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Ryan Dunphy, RN, accepts challenges by turning them into success as MDS coordinator for Willow Creek Nursing Home and rehabilitation center in Guthrie.

by James Coburn
Staff Writer

Ryan Dunphy is a registered nurse with quite a bit of flexibility.
“I can’t say I’m attracted to any certain field other than the career field of nursing

itself,” said Dunphy, RN, MDS coordinator, Willow Creek Nursing Home in Guthrie. “It covers so many spans. To me patient care is patient care. I think a nurse should be able to take care of a newborn baby, a pregnant

woman, someone with mental health issues, someone that’s elderly, some one that’s middle age, teenagers. I think it’s all the same and you should approach it with confidence.”

Dunphy conducts assessments of patient care that he submits to the federal government in order to comply with regulations for Medicare and Medicaid. Care plans are sent on a quarterly basis detailing when a resident has a change in status. Any changes among

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In 1923, Mr. and Mrs. Nick Reding lost their 16-month-old daughter Rosemary to a sudden illness. A recent rainfall made the Canadian River impassable by horse and buggy. The nearest doctor couldn’t get to the home in time to save the small child. The family vowed then and there, that someday there would be a hospital built in south Oklahoma City so that another family would never have to experience their pain.

Keeping true to their promise, the Reding family deeded ten acres of land to the then Capitol Hill Chamber of Commerce in 1962. There was one stipulation: the land had to be used for the construction of a hospital. “My dad talked about Rosemary a lot. This was something to us, it was part of us,” says Lillian Sparagowski, Reding’s daughter. “It makes me proud to see it, all he accomplished in his lifetime. A lot of time I hear it spoken of as Papa’s hospital, that’s Papa’s hospital.”

Development of South Community Hospital began in 1963. “United We Stand” was the slogan selected for the community fund-raising campaign. The goal was \$500,000. Volunteers hit the streets collecting money. “We started around the neighborhood. My husband went with me and knocked on doors and I was amazed by the people who were willing to give \$100,” remembers Loraine Hudson. “I would just ask for a donation and they gave \$100, which shocked me to death because \$100 was a lot of money at that time.”

The groundbreaking for the new hospital took place on April 2, 1964. The grand opening was on Nov. 1, 1965. Dan Tipton was the chief executive officer from 1963 to 1995. “There was a lot of pride in the hospital on the south side and, at the open house, people were lined up out the door to 44th street. It was a lot of people.” Tipton adds, “We filled the beds immediately. The first two or three years we had an occupancy rate of 110 percent. You say, how did you have 110 percent; well, we put them in the halls.”

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INTEGRIS

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South Community Hospital started small. It was three stories tall with a staff of 130 people and 73 patient beds. The hospital grew quickly. By 1969, it had more than doubled in size with 200 beds and 450 employees. By the early '80s, the hospital was a towering ten stories high with a capacity of 400 beds.

Millions of dollars worth of improvements brought more doctors and major milestones. The Central Oklahoma Cancer Center opened in 1988. It was the first complete outpatient cancer facility in central Oklahoma. Recognized as a national leader in sleep research, the Sleep Disorders Center of Oklahoma also opened in that year. In 1992, South Community Hospital changed its name to Southwest Medical Center. The five-story Medical Plaza building opened in 1993. And in '94, a free-standing Jim Thorpe Rehabilitation facility was finally realized, filling a void in the continuity of care. Jim Thorpe has since grown to include more than 150 rehab beds at the south and north campuses combined. It attracts patients from around the state and across the nation.

It was in 1995 that Southwest Medical Center officially joined the INTEGRIS Health system. With system support, the hospital continued to flourish, bringing much-needed amenities and expertise to the state. Its emergency room became the biggest and busiest, training many of the ER physicians in Oklahoma today.

In 2006, the INTEGRIS Neuromuscular Center became just the 36th center in the country to be certified by the Muscular Dystrophy Association to treat patients with ALS, more commonly known as Lou Gehrig's disease. It is the only center in Oklahoma dedicated to serving the needs of these patients and families. The INTEGRIS James R. Daniel Stroke Center was established to respond to the escalating number of strokes in our state. It became Joint Commission

certified in 2007 and continues to receive honors and awards for its commitment to improving stroke care.

