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Showering others with love and compassion seems to come natural to Kristal Vasquez, RN, Community Educator Liaison with Valir Hospice.

by Vickie Jenkins, Staff Writer

Valir Hospice Care is a family of dedicated professionals who care for terminally ill patients, providing them and their families with physical, psychological, social and spiritual Using individualized pain and support. symptom management plans, hospice team works to enhance the patient's quality of life.

Meet Kristal Vasquez, RN, Community Educator Liaison with Valir Hospice. Kristal grew up in the Midwest City and Moore areas of Oklahoma. "I was blessed to spend my summers in Las Vegas with my father," she said. "I went to nursing school at Moore Norman technology, where I received my LPN education, then Rose State for an associate in nursing science and OCU for my bachelor's in nursing science. I am currently enrolled in Maryville University pursuing my masters in adults/geriatric primary care," she stated.

Kristal has been a nurse for 16 years. The first job that she had as a nurse was Dialysis. "When I was little, I wanted to be a wife and a mother and a barber. Actually, after high school, I cut hair for 6 years while I was thinking about going to nursing school," she said with a laugh. "I don't know why it took me so long," she added.

"I have worked for Valir for 3 years now and I have to say, I love my job! I love the interaction and relationship with the patient and their loved one. I have been blessed to

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First Tribally-Affiliated College of Medicine Established



OSU President Burns Hargis and Bill John Baker, Principal Chief of the Cherokee Nation shake hands.

OSU College of Osteopathic Medicine at Cherokee Nation is an additional location of the OSU College of Osteopathic Medicine

photo and story as published in the Anadisgoi news of the Cherokee Nation

The Cherokee Nation and Oklahoma State University Center for Health Sciences today announced the establishment of the nation's first college of medicine to be located at a tribal health facility in Tahlequah, Oklahoma, set to open in 2020.

The new OSU College of Osteopathic Medicine at the Cherokee Nation will be an additional location of the OSU College of Osteopathic Medicine located in Tulsa, Oklahoma. OSU College of Osteopathic Medicine has received approval from the See COLLEGE Page 2

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COLLEGE **Continued from Page 1**

American Osteopathic Association's Commission on Osteopathic College Accreditation for an additional location in Tahlequah, pending a satisfactory site visit in the spring of 2020.

Current plans call for the enrollment of an inaugural class of 50 students, starting in the fall of 2020 with a total of 200 students when fully operational. The new medical college will be located at the W.W. Hastings Hospital campus, 100 S. Bliss Ave, and will occupy approximately 60,000 square feet. Renovation work to accommodate the new medical college will take place once existing patient services have been relocated to a new outpatient health facility on the same medical campus. The new 469,000----square----foot outpatient health facility is expected to be complete in 2019.

"The establishment of the OSU College of Osteopathic Medicine at the Cherokee Nation is the culmination of years of work and is part of our steadfast commitment to making Cherokee Nation's health care not only the best in Indian country, but the best in the state of Oklahoma," said Bill John Baker, Principal Chief of the Cherokee Nation. "Recruiting primary care physicians to practice within the Cherokee Nation's 14---county jurisdiction remains a constant struggle. We admire and support OSU Center for Health Sciences' efforts to populate rural Oklahoma with doctors from rural Oklahoma. That mission will create healthier families and communities in northeast Oklahoma and improve the lives of Cherokees for the next seven generations."

The creation of the nation's first tribally affiliated medical school falls directly in line with Oklahoma State University's mission as a land grant university," noted OSU President Burns Hargis. "Chief Baker and the Cherokee Nation share a mission with the OSU College of Osteopathic Medicine to provide primary care physicians for rural and medically underserved areas of the state. What better way to achieve those goals than partnering together to bring a new center of medical learning to the Cherokee people?"

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"Chief Baker and the Cherokee Nation understand the severe physician shortage crisis in rural Oklahoma and share our vision of populating rural and tribal areas of our state with OSU----trained primary care physicians," said Kayse Shrum, D.O., OSU----CHS president and OSU College of Osteopathic Medicine dean. "Our partnership with the Cherokee Nation has deepened over the past 12 years. In 2006, our medical students started completing clinical rotations at W.W. Hastings Hospital. In 2009, we established a family medicine residency program in Tahlequah. We now have the opportunity to take this partnership to the next level through the creation of a new college of medicine. I can't think of a better way to attract and train primary care physicians for rural and underserved Oklahoma than to train them in rural communities such as Tahlequah."

