regional staff and physicians require in order to continue providing exceptional care for our communities”. Splitt will provide strategic direction and work collaboratively with leadership, physicians and staff to ensure system initiatives continue, as well as future growth and development opportunities.

Splitt said “I am humbled and honored by the Board’s decision to allow me to serve our patients, staff and physicians. Norman Regional Health System has such great talent and I look forward to continuing our seventy-year legacy of life-saving care.”

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



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

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

Q. Nurses eat their young. True or False? Management eats their young, old and in between. True or False?

A. The profession of nursing is interesting. We are educated and trained to provide nursing interventions and assistance to our patients in an effort to nurture them in their healing process or ease their transition if in hospice care. We are focused on their physical, mental, emotional and spiritual needs. WE NURTURE. WE SUPPORT. WE ENCOURAGE. WE APPRECIATE!!!! Its what we do.

It is also an easy profession to feel unappreciated, scared, resentful and discouraged. Surprisingly these feelings do not arise from our patients ..they are created by management. This is not rocket science people, its really not. How many different ways can you spell respect, kindness, appreciation and concern .genuine concern?

We do not need a sheet of paper in the break room for people to write down ways management can make employees enjoy their jobs more. Nothing has changed in the last century about how to make employees happier on the job. NOTHING!!!! Respect is still respect. Being supported is not about fearing the next bus that goes by.

Nurses eating their young. What can I say about that? It is difficult to "put on a bright, smiling face when you feel unsupported and discounted. We try. We really do. We want to be nurses and feel proud of our profession. We get it, just ask us. The only thing we want to eat is lunch. AND go to the bathroom before we get a UTI.

Management eating everyone. Here's what I can say about that. STOP IT!!!! It's not hard to show kindness, appreciation and respect to people for what they are trying hard to accomplish.

I remember reading a study about how to have happier, more productive employees. Surprisingly or maybe not so surprisingly, making more money was number two. Number one was APPRECIATION FROM MANAGEMENT!! Employees who felt appreciated were producers. The turnover rate was lower. There were less employees calling in sick. There was a healthy energy.

Managers I challenge you. Try to do our job. Put on your scrubs and tennis shoes (make sure you are in dress code compliance) and work beside us. You just might be surprised how impossible it is to do everything you ask of us and still have a great attitude.

MetroCare Hospital Day connects career programs and community partners

Eight years ago, the Health Careers Center (HCC) started a project-based learning experiment called MetroCare Hospital Day that has since evolved into a multifaceted success involving several career programs and community partners.

For many years, HCC students practiced classroom curriculum by setting up a mock hospital and "treating" fellow students and staff members who had simulated injuries. But last year, HCC Lab Simulation Coordinator and MetroCare organizer Josie Scott wanted to take the project to another level.

"Last year we decided to add a mass casualty component that could include more career programs and outside partners. This made the project even more engaging for students," Josie said.

The scenario was a bus crash full of students from one of Metro Tech's sending high schools. Since these students weren't yet enrolled at Metro Tech, this also served as a unique recruitment tool. Whereas in years past "victims" simply walked into the mock emergency room, last year Paramedic Program students from OSU-OKC transported patients by ambulance.

In 2016, the scenario was a school shooting, which allowed participation from even more Metro Tech career programs and community partners. This scenario was also used as a high-level drill for the Metro Tech Incident Command Team, which is comprised of employees trained to handle crisis situations at the district level.

First responders to the emergency call of a school

shooting were the Oklahoma City Fire Department and the Shawnee County and City Police Departments who were assisted by the Metro Tech Law Enforcement Services students. Students observed building clearance and crowd control as they learn in their classroom curriculum.

The victims wore tags identifying their injuries and were transported to the mock hospital at HCC by OSU-OKC Paramedic Program students. Victims were then admitted and treated according to severity of injuries by students from Information Technology Center (ITC) Medical Office Program; HCC Health Careers Certification Program, Practical Nursing Program, Medical Assisting Program, Surgical Technology Program, Advanced Unlicensed Assistant Program and Radiologic Technology Program. MetroCare Hospital Day was filmed by South Bryant Campus (SBC) Video Design Program students who also interviewed victims, medical personnel and event organizers.

Josie plans to continue expanding MetroCare Hospital Day each year.

"Students tell us it helps them connect theory and practice. It helps them think outside the box and work on skills in a chaotic situation. These are skills we can't teach them in a classroom alone," she said.



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NURSE + TALK

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

What's one of the strangest things a patient has ever said to you. St. Anthony Healthplex Mustang

Is your ER open today?



Cheriti Sellers, RN

What's this thing hanging out of me?



Dean Bond, RN

Each week we visit with health care professionals throughout the Metro



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P.O. Box 239
Mustang, Ok. 73064

Is this going to hurt?



Lisa Smith, RN

So you're the vampire of the day?



Tosha Smith, lab

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A friend told me that I was delusional. I almost fell off my unicorn.

Spider web
(noun)
A thing you walk into which suddenly turns you into a karate master

I've owned about 6000 bobby pins in my life. How many do i have left?
Four. I have four left.

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