The dream that began so long ago, has far surpassed all expectations. It now represents a legacy of success to be proud of, for generations to come. "This past fiscal year alone we saw 82,000 people in ER, we performed more than 6,000 surgeries, and we delivered 1300 babies at INTEGRIS Southwest Medical Center," says current hospital president James Moore. "When you think about what INTEGRIS Southwest means to this community, it literally serves as an icon in south Oklahoma City, it literally serves as an economic engine. To INTEGRIS Southwest Medical Center, Happy Birthday, and I wish you many more years of serving south Oklahoma City."

Jamison Recognized with Nursing Excellence Award



Michele Jamison, RN is recognized with the Excellence Nursing Award

St. Anthony is pleased to announce that Michele Jamison, RN has been recognized with the 2015 Excellence in Nursing Award. The award recipient is chosen by the St. Anthony medical staff for dedication to providing quality patient care and for adhering to the mission, vision and values of St. Anthony Hospital.

Nurses follow a code of ethics which requires them to promote health, to prevent illness, to restore health and to alleviate suffering. Inherent in nursing is respect for human rights, including cultural rights, the right to life and choice, to dignity and to be treated with respect. Nurses render care to the individual, the family and the community. Jamison serves as nurse manager in the St. Anthony Post-Anesthesia Care Unit, and has been with the hospital for 37 years.

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DUNPHY

Continued from Page 1

the residents' care plans must be documented efficiently, said Dunphy, who has been a registered nurse for three years since graduating from Rose State College. He has been with Willow Creek since February of this year.

He previously worked at St. Anthony in Shawnee as well as Deaconess Hospital in Oklahoma City where he worked in the emergency departments.

Dunphy said he had a good vibe with the management of Willow Creek when he applied to work there. He thought it would be a good change of pace for him to move from Oklahoma City to Guthrie.

"So far it's been wonderful with the people that I've met here," he said. "Our administrator is a great gal to work for. But to me, it doesn't really matter what I'm doing as far as nursing is concerned."

Willow Creek is owned by the Chappell family, who also owns other nursing homes and assisted living centers as well as an apartment complex that their employees often choose for their residences.

"They make it really easy," he

said of his plan to move to Guthrie. "I'm kind of a part time dad."

Dunphy had just started a family around 2008 when the economy crashed. He thought it was a good time to find a more stable career. He was married with a 4-year-old child.

"I was working with a friend, and I watched his company dissolve right before my eyes," he explained. "We went from 30 employees to all of the sudden, three or four."

He saw the writing on the wall and knew he must do something to provide for his family. Previously in his life, Dunphy had been a medic in the U.S. Air Force at the age of 19. He had always thought about going to nursing school and had worked with nurses.

"I thought I would just give it a try. I enrolled at Rose State and started going to school. And once I enrolled, I went full time straight through for three and a half years," Dunphy said.

He didn't take summers off. Dunphy did part time work and did his internship at Children's Hospital in Oklahoma City.

"Finally I got done and immediately had four job offers," he said. "Right away I could tell it was the right decision. I had no idea how

hard it was going to be. The learning curve of going straight to school and doing ER was pretty humbling. It's amazing what you don't know coming out of school."

At first Dunphy worked as a charge nurse at Willow Creek for about five months. An LPN can also be an MDS nurse, but they cannot sign off on the reports. A registered nurse is required to sign off on the documentation.

He is one of two RNs who act as MDS coordinators. She has one side of the building and Dunphy has the other side. He was familiar with how the nursing home software works as well as patient care.

"They thought I'd be a good fit. It turned out really well," he said.

He admires the level of care the nursing staff shows to the residents. He would tell anybody with concerns about putting a loved one in a nursing home, he would feel confident about having a parent live there.

"If you ever go into a room with Laura our administrator or Ashley, the director of nursing; you will see how they care for these people," he said. "They care about them the way they do their family."

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CAREERS IN NURSING

WORTH REMEMBERING: BONE & JOINT RN LOVES PATIENT CARE

by James Coburn - Writer/Photographer

Dionne Morton had worked for an orthopedic surgeon when she was a CNA and medical assistant.

"I've always loved orthopedics," said Morton, RN, Bone and Joint Hospital at St. Anthony. "Bones and total joints just get better when you operate on them."