"This new site will give our young people a place to learn and to become doctors while staying close to home," Baker said. "Having medical students hone their skills right here in Tahlequah is a win----win for the Cherokee Nation. Our people will have access to doctors, making northeast Oklahoma a great place to work, to live and to raise a familv."

The Cherokee Nation health system is a closed system, like the VA system, meaning it serves a single population - in this case, Native Americans. That means many patients exclusively utilize the Cherokee Nation health care system from birth to death and can be monitored for their long----term health. This new partnership will also yield groundbreaking research on health issues affecting Native

American populations: data analytics, population health, precision medicine and epigenetics. The list of potential research collaboration is endless. Lives will be made better because of discoveries made possible through this partnership.

Nationally, only 0.2 percent of medical school students are Native American. At OSU----COM that percentage is as high as 16 percent some years.

A large number of OSU----trained physicians are already practicing medicine in northeast Oklahoma because of the success of the OSU residency programs in Tahlequah. Data shows that each physician brings about \$1 million in economic stimulus to a community. The combination of better access to medical care and the economic boost is a huge win for these communities.

OSU Center for Health Sciences has already begun implementing recruiting strategies to identify biomedical and clinical faculty and potential students for the new site. OSU----CHS plans to leverage its long----established relationship with Northeastern State University in Tahlequah to attract students. NSU is already a part of OSU----CHS' 3+1 Program, which allows rural students to gain admission into OSU----COM after their sophomore year of college and start medical school following the completion of their junior year. The process streamlines the combined eight----year undergraduate/medical education into seven years.

Oklahoma suffers from a chronic and worsening physician shortage. OSU Center for Health Sciences estimates the new site will have in total up to 200 medical students in training by the time the first class

graduates in 2024. MUSTANG TAX SERVICE 45 W Armstrong Dr. Ste A, Mustang, 0K 73064 Bookkeeping • Payroll



VALIR Continued from Page 1

meet so many amazing individuals and learn something from each one of them," Kristal commented.

What is your biggest challenge about your job? "The biggest challenge is the fact that it is hard to see the patients go. Sometimes, we get so attached to the patient; it feels like losing a family member. That can be so rough at times," Kristal said.

Asking Kristal what qualities make a good nurse, she replied, "I think a nurse should be caring, compassionate, kind, ethical, knowledgeable and hardworking."

Qualities for a nurse with Hospice. "It's pretty close to the same thing but I would add, honesty, dedication and mentally sound," she replied.

Did anyone have an influence on you becoming a nurse? "Yes, my best friend, Jeany Neely encouraged me to join her in applying for nursing school when all the nursing shortages were all of the media reports. We both applied and we were both accepted and here I am. We lost Jeany in the last big tornado that hit Moore. She was such a dedicated LPN that served her residents well. Of course, I miss her but think of her often."

Kristal's greatest reward about her job is the blessing of being a part of someone's end of life journey. "I have witnessed some amazing things as a patient peacefully passes on. I would like to teach others the importance of being with your loved one at the end of their life. So many of us are so busy in this hectic world that we miss the big picture. I am guilty of that myself with nursing and school," she said.

What advice would you give someone that wanted to become a nurse? "I would tell them that it is a tough job and it is so important to think about self-care and personal needs. As nurses, we often run on empty and we don't even realize it. Take time for yourself so you don't burn out," she said.

On a personal note, Kristal is married; 18 years and going strong! They have 2 children. Their pets include 2 dogs. She likes to spend time with the family, whether it is at the lake or traveling. Her greatest asset at work is her knowledge and skills. I asked Kristal where she saw herself in five years. "I have no idea what God has in store for me but I am excited about the next step. As a practitioner, I am hoping to have full practice authority and have a practice that holistically treats the elderly population. I want to educate patients on natural medical treatment optional."

Summing up Kristal Vasquez, RN, Community Education Liaison with Valir Hospice, the words caring, kind and advocate are very appropriate. Thank you Kristal for being the person you are.



