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photo by Vickie Jenkins

Labor of Love

Working in Labor and Delivery at Alliance Health Deaconess Hospital is a dream job for Joanna Harlin. She gets to see miracles happen each time a baby is born.

by Vickie Jenkins

It is easy to see why Joanna Harlin, RN, BSN likes her job at Alliance Health Deaconess Hospital. Love is written all over her face as Harlin works in labor and delivery. "I have always had a passion for helping others in time of need and knew that I always wanted to work with babies. I have the perfect

job," Harlin says with a big smile on her face.

Harlin became a nurse in June 2015. Even though she is considered a bit of a new nurse, she was fortunate to get a job working in labor and delivery from the beginning. "I feel so blessed to be given this opportunity. Working with the new moms and their babies is wonderful. I love the fact that I am a part of

their new little miracle," she says.

When asked what advice she would give to someone entering the medical field, Harlin replies, "I would definitely tell them to find an area that they are passionate about. It won't always be easy and they will need plenty of energy. They will get tired but it will all be worth it in the end," Harlin says with

a confident tone about her. "My favorite thing about my job is the fact that I get to welcome new life into this world. There is nothing like seeing a baby being born and seeing the excitement of the

Being There

Mission trips to Africa give new meaning to being a nurse



Jennifer Gray is planning a trip to Africa during her time off as assistant dean of the College of Natural Health Sciences at Oklahoma Christian University next year.

story and photo by James Coburn

Africa has never seemed too far away to Jennifer Gray. She has carried it in her heart since her travels there began when she was a professor at the University of Texas.

"I have a real heart connection for Africa," said Gray, associate dean of the College of Natural and Health Sciences at Oklahoma Christian University.

"Probably from those days in Cameroon, I've always dreamed of getting to go back," she said. "There's something about nurses that are doing extraordinary work."

They don't even realize they are working in the homeland under very impoverished conditions, she added. The African nurses are committed to their profession and communities and want to help their patients.

"I think really they are inspiring. It makes what we complain about pretty paltry," Gray said.

Gray will return to Africa next year, but this time by funding the trip herself as OC has given her the time off in the summer. What makes the OC program unique

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OKLAHOMA'S NURSING TIMES

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AFRICA

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is the thread of servant leadership, Gray said. Undergraduate students either have an experience of going to Honduras or low income local clinics. These experiences let them see how to share being a Christian nurse with people having few resources.

"We would do several days of workshops and we really got close to these Ugandan nurses," Gray said. "We worked primarily with faculty and what I would call nurse leaders around the capitol city. But we got interested in a rural hospital that was almost in Kenya."

Bududa is a very poor community, Gray said. The hospital had been funded by international grants, but the rest of the village is sad, she said. Bududa had suffered from a landslide between their trips there, making the situation worse in the remote village. One of the nurses had been buried in the landslide when she was assisting a patient in a clinic.

"We talked to the nurses and let them process what had happened," Gray said. We did some things in a group setting. We sat around and about 35 of them told us what they did that day.

"They had never talked about it like that. Thinking about it, I could almost cry now thinking about it."

Gray said the volunteer nurses never go to Africa with an agenda. Instead, they ask, "What can we do for you?" she said. They will ask the African nurses in advance how they may be of service.

"We may get there and they may have changed their mind," Gray said. "So we've all spent late nights working on the next day's workshop. Being flexible, you never know what's going to happen."

So Gray has learned to go with the flow, even as the timing of events can change. Being present is important. Joining the people is appreciated by them, she added.

A lot of international efforts had gone to Bududa thinking they knew exactly what the people needed. But Gray said that type of response is too paternalistic.

"We go in saying, 'We're walking beside you. How can we help you?' And that sets up a different kind of relationship."

Gray has an affinity with the board of the association, the Ugandan Nurses and Midwives Union. Some of the findings by the altruistic group of nurses has been presented to the International Council of Nurses with one of their Ugandan coworkers.

"It certainly makes me grateful for where I was born," Gray said. "For the grace of God, I could have been born in Africa."

Gray grew up in southwest Oklahoma. He came to OC as a student at the time when OC had an affiliation with then-Central State University, now the University of Central Oklahoma.

At the time, OC would pay to have five students in the UCO nursing program. So her nursing degree is from Central State. She then began teaching at Red River at Duncan.

Gray then went to West Africa, where she worked in a mobile clinic for 20 months.