She always wants her patients to do better, she said. And, with orthopedics, they do.

Morton became a registered nurse eight years ago after graduating from Oklahoma City Community College. Always an employee of St. Anthony Hospital, she joined St. Anthony in midtown Oklahoma City and came to Bone & Joint about six years ago, where she works as a circulator in the operating room.

At St. Anthony, Morton served as an ICU nurse and refined her skills.

On a typical day, Morton arrives at work before 7 a.m., looks at the surgery board to find out what

surgeon she will be working with that day on a particular case. Then she will go to meet her patients and their family.

Sometimes she will help prepare them for surgery, start their IV, gather their medications and discuss their procedure with them. They learn what to expect when going to the operating room and once they wake up.

"I continue to do that for each and every patient that I have," she said. "I call the family once we've started the procedure in the operating room to let them know how they're doing and how much longer they can expect us to be back there."

She takes them to recovery and is with the patient when they open their eyes. Her patients are always surprised.

"I don't remember going to sleep. Are we already done?," her patients will say.

Morton attends a lot of surgeries including everything from trauma, close reduction for children (setting a fractured bone without surgery), to attending total joint replacements.

"There's not a nurse I work with that's not willing to help," Morton said. "If you get into a really sticky situation, there's always someone I can count on who is going to help. They are very positive. They all love their job and it's a privilege to work with them."

Bone & Joint nurses are able to critically think. They are at the side to help with anesthesia. So if something needs immediate attention, the nurses need to be able to handle what the anesthesiologist orders.

"They need to follow directions and be able to anticipate the surgery needs," she said. "And you need to be able to pick up the pieces if something is not going well, and they've changed procedures and are

doing something different. Then you need to anticipate the next step. You need to be able to listen carefully and give directions as well for the next room."

"You have to be kind of light-hearted and have a good sense of humor. You have to really love orthopedics in order to be able to do it because it can be kind of testy."

Patients will often talk about how they injured themselves, such as walking up some stairs and breaking their ankle. Others injure their knees while skiing. There's always a story with orthopedic patients.

St. Anthony is a Catholic hospital and exceeds in taking care of patients, Morton said. A Catholic hospital or a Christian hospital in general is something Morton has always wanted to work in, she said.

"You can tell there's Christians and there's people that care about you," she said.



Jhett was only 10 months old when he received a heart transplant in November 2007. He was born with a rare heart defect (hypertrophic cardiomyopathy with LVNC). Routine appointments were made to check the progress of Jhett's heart, along with several trips to Houston for the next five years.

Everything seemed to be going great until September 2012 when doctors at Texas Children's Hospital noticed that Jhett's heart rate was alarmingly rapid. The check up turned into an overnight stay which led to two weeks in the hospital. Doctors discovered that he had transplant coronary artery disease and the only cure would be another transplant.

Jhett had just started Kindergarten back home in Oklahoma, so the thought of uprooting him again was somewhat disappointing. Today at age eight and after three years of being re-listed for another heart, Jhett continues to wait in Houston. He is doing remarkably well considering that he is in heart failure. However, he is missing his school, church, friends and family. The road ahead isn't easy but it is possible with constant prayer.

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Dionne Morton, RN, is encouraged by professional culture she works in at Bone & Joint Hospital at St. Anthony.

Morton takes care of herself as well. She has two young boys and a husband who spend a lot of time traveling or going to the park. She likes to spend as much time with her sons as possible.

"So we do fun days at the park or go swimming, just anything fun that I can do with them," Morton said.

Her family will often run to her if they've hurt themselves. She is their at-home practitioner, she said.

"I've gone as far as ask surgeons,

"What is this? or, 'What can I do?'" she said. "They're very helpful all the time."

At day's end, her life comes together and makes sense. Some of that is because she makes a difference to her patients.

"If it's a smile I get at the end of a case or a calming that I can have on them during the procedure," Morton said. "I want to make a difference. I want my patients to be able to remember me."