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Our black belt angel. No amount of words can describe the love that Austin gave to our lives. Shortly before he died, we were discussing a friend's little girl that was on the heart transplant list. I asked Austin and his 16-year-old brother if they wanted to be donors. Austin's response was, "I won't be needing them any more, so sure!" That conversation gave us the courage to honor his wishes a few months later. Working out with friends, he collasped with a heart condition we never knew he had. At 12 years old he left this world too soon, but showed us how to live every day to the fullest. After 4 years in karate he had just received his red belt, and after his death his instructor honored him with his black belt. We are so grateful to be able to call him our son. He will always be our "black belt angel." Love, Dad, Mom and Dillon

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call 800-826-LIFE (5433) and ask for a donor registration card.

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PASSION IN NURSING BEING PROUD OF YOURSELF: LEG GEND ASSISTED LIVING by Vickie Jenkins - Writer/Photographer

Legend Assisted Living is located at 11320 N. Council Rd. Oklahoma City, OK. Here, you will find a place designed for those who need assistance with life's daily tasks. Assisted living at Legend offers a personalized approach, caring for your loved one with the utmost professionalism and tender loving care.

With beautiful decor all around, I was greeted by Rebecca Spencer, RN and Health Care Coordinator. Rebecca grew up in Craig Colorado and Alethea, Colorado. She attended Mesa State College. She has been a nurse for 12 years, working at Integris Southwest Medical Center in Oklahoma City, OK and has worked in a long-term care facility. "I am happy to be here at Legend. I love working with the staff and getting to know the residents. We try to stay as positive as we can, making the residents happy," she

said. everyone's day," she added.

What qualities make a good nurse? I ask Rebecca. "I think a nurse would definitely need to have some sort of compassion for others. A nurse needs plenty of patience. Some days, we need a little more patience than other days but whatever the case, they need to know that every day is a new learning opportunity and they need to take advantage of it," she replied.

Rebecca's advice for someone going into the medical field would be to be to make sure that person has a passion for helping others. "Also, I would tell them to keep their focus on their goal, staying strong in their believes."

"My favorite part of my job is working with the residents and the staff. I love to teach so I get to do that with all of them.

"I think it brightens up I love to build the relationships with each one of them, forming a bit of a bond between us, "she commented.

When asking Rebecca if anyone influenced her to become a nurse, she replied, "When I was young, I knew I wanted to be a nurse and I never steered from it. When I lived in Colorado, in a small town, the kids in the church would go visit the elders in the nursing home. We would go every third Sunday. I befriended a lady there and I really enjoyed seeing her each time. She always had a smile for me and called me Becky. After I became a nurse, I went back to the same nursing home to work. It was then, I heard a voice say, there's my Becky! Yes, she remembered me! It was nice seeing her again. "

Even though I have worked in hospitals, I like the long-term care

better. At the beginning, I always thought I wanted to work in the ER, you know, around all of those tall, dark and handsome doctors on the soap operas? After doing my rotation in the ER, I knew that wasn't for me. I realized the long-term care was my fit. It's a slower pace and I have had plenty of experience in geriatrics. Maybe, it's because of the lady that I became friends with back then," she said with a smile.

When Rebecca is not working at Legend, she enjoys spending time with her husband, Nick and their four daughters; Abigail, Morgan, Katelyn and Breelyn, 10, 8, 5 and 3. Rebecca is also a Girl Scout leader for one of her two daughters in Girl Scouts. She loves the outdoors, and enjoys camping and fishing. She also has a dog, Oscar and a cat, Minnie.

OKLAHOMA NURSES ASSOCIATION

See LEGEND Page 5



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OAHCR meets bimonthly. For more info, please contact Shawna Feezor, Healthcare Recruiter at 918-599-5228 | shawnafeez@aol.com



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Oklahoma's Nursing Times



Rebecca Spencer, RN, Health Care Coordinator at Legend Assisted Living stays professional and positive as she cares for the residents.

LEGEND Continued from Page 4

When talking with Rebecca, she had wonderful things to say about two people that helped get her through nursing school. She gives praise to her husband, Nick (who is also a nurse) and saw her through to the end. The other person is her mom, who has worked in a health care setting for over 20 years. Cheerleader, study buddy, best friend, and rock are just a few words to describe her mom.