She came home and met her husband while working in admission nursing at OC and oncology before they moved to Duncan. She taught there and moved to St. Louis where she had a baby.

Her career led her to teach at the John Peters Smith School, the county hospital in Fort Worth. It's the sister hospital of Parkland in Dallas.

"That hospital still had a vocation nursing program in the hospital," she said. "I directed and taught in that and started working on my masters at the University of Texas, Arlington. "About the time I finished my masters at UTA, they asked me to come on the faculty. So I came on the faculty there in 1989."

In the meantime, Gray began working on her Ph.D. at Texas Women's University. Her doctorate was in Nursing Science, which she earned in 1997. She went on the tenure track and began a new Ph.D. program and became the associate dean there.

She instilled a masters program and most recently started the graduate program at the University of Texas Arlington before coming to Oklahoma Christian University.

Americans are in an enriched area with an access to education, Gray noted. Too often Americans do not take advantage of their abundant resources she said.

"They are so thirsty. They will come to eight hours of a workshop and then come back and do eight hours the next day," Gray said.

The success of the mission is dependent on building relationships. The nurses do not go to Africa to change a culture, she continued.

"You go in to help them with the best way to advance their profession, advance the health of their patients in the midst of all that," Gray said.

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LOVE

Continued from Page 1

family. Each baby born is a real miracle and I love my job and the opportunity to be a part of a new life," Harlin adds.

"What inspires you to come to work each shift?" I ask. "We have a great staff here. All of the nurses and doctors are great and super helpful. I like working in labor and delivery so I can help the new moms with whatever they might need. The moms always have a lot of questions and it is nice to explain what to do, step-by-step if needed. They are putting a lot of trust in their nurses and I want to be the best I can be. I really feel like God called me to work here and I want to do my best in every situation. He is counting on me."

"Do you have any hobbies," I ask Harlin. "Oh yes, I do," she replied. "I love to work out, ride my bike and am really into CrossFit. I like to do anything outside. I like to spend time with my family."

Asking Harlin what her greatest strength is, she replies, "I am definitely a people pleaser. My main concern is investing my time with

others and pleasing them. I am a great talker and a great listener," she says with a laugh. I asked Harlin to describe herself. "I really don't like talking about myself but I guess I would describe myself as loving people and loving to smile. I like to be around people of all kinds. I have a pure heart when it comes to investing in others. I am number 5 of 10 children so I am right in the middle. It's fun having so many siblings around. My family is very close and we watch out for each other," she adds.

"What is your definition of a nurse?" I asked. "A nurse is compassion. A nurse has to be passionate about their job of taking care of others. It's putting one's feelings in front of your own desires and pushing the point to make someone else happy. It is one of the most rewarding investment anyone can have."

"What words do you live by?" I live by God's word and have always loved the Bible verse, Isaiah 40:31:

But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

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

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CAREERS IN NURSING

CONTINUITY OF CARE: FAMILIAR FACES ARE LIKE FAMILY AT HCR MANOR CARE

by James Coburn - Writer/Photographer

Loyalty shines with Johnna Barnes, LPN nurse supervisor at HCR ManorCare in Midwest City. Barnes is proud to have worked for HCR ManorCare for 15 years. She earned her nursing license in 1977 and has plenty of wisdom and experience gained during those years.

Her career is a challenge, Barnes said. And Barnes is not one to shy away from challenges when it comes to helping other with a deeply rooted concern for the welfare of others.

"I've got a lot of longevity on my hall. I've got a CNA that's been here for 12 years, one that's been here 10 years and the other one has been here a couple of years," she said. "But my staff doesn't change and they really do a remarkable job."

They know how to work together like a well-oiled machine.

She trusts those she works with

due to their kind hearts, she said. The new administrator and the director of nurses are fine people with compassionate hearts, Barnes said.

The love trickles down, she said.

As a nurse, she brings sympathy, understanding and a lot of patience to patient care. A sense of humor works wonders, she added.

Barnes is the first nurse in her family. She became a nurse sort of by accident, she said. Barnes was invited to take a nursing assistant course in Colorado. She did well on the exam and was recruited to work at a small community hospital.

"I was accepted into the nursing program right out of high school," she explained.

She learned a lot by observing the floor nurses at the hospital. What impressed her was their working knowledge and their abilities to make a difference, she said.