Nurse Educators Play Pivotal Role in Healthcare

Nursing Dean Shares Ten Best Things About Being a Nurse Educator

by Judy Burckhardt, Ph.D., MAEd, MSN, RN, Professor and Dean

Growing Shortage of Nurse Educators Makes Outlook Bright for Nurses Interested in Careers in Academia

The need for more highly educated nurses and the growing shortage of nurse educators has broadened the career horizon for new nurse educators. The demand offers a high-level of job security and opportunities to advance quickly.

More importantly, nurse educators play a pivotal role in healthcare by strengthening the nursing workforce, serving as role models, and providing the leadership needed to implement evidence-based practice and improve patient outcomes.

Judy Burckhardt, Ph.D., MAEd, MSN, RN, Professor and Dean, Nursing and Healthcare Programs at American Sentinel University says that teaching is an integral part of nursing and that becoming a nurse educator is a natural step for many nurses.

"Whether they choose to work in the classroom or the practice setting, nurse educators prepare and mentor patient care providers and the future leaders of our profession," she says.

Dr. Burckhardt says that many nurse educators typically express a high degree of satisfaction with their work and that mentoring students and watching them gain confidence and skills are some of the most rewarding aspects of their jobs. She shares her 'Best Things About Being a Nurse Educator' for nurses considering nurse education as their career path.

Dr. Burckhardt's Top 10 Best Things About Being a Nurse Educator:

1. The opportunity to educate nurses that will care for my loved ones and me
2. The ability to pass on what I have learned from great nurse educators
3. Hearing from previous students that their daughters/sons have gone into nursing because of their parent's experience in nursing school
4. The chance to make an impact on the future generation of nurses
5. Passing on the "tricks of the trade"



Judy Burckhardt, Ph.D., MAEd, MSN, RN, American Sentinel University.

to do things easier, without breaking protocols

6. Wearing a white lab coat while supervising students in clinical

7. Seeing the difference between how students appeared the first day of nursing school and seeing them function as great professional nurses in the clinical setting

8. Hearing from students that I had a positive effect on their decision to finish nursing school and become nurses

9. Working with a group of individuals that want to make the world a better place

10. Being able to replicate the activities of nurse educators who shaped who I am as a professional nurse

Dr. Burckhardt says other benefits of being a nurse educator include access to cutting-edge knowledge and research, opportunities to collaborate with health professionals, an intellectually stimulating workplace, and a flexible work environment.

She points out that The American Association of Colleges of Nursing

See EDUCATOR Page 8

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Oklahoma's NURSING TIMES

EDUCATOR

Continued from page 5

(AACN) documented that nursing schools nationwide are struggling to find new faculty to accommodate the rising interest in nursing among new students.

"Given the growing shortage of nurse educators, the outlook is bright for nurses interested in careers in

academia," adds Dr. Burckhardt. "At American Sentinel, our Doctor of Nursing Practice (DNP) program with a specialization in educational leadership was designed to provide nurse education leaders with credentials that validate credibility and competence to academic and business leaders. Students will be taught by experienced nurse educators and surrounded by colleagues who share their education-focused goals."

Ribbon Cutting Event Scheduled

Jim Thorpe at INTEGRIS Health Edmond is moving. Still located on the beautiful campus INTEGRIS Health Edmond, the new address is 4509 INTEGRIS Parkway, Suite 100 Edmond, OK 73034. The 6,000 square foot facility will house new equipment including a pool for aquatic therapy.

There will be a ribbon cutting event with the Edmond Chamber of Commerce on Nov. 11 at 4:15 p.m. A grand opening celebration will follow until 6 p.m.

The goal at INTEGRIS Jim Thorpe Outpatient Rehabilitation is to provide patients with a continuum of care so they may regain independence and the skills needed to obtain their optimal level of function.

This is a full service outpatient clinic offering Physical Therapy, Occupational Therapy, and Speech services. The clinic specializes in the treatment of orthopedic and musculoskeletal problems, neurological problems, dysphagia/swallowing problems, and speech and language disorders. The clinic also offers specialty programs for lymphedema, cancer rehab, hand therapy, vestibular disorders, women's services, and wound care.

The multidisciplinary team of specialists includes: Physical Therapists, Occupational Therapists and Speech/Language Pathologists.

Therapy specialization and certification include certification for hand therapy and for lymphedema management, specialized training in spine mobilization, neuromuscular reeducation, prosthetic training and balance disorder therapy.