Asking Rebecca to describe

herself, she replied, "I am a strong willed person and try to find something good in everybody. I am a great listener, trying to really listen to the residents, which is very important for them. I try to see the potential in others, giving encouraging words and trying to make their day a little brighter," she said.

"I live by the words: Be proud of yourself, and don't change for anyone, Rebecca said. "I tell my girls that every day."

Summing up her life in one word, Rebecca said, "Fulfilling."

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Oklahoma Heart Hospital Receives 2018 Press Ganey Awards

Oklahoma Heart Hospital received awards for the sixth consecutive year from Press Ganey Associates, Inc., for high levels of patient satisfaction. Oklahoma Heart Hospital (OHH) is widely known for its commitment to patient care and satisfaction, and these awards further showcase that commitment.

The Guardian of Excellence organizations in patient experience Award® in Patient Experience over a three-year reporting period.

Hospital honors organizations that have ne sixth reached the 95th percentile for ss Ganey patient experience nationwide.

> The Pinnacle of Excellence Award® in Patient Experience is given annually to the top performing organizations that have maintained consistently high levels of excellence in patient experience. This award recognizes the top organizations in patient experience over a three-year reporting period.

INTEGRIS Valve Clinic Reaches Milestone Transcatheter Aortic Valve Replacement Becomes More Widely Accepted

The INTEGRIS Valve Clinic recently performed its 300th successful Transcatheter Aortic Valve Replacement implant since the inception of the program in 2012. This is a significant milestone for the clinic and more importantly – for its patients.



TAVR is a non-surgical method of

replacing an aortic valve that has become severely narrowed, a condition known as "Aortic Stenosis". What makes TAVR so appealing is that the aortic valve can be replaced without undergoing open heart surgery, which up until late 2011 was the only means of aortic valve replacement. This less invasive procedure is ideal for patients considered to be either moderate or high risk for open heart surgery.

Prior to TAVR, if surgery was thought to be too risky for a patient, they would be referred to hospice as the disease would continue to progress, and ultimately the patient would suffer heart failure and/or sudden death due to the disease. But now, thanks to TAVR, severe aortic stenosis is no longer a death sentence.

"More and more physicians are referring patients to our clinic as they see the success our patients have experienced with TAVR," says Ty Beagles, the Valve Clinic Coordinator at INTEGRIS. "The procedure not only gives the patient more years to their life, but it improves the patient's quality of life as well."

As advances in valvular heart disease therapy continue to move forward, and as the medical community witnesses additional TAVR success in patients whom otherwise would not have had any other options, the procedure will increasingly be part of the leading edge therapies available to patients with severe aortic stenosis.

"In fact, many manufacturers are currently performing clinical trials with patients who are considered low risk for open heart surgery to see how they fare with TAVR compared to patients who undergo open heart surgery," adds Beagles. "INTEGRIS is participating in this trial and thus far, the preliminary results are promising, meaning TAVR could potentially be an option for anyone with severe aortic stenosis in the future."

INTEGRIS is also part of an ongoing, nationwide clinical database that is following TAVR implants to continue monitoring and assessing their success.

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November 19, 2018

OMRF researcher honored by American College of Rheumatology

The American College of Rheumatology has selected Oklahoma Research Foundation physician-researcher Joan Merrill, M.D., as a recipient of its 2018 Master designation.

Recognition as an ACR Master is one of the highest honors members can receive and only those who have made outstanding contributions to the field of rheumatology are selected. The ACR selected 21 individuals for the designation this year.

The contributions come through scholarly achievements and service to patients, students and the profession.

Merrill was presented with the award at the college's annual meeting on October 20 in Chicago.

"I went to my first ACR meeting during my rheumatology fellowship in 1987 and I haven't missed a meeting since," she said. "Now more than 30 years later, OMRF's Joan Merrill, M.D., (center), Teresa Aberle (left) and Fredonna Carthen (right). it's an honor to receive this award after a long, long career in this field."

A graduate of Cornell University Medical College, Merrill joined OMRF from the faculty of Columbia University in 2001 to establish a clinical trial laboratory to work on ways to successfully test drugs for lupus.



research cohort of more than for testing innovative therapies 500 lupus patient volunteers, led numerous clinical trials for investigational lupus treatments,

Since then, she's built a and pioneered novel trial designs for lupus and other autoimmune illnesses.