Barnes said the nurses at HCR ManorCare pass medications to their patients themselves. This allows them to closely monitor what their patient is taking and their reactions to what they're taking.

"We do treatments. We make rounds with physicians. We've got a pretty busy day," Barnes continued.

Barnes has known some of her residents for many years. Today, that measures five years for the hall she serves.

"But we've had people that I've taken care of here as long as 13 years," she said.

She learns all about their family histories from the stories they share.

"They are wonderful stories," she said. "We've got residents that were in Oklahoma during Dust Bowl days. There are World War II veterans, Desert Storm veterans and some really, truly remarkable people."

Life is celebrated at HCR Manor Care. They recently had a large fall festival full of colorful decorations. The residents play Bingo, make popcorn, watch movies and sporting events.

"There's a lot of church activities that go on," Barnes said. "They play cards, dominoes."

A resident's council brings residents together with an activity director on a monthly basis. The elders voice things they would like to do or see the staff do better, Barnes said.

"They like to voice if they like the diet they're being served," she said. "It's a place where they can voice their opinion on anything and everything."

Being able to meet the challenges of taking care of 24 residents on her floor makes her grateful throughout her shift. Their needs are different as some of the residents live with dementia. Other patients on her



Heath
HEART RECIPIENT

As a senior in high school, Heath was an important part of the Oklahoma City Junior Rowing Crew, but in the fall of that year he started feeling sick and didn't know why. His heart rate would go through the roof when he was practicing on the rowing machine, even when he was standing around after practice. His coach and family knew that this wasn't right, so he went to see the doctor. He was diagnosed with Wolff-Parkinson's-White Syndrome.

In March, after many tests and procedures, Heath was put on the heart transplant list at INTEGRIS

Baptist. At the end of May he received the call that a heart was available for him. After only two weeks in the hospital, he was able to return home.



Heath is now attending OSU and enjoys biking around campus and attending his classes. He is involved in several Christian Ministries in Stillwater. "I'm getting my life back and I am so grateful to my God and my donor," says Heath.

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Johnna Barnes has given 38 years of her life to patient care. She loves a challenge, she said.

floor are there for skilled nursing, she said. People are treated for hypertension and have different kinds of disabilities.

When a new resident arrives, Barnes tries to make them feel welcome and comfortable.

"We introduce ourselves. We talk to them. We allow them to tell us about themselves and check on them several times a day," she said.

They also want to know more about Barnes' life. So they learn that Barnes likes to cook and spend a lot of time with her 14 grandchildren.

"I have daughters that live on

each side of us," she said. "Those grandbabies I see usually on a daily basis. And we have some in Blanchard and some in Newcastle."

Barnes would also feel fine about having a loved one at HCR Manor Care. She had a friend there. Nurses always knock on the door before entering a room.

"I feel like the therapists are top-notch. The nurses are top-notch and she received very good care," Barnes said. "The family didn't have one complaint about the way she was rehabbed."

STATE MEDICAID COSTS FOR PEOPLE LIVING WITH ALZHEIMER'S DISEASE TO INCREASE

New Statistics Released During National Alzheimer's Disease Awareness and National Family Caregivers Month

The Alzheimer's Association's new report, *The Impact of Alzheimer's Disease on Medicaid Costs: A Growing Burden for States*, released today, found that between 2015 and 2025, Medicaid costs for people living with Alzheimer's disease and other dementias will increase in every state in the U.S. and the District of Columbia.



In Oklahoma, Medicaid spending on people with Alzheimer's and other dementias will increase by more than 40 percent over the next 10 years. This year, spending will total \$437 million, increasing to \$613 million in 2025.

"With the quickly rising Medicaid costs for people with Alzheimer's and other dementias, Oklahoma needs to continue to refine The State Plan to Address Alzheimer's Disease in Oklahoma, enhance standards of quality care, as well as attack the disease through research," said Mark Fried, president and CEO of the Alzheimer's Association Oklahoma Chapter.

Seniors with Alzheimer's and other dementias rely on Medicaid, which is funded by state and federal governments, at a rate nearly three times greater than other seniors due to the long duration of the disease, the intense personal care needs and the high cost of long-term care services. According to the Alzheimer's Association's Alzheimer's Disease Facts and Figures report, by the age of 80, 75 percent of people with Alzheimer's and other dementias will be admitted to a nursing home, compared with just four percent of the general population.