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Think Halloween is creepy? Your own body is a factory of weird



Oklahoma Medical Research Foundation president Steven Prescott, M.D.

There are plenty of haunted houses, ghost stories and scary movies out there to evoke goosebumps around Halloween. But did you know that some of the day-to-day goings-on in your own body are enough to make your skin crawl?

Kicking off the "creepy but true" list is a sobering thought: you are only 10 percent human.

No, it's not some dystopian future of cyborgs and androids; it's microscopic organisms. Your body is so bacteria-filled that human cells are outnumbered by a whopping 10-to-1 margin.

"We're a minority in our own body," said OMRF President Dr. Stephen Prescott, a physician and medical researcher. "We've known

for a long time that these bacteria exist in us, but the staggering scale of it has only been recognized over the past decade or more."

Even though there are roughly 100 trillion of these tiny visitors inside us, there's no need to be scared. The vast majority of these microorganisms are friends, not foes.

"Most of the bacteria play a role in keeping you healthy, and the more diverse the collection, the healthier you are," said Hal Scofield, M.D., a member of OMRF's Arthritis and Clinical Immunology Research Program. "They might sound like something you don't want inside

See WEIRD next page

WEIRD

Continued from Page 8

you, but without them, you wouldn't be around."

The next entry might have you reaching for a Swiffer. Humans shed 600,000 skin particles per hour on average, or roughly 105 pounds of dead skin by the time they reach age 70.

"It's said that every 10 years your mattress doubles in weight. I don't know if that's true, but it definitely gets heavier, and those extra pounds are likely skin cells. In fact, almost all dust in your house is human skin," said Scofield.

Gross? Yes. But necessary. The body requires the protection these skin, or epithelial, cells provide. They're constantly exposed to the elements, and because they cover so much space, sloughing them off a bit at a time is the only way they can regenerate while still serving as a safeguard for everything inside of us.

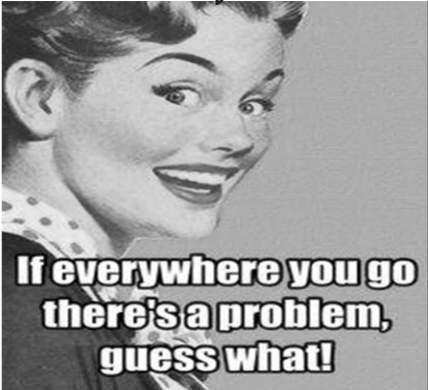
Last of all, have you ever wondered how far blood actually can spurt from your body? All the old slasher flicks seem to paint a pretty gory picture, with blood spraying forcefully across a room when a villain does his evil deeds. But is that just shock value for the sake of horror?

"Hollywood isn't too far off when it comes to gore potential," said Scofield. "Your blood circulates through your entire body in just about a minute, and the heart itself is powerful enough to shoot blood as far as 30 feet."

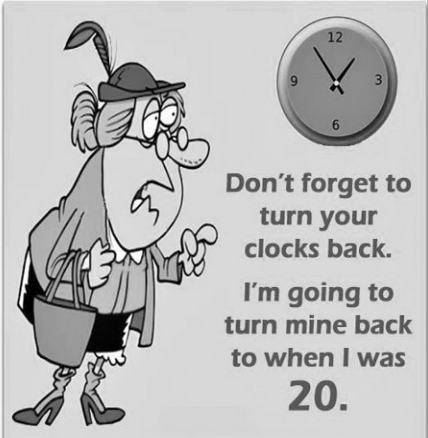
So, reality could trump Hollywood, given the right circumstances, because there's no shortage of peculiar processes at work in your own body.

"If you're in the mood to get grossed out this Halloween, you need not look much further than a few medical textbooks or journals. Or just look in the mirror and think about what's going on inside you," said Prescott. "That can be pretty scary in itself."

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Auto-correct has got to be my worst enema.



Oklahoma's Nursing Times Hospice Directory

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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

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

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

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

Palliative Hospice:
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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

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*

Q. I don't understand why there has to be so much stress with day to day living. Its everywhere; work, finances, relationships, raising children, health care, and the list goes on an on. I need some idea where and what to cut out. I know this is killing me and for what?