Alzheimer's is a triple threat, with soaring prevalence, lack of treatment and enormous costs that no one can afford, but we are here to help. Beyond funding vital research, the Alzheimer's Association offers free resources to guide the over 60,000 Oklahomans living with Alzheimer's and their more than 220,000 unpaid family caregivers, including:

Alzheimer's Association Helpline (1-800-272-3900): This toll-free 24/7 Helpline is the one of its kind; the Helpline is staffed by masters-level counselors and provides information and guidance in more than 170 languages and dialects.

Support Groups: Connect with others going through the same journey and get support through the different stages of Alzheimer's disease.

Education Programs: Attend caregiver education classes and workshops to learn about connecting with and caring for your loved one with Alzheimer's disease.

To find a local list of education programs and support groups, visit alz.org/CRF

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. Visit alz.org or call 800.272.3900.

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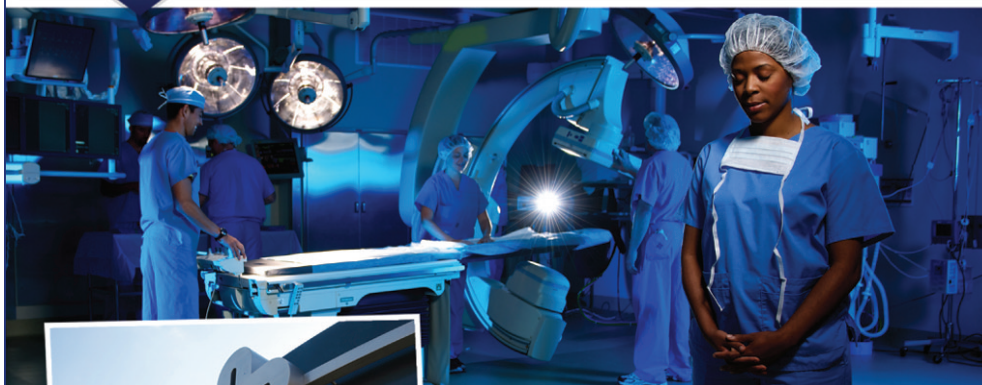
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We are also taking applications for certified HHA's / Aides. We offer a competitive salary and great benefits. Send your resume to fax #918-551-6890. 1515 E 71st St. SUITE 100, Tulsa, OK 74136. EOE

We are accepting 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.

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INTEGRIS Baptist Named in 100 Hospitals & Health Systems

Becker's Hospital Review has published the 2015-16 edition of its "100 Hospitals and Health Systems With Great Heart Programs" list. The INTEGRIS Heart Hospital at INTEGRIS Baptist Medical Center is on the list.

Heart disease is the leading cause of death for men and women in the United States, and nearly half of Americans have at least one risk factor for heart disease. The hospitals and health systems included on this year's list are national leaders when it comes to multiple aspects of cardiovascular care. They have received recognition for clinical excellence for certain procedures, such as heart bypass and valve surgeries, and treatment of heart failure and heart attack patients. Through their comprehensive programs, they also support heart education and disease prevention efforts.

The Becker's Hospital Review selected hospitals for inclusion based on national rankings and awards from several institutions, including U.S. News & World Report rankings for cardiology and heart surgery, U.S. News' Common Care ratings for heart bypass surgery and heart failure, Truven Health Analytics' cardiovascular hospital rankings, CareChex rankings for cardiac care, Blue Distinction Centers for Cardiac Care, star ratings from the Society of Thoracic Surgeons, Healthgrades cardiology awards and Magnet designation.

The INTEGRIS Heart Hospital was named a top 50 hospital for vascular surgery by Healthgrades in 2015. It touts itself as the largest and most comprehensive heart hospital in Oklahoma. With 168 beds, the Magnet-recognized hospital provides a myriad of services, such as heart scan capabilities, cardiac catheterization, open heart surgery and heart transplantation. This year, the hospital became the first hospital in Oklahoma to participate in the Abiomed Mobile Learning Lab program, which trains hospital staff on the Impella heart pump, one of the newest minimally invasive heart technologies. The hospital is designated as a Blue Distinction Center for Cardiac Care, and it was ranked No. 30 in the nation by CareChex for cardiac care in 2015. U.S. News & World Report also recognized the hospital as high-performing for heart failure and heart bypass surgery in its common care ratings.

Becker's Hospital Review has published a version of this list annually since 2010. This is the fourth year it has included 100 organizations. The full list can be read here: <http://bit.ly/GreatHeartPrograms2015>

VALIR HEALTH EARNS WORKHEALTHY HOSPITALS GOLD STAR AWARD



At the OHA WorkHealthy Hospitals Gold Star presentation are, left to right, Eric Finley, tobacco treatment coordinator, OHA; Bill Turner, vice president, human resources, Valir Health; Stacy Smith, CEO, Valir Rehabilitation Hospital; Tom Tucker, CEO, Valir Health; Sydney Tomlinson, WorkHealthy Hospitals coordinator, OHA. WorkHealthy Hospitals is funded by the Oklahoma Tobacco Settlement Endowment Trust (TSET).

Valir Health was recognized by the Oklahoma Hospital Association's WorkHealthy Hospitals initiative for achieving the highest standard of tobacco-free excellence by providing high-quality tobacco treatment services for employees. The Oklahoma Hospital Association (OHA) partners with Prevention Partners in North Carolina through its Work Healthy AmericaSM initiative to assist hospitals in achieving worksite health improvement through the OHA WorkHealthy Hospitals initiative. Hospitals are awarded a Gold Star for this achievement through Prevention Partners.

WorkHealthy Hospitals is funded by the Oklahoma Tobacco Settlement Endowment Trust (TSET).

In order to receive this recognition, Valir Health has a tobacco-free worksite policy and provides to their employees the most effective treatment benefits currently available. Employees are referred for individualized quit coaching through the Oklahoma Tobacco Helpline, provided the most effective cessation medications to ease nicotine withdrawal discomfort (nicotine-replacement therapy and prescription), and offered incentives to encourage them to quit tobacco and improve their health. These strategies are the most effective and evidence-

based components recommended by national health experts including Prevention Partners for comprehensive quit-tobacco systems at worksites.

"OHA is proud to partner with Valir in helping them achieve this goal of receiving the Gold Star," said Joy Leuthard, OHA health improvement initiatives manager. "The commitment of leadership and all staff has set a standard for Oklahoma hospitals to improve their own health and set that example for their community. We look forward to seeing health improvement continue in other areas as well."

Valir Health CEO Tom Tucker stated, "Embedded in the name, Valir Health, there is a dedication to the health and welfare of our employees, patients and visitors. The commitment to a tobacco free environment on this campus is a logical step in that direction"

Prevention Partners collaborates with OHA to engage Valir corporate leaders and staff to enhance and sustain employee wellness efforts. OHA's goal is to provide hospitals with the knowledge and resources to create a healthier employee population and extend that knowledge and health improvement to their communities in order to improve the poor health of all Oklahomans.

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INTEGRIS Medical Group Receives 2015 Press Ganey Pinnacle of Excellence Award

INTEGRIS Medical Group is pleased to announce it has been named a 2015 Pinnacle of Excellence Award® winner by Press Ganey Associates, Inc.

The Press Ganey Pinnacle of Excellence Award recognizes top-performing clients from health care organizations nationwide on the basis of extraordinary achievement and consistently high levels of excellence for three years in Patient Experience.

“We are proud to partner with INTEGRIS Medical Group,” said Patrick T. Ryan, chief executive office of Press Ganey. “This award is a testament of their determination to reduce patient suffering and deliver more patient-centered care. INTEGRIS Medical Group is transforming the industry standard with their continued focus on providing high-quality care in Oklahoma.”

INTEGRIS Medical Group is the governing body which employs more than 300 primary care physicians, obstetricians and gynecologists, orthopedic physicians, general surgeons and numerous other physician specialties, physician assistants and clinical professionals who make up the INTEGRIS network of providers.

The Pinnacle of Excellence Award represents an important recognition from the industry’s leader in measuring, understanding and improving the patient experience.