A. Great question!!!

Another way to restate this question, "How do I find peace in the midst of so much craziness?"

If you really want to get serious about this issue, lets start with a life inventory. This yields so much information if you sit down and write this out as if you were drawing out plans for a new home. These can be the plans for your new life.

1. Job - Do you plan to continue working at this job? Does it overall met your financial needs for the amount of hours that are required? Does your stress level average around 5? Do you cry on the way to work? Do you hate your boss? **2. Finances** - Do you have a written budget? Do you know approximately how much money you make and how much you spend? Do you save or contribute to a 401K or 403B? Do you spend most of your time working to make this amount of money and have little left to spend on fun things? **3. Relationship** - If you are married or in a serious relationship is it working? If it isn't, what are you doing about it? Do you look forward to coming home to share time with your partner or do you dread going home? Does your partner bring you relief from a long day with a shared intimacy that makes your stress lower? **4. Children** - How do you parent? Do you and your partner parent equally? If you are a single parent how do you balance all that is needed to complete each day? Is there time for dinner with your children? Do they help you prepare the meal? Does your ex also get involved with raising the children? How do you cope when your parenting stress meter is going off? **5. Stuff** - What do you do when you realize that you have too much stuff? Have you ever stood in a room and said, "Oh my gosh, how did we get all this stuff and do we need it?" What about living more as a minimalist? Can we be as happy with less stuff. If we are making payments on things we really don't need, then get rid of it. **6. Technology** - Is technology robbing you of valuable time that you could be doing something of greater value? We can waste lots of time looking at Facebook. What about less time on Facebook and more time reading, playing with the dogs, spending time with a friend. Or spending time with ourselves. Anyone been doing much of that?

The point to this inventory is this: We can rewrite our life script, anytime we want to. We do not have to get sucked up in the craziness of life. We can take a deep breath and move to something else. We really can!!!!!! So stop killing yourself for a script someone else or even worse, "society's script" for you. See what you can create.

The Fountains at Canterbury Raises More Than \$10,000 for Alzheimer's Association

To cap-off a year of fundraising, The Fountains at Canterbury raised more than \$10,000 for the 2015 Walk to End Alzheimer's charity event hosted by the Alzheimer's Association, ranking them in the top five teams for this year's honor roll.

Residents at The Fountains at Canterbury hold numerous fundraising activities throughout the year to support the Alzheimer's Association including bake sales, garage sales, a homemade tie-dye T-shirt sale, a walk and more.

"The Fountains at Canterbury and our residents are very passionate about promoting awareness for Alzheimer's research and care," said Scott Steinmetz, executive director at The Fountains at Canterbury. "As the sixth leading cause of death in

the United States, it's a disease that deserves more attention."

According to the Alzheimer's Association, every 67 seconds a person in the United States develops Alzheimer's Disease and more than five million people are living with it today. By 2050, these numbers could nearly triple, from five million to more than 13 million.

The Fountains at Canterbury is dedicated to being the first choice in senior living, providing a continuum of care including independent living, assisted living, memory care, innovative rehabilitation therapies and skilled care. The Fountains at Canterbury is committed to creating an extraordinary community where people thrive. To learn more, please call (405) 381-8165 or go online to www.watermarkcommunities.com.

\$250,000 HAMM PRIZE IN DIABETES AWARDED

Imagine how different the lives of the one in three Oklahomans who have diabetes or prediabetes would be if this disease were cured, and the billions of dollars in annual health care costs saved.

Advancing progress toward that cure was the impetus for establishing the \$250,000 Harold Hamm International Prize for Biomedical Research in Diabetes, the largest of its kind in the world, awarded by Harold Hamm Diabetes Center at the University of Oklahoma.

The Hamm Prize recognizes and encourages lasting advances in the field of diabetes research. It is awarded to an individual who has either demonstrated lifelong contributions to the field or realized a singular advance, especially in leading toward a cure.

The 2015 recipient, Dr. C. Ronald Kahn, has done both. One of the greatest medical researchers of this generation, he has devoted his career to exploring the mechanisms of insulin's interactions in the body. His findings are basic to the understanding of diabetes and have informed virtually every new treatment for diabetes developed over the last 50 years.