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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,
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Shawnee: Vol. Coord. Karen Cleveland,
405-214-6442; Norman: Vol. Coord. Lisa
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Julie Myers, Coordinator 405-701-2536

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Bartlesville: 918-333-7700, Claremore;
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Hospice of Green Country:
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918-342-1222, Sapulpa: 918-224-7403

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Frick, Vol. Coordinator, 405-848-8884

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877-274-0333

Hospice of the Cherokee:
918-458-5080

Humanity Hospice:
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405-418-2530

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

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Image HealthCare :
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Christy Coppenbarger, RN, Executive
Director. 405-842-0171

**LifeSpring In-Home Care
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Bereavement Coordinator 405-801-3768

LifeLine Hospice:
April Moon, RN Clinical Coordinator
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McCortney Family Hospice
OKC/Norman metro 405-360-2400
Ada, 580-332-6900 Staci Elder Hensley,
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Mercy Hospice:
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Coordinator, Lawton: (580) 248-1405

Quality Life Hospice:
405 486-1357

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

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

Russell Murray Hospice:
Tambi Urias, Vol. Coordinator,
405-262-3088; Kingfisher 405-375-5015;
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Seasons Hospice:
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Coordinator, 918-745-0222

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

Sojourn Hospice:
Tammy Harvey, Vol. Manager
918-492-8799

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

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

Valir Hospice Care:
Dee Fairchild , Vol. Manager OKC Metro:
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Shawnee/Cushing: 405.258.2333 Toll
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Woodard Regional Hospice
580-254-9275 Cathy Poe, RN Director



Vicki L Mayfield, M.Ed., R.N.,
LMFT Marriage and Family
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*If you would like to send a
question to Vicki, email us at
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Q. How Vulnerable Are You to Stress?

A. The following test was developed by psychologists Lyle Miller and Alma Smith at Boston University Medical Center. Score each item from 1 (almost always) to 5 (never) according to how much of the time each statement applies to you.

1. I eat at least one hot, balanced meal a day.
2. I get seven to eight hours sleep at least four nights a week.
3. I give and receive affection regularly.
4. I have at least one relative within 50 miles on whom I can rely.
5. I exercise to the point of perspiration at least twice a week.
6. I smoke less than half a pack of cigarettes a day.
7. I take fewer than five alcoholic drinks a week.
8. I am the appropriate height for my weight.
9. I have an income adequate to meet basic expenses.
10. I get strength from my spiritual beliefs.
11. I regularly attend club or social activities.
12. I have a network of friends and acquaintances.
13. I have one or more friends to confide in about personal matters.
14. I am in good health (include eyesight, hearing, teeth)
15. I am able to speak openly about my feelings when angry or worried.
16. I have regular conversations with the people I live with about domestic problems, i.e, chores, money and daily living issues.
17. I do something for fun at least once a week.
18. I am able to organize my time effectively.
19. I drink fewer than three cups of coffee (or tea or cola drinks) a day.
20. I take quiet time for myself during the day.

TOTAL _____

To get your score, add up the figures and subtract 20. Any number over 30 indicates a vulnerability to stress. You are seriously vulnerable if your score is between 50 and 75, and extremely vulnerable if it is over 75.

National Nursing Education Accrediting Agencies Endorse Academic Progression to Help Nurses Meet Future Health Care Demands

The Accrediting Commission Education in Nursing (ACEN), the Commission on Collegiate Nursing Education (CCNE), and the National League for Nursing Commission for Nursing Education Accreditation (NLN CNEA) today released a



Robert Wood Johnson Foundation

historic joint statement endorsing academic progression programs in nursing. The statement was developed in cooperation with the Robert Wood Johnson Foundation Academic Progression in Nursing (APIN) program and the Future of Nursing: Campaign for Action.

In the new statement, the three national nursing education accrediting agencies assert that nurses need access to seamless academic progression to ensure that nursing programs prepare nurses to provide quality patient care. The statement cites the Institute of Medicine's landmark report, The Future of Nursing: Leading Change, Advancing Health, which recommends that "nurses achieve higher levels of education and training through an improved education system that promotes seamless academic progression."

"The Robert Wood Johnson Foundation's mission is to build a Culture of Health in our nation and, to do that, we must have a more highly educated, diverse workforce so everyone in America can live a healthier life, supported by a system in which nurses are essential partners in promoting health and providing care," said Susan B. Hassmiller, PhD, RN, FAAN, senior adviser for nursing at RWJF. "Seamless academic progression is crucial to achieving that goal. The encouragement and

support these agencies will provide to institutions that are creating pathways for seamless progression will help make our country healthier."

The statement says, in part:

The national nursing education accrediting agencies encourage nursing programs to pursue partnerships with institutions that establish educational pathways for seamless academic progression. The accrediting agencies collectively affirm a shared commitment to maintaining an open dialogue that will promote quality and innovation in academic progression models. Nursing programs pursuing such partnerships are encouraged to contact their respective accrediting agencies and regulatory bodies to learn more about substantive change notifications and other reporting requirements.

"As an organization with the goals to strengthen educational quality and to ensure equity, access, opportunity, and mobility in nursing education, ACEN strongly supports efforts that promote the ability of nurses to achieve the highest level of education possible and easily transition from one level to the next," said Marsal Stoll, EdD, MSN, chief executive officer at ACEN.

"CCNE recognizes that quality patient care hinges on having a

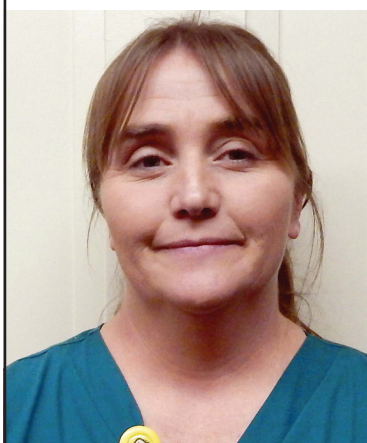


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Danielle Hodges, CMA

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Tiffani Larson, LPN

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"The primary reason would be the residents and relationships with the residents. I'm able to make a difference in their day every day."



Bill Tatum, RN

"Getting to work with the same residents on a daily basis and building that rapport with them and their family members."



Jordan Williams, RN

ENDORSE

Continued from Page 10

well-educated nursing workforce," said Jennifer Butlin, EdD, executive director of CCNE. "We applaud the collaborative work underway at many institutions with nursing education programs to ensure that academic progression is seamless and provides a sufficient bridge from one level of learning to the next. Together we can help nurses take the next step in their formal education, which is in the best interest of the patients we serve."

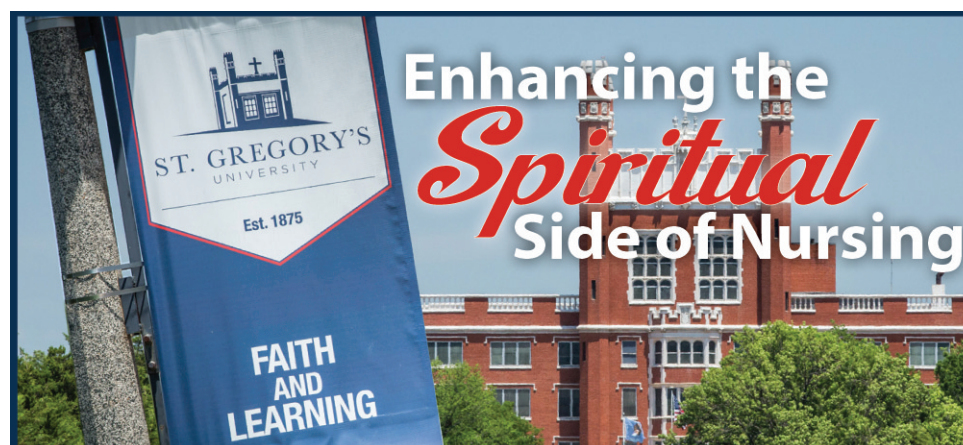
"The NLN Commission for Nursing Education Accreditation is guided by the National League for Nursing's core values: caring, diversity, integrity, and excellence—as applied to the accreditation process," said Judith Halstead, PhD, RN, FAAN, ANEF, executive director of NLN CNEA. "We are excited to

be working in tandem with the other nursing education accrediting organizations to support quality and innovation in models of academic progression that prepare nurses to be leaders in health care."

This is the first time the three accrediting bodies have collaborated on a statement addressing nursing education.

APIN is advancing state and regional strategies aimed at creating a more highly educated, diverse nursing workforce. A joint initiative of AARP and RWJF, the Campaign for Action is working to implement the Institute of Medicine's (IOM) evidence-based recommendations on the future of nursing. It provides a vehicle for nurses and nurse champions to lead change that will support healthy communities through collaboration with health care, business, consumer, and other stakeholders.

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www.stgregorys.edu

One night, she found the courage to leave.

With backpacks, she and her kids took off on foot. From a friend's home, she called a **partner agency's** domestic violence shelter and their lives began to turn around. Then another **partner agency's** school for homeless kids added to their recovery story.



**We stand behind lives in crisis
and behind the *promise* that
across Central Oklahoma,
desperate need will be met**

StandUnitedOKC.com