Kahn is a world recognized expert

in diabetes and obesity research as well as a preeminent investigator in the area of insulin signal transduction and mechanisms of altered signaling in diabetes and metabolic disease. His work continues to inspire still more groundbreaking research across the globe that moves the world of medicine ever closer to a cure.

"My hope in awarding this unprecedented international research prize is that we would ignite worldwide scientific interest and innovation to find a cure for diabetes in this generation," said Harold Hamm, chairman and CEO of Continental Resources, Inc., who provided the endowment to establish the prize, following his generous lead gift in 2007 for the establishment of the Harold Hamm Diabetes Center.

Hamm's endowment of the prize provides for its awarding in the future in perpetuity. This endowment represents a unique private/public partnership of using philanthropic dollars as a catalyst for desperately needed medical advances, which is especially beneficial in the current environment marked by declining federal funding for medical research.

See PRIZE next page



NURSE + TALK

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

What encourages you about your nursing career at Mercy Hospital Logan County?

"The family atmosphere that we have here. We all pretty much know everybody and know each other and it's like working with family.."



Kay Dawn Tarrant, RN

"These patients are patients from my community. I think it's an honor to be able to serve my community."



Karen Judd, RN

Each week we visit with health care professionals throughout the Metro



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P.O. Box 239
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"I love taking care of my patients. I enjoy taking care of them and making a difference in their life I think our manager really encourages us."



Shilena Lyon, RN

"A lot of places where you work as a nurses assistant, people call you just an assistant. Everyone here, if you use that vocabulary, they tell you you are not just a nursing assistant."



Alma Ruiz, CNA, CMA, ACMA

PRIZE

Continued from Page 10

"I am grateful to Harold Hamm for establishing this important prize and for the leadership and tenacity he has demonstrated by taking action to address the diabetes health crisis," said OU President David L. Boren. "The CDC has said that at current rates, one in three people in America will develop type 2 diabetes. This prize is another example of the forward momentum of the Harold Hamm Diabetes Center's efforts to slow growing statistics like these. Dr. Kahn's contributions to understanding insulin and its role in diabetes has affected how virtually all researchers approach the disease."

Kahn's contributions to the treatment of diabetes specifically impact Oklahoma, where two in three are obese or overweight, and thus at severe risk for developing type 2 diabetes, and where half of those who already have type 2 diabetes remain undiagnosed. The disease costs the state of Oklahoma more than \$4.3 billion per year. In just 10 years, that number is expected to climb to \$6.3 billion per year.

Kahn was selected by a jury of international leaders in the field of

diabetes during deliberations held at Harold Hamm Diabetes Center in Oklahoma. The selection jury was tasked with selecting the recipient who has had, and will continue to have, a lasting impact on the field of diabetes, with special emphasis on progress toward a cure.

"Dr. Kahn is one of the most accomplished medical researchers of our generation. His work in insulin signaling and insulin action laid the foundation on which thousands of researchers build their work today," said Dr. Kenneth Copeland, chairman of the Selection Jury and pediatric endocrinologist at Harold Hamm Diabetes Center. "Certainly, one day we hope to have a real cure for diabetes, and that cure will no doubt be as a result of the foundation Dr. Kahn's research has laid."

The Hamm Prize will be conferred upon Kahn in Oklahoma City by Hamm and Boren at the Connect+Cure Gala benefitting Harold Hamm Diabetes Center. The celebration event will emceed by national NBC News anchor Harry Smith, followed by a special performance by country music star Toby Keith.

To learn more about the Hamm Prize, please visit www.HammPrize.org.

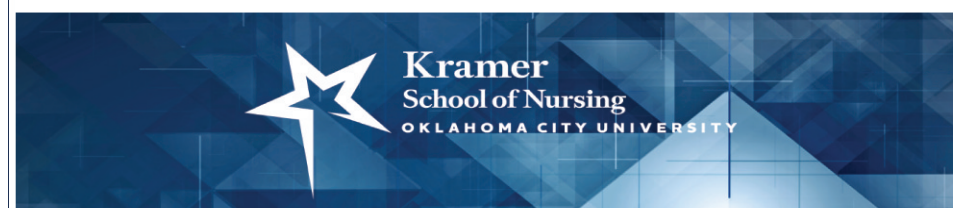
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