See OMRF page 10



Oklahoma's Nursing Times College Nursing Guide (Abbreviated) - another free service provided by Oklahoma's Nursing Times -

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Central Technology Center www.ctechok.org

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Chisholm Trail Tech. Center www.chisholmtrail.com Ph: 405-729-8324

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- 580-286-7555
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- 9. Talihina Campus Ph: 918-567-2264

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Metro Technology Center www.metrotech.org Oklahoma City Ph: 405-605-4610

Mid-America Technology Center www.matech.org Wayne Ph: 405-449-3391 Ext 265

Mid-Del Lewis Eubanks Technology Center www.mid-del.tec.ok.us Midwest City Ph: 405-739-1713

Moore Norman Technology Center www.mntechnology.com Norman Ph: 405-364-5763 Ext 7349

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Northeastern OK A&M College www.neo.edu Miami Phone: 918-540-6312

Northern Oklahoma College www.noc.edu 1. Tonkawa Campus Phone: 580-628-6679 2. Enid Campus Phone: 580-242-6300 3. Stillwater Campus Phone: 405-372-1480

Oklahoma City Community College www.okc.cc.ok.us Oklahoma City Phone: 405-682-7507

Oklahoma State University www.osuokc.edu Oklahoma City Phone: 405-945-3295

OSU Institute of Technology Okmulgee www.osuit.edu Phone: 918-293-5337

Redlands Community College www.redlandscc.edu El Reno Phone: 405-422-1262

Rogers State University www.rsu.edu 1. Claremore Campus Phone: 918-343-7635 2. Bartlesville Campus Phone: 918-338-8000

Rose State College www.rose.edu 1. Midwest City Campus Phone: 405-733-7546 2. Internet-Based Campus Midwest City Phone: 405-733-7546

Seminole State College www.ssc.cc.ok.us Phone: 405-382-9205

Tulsa Community College www.tulsacc.edu 1. Tulsa Campus Phone: 918-595-7188 2. Owasso Campus Satellite Site Phone: 580-595-7188

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Northwestern OK State Univ. www.nwosu.edu

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4. Ponca City Campus Ph: 580-718-5600 Oklahoma Baptist University

www.okbu.edu Shawnee Ph: 405-878-2081

Oklahoma Christian University www.oc.edu Oklahoma City Ph: 405-425-5000

Oklahoma City University Kramer School of Nursing

www.okcu.edu 1. Oklahoma City Campus Ph: 405-208-5900 2. Duncan Campus Ph: 405-208-5900

Oklahoma Wesleyan University www.okwu.edu Bartlesville Ph: 918-335-6276

Oral Roberts University www.oru.edu Tulsa Ph: 918-495-6198

Rogers State University www.rsu.edu 1. Claremore Campus Phone: 918-343-7635 2. Bartlesville Campus Phone: 918-338-8000

Southern Nazarene University www.snu.edu Bethany Ph: 405-491-6610

Southwestern OK State Univ. www.swosu.edu Weatherford Ph: 580-774-3261

University of Central Oklahoma www.uco.edu Edmond Ph: 405-974-5000

University of Oklahoma www.ouhsc.edu 1. Oklahoma City Campus Ph: 405-271-2428 Tulsa Campus Ph: 918-660-3950 2.

Lawton Campus Ph: 580-591-8094 3.

The University of Tulsa www.cab.utulsa.edu Ph: 918-631-2619

The following programs admit only Registered Nurses to Upper Division Courses and Grant a Baccalaureate Degree in Nursing.

Information on these programs is provided here as a service to the public; however, approval by the Oklahoma Board of Nursing is not required for RN-BSN programs. Please check with the Accreditation Commission for Education in Nursing (ACEN) or the Commission on Collegiate Nursing Education (CCNE) for information on the accreditation status of the programs.

Bacone College www.bacone.edu Muskogee Ph: 918-781-7325

Northeastern State Univ. www.nsuok.edu Muskogee Ph: 918-781-5410

Oklahoma Panhandle State Univ. www.opsu.edu Goodwell Ph: 580-349-2611 Ext 269

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Lupus, a chronic, disabling disease, has proven challenging to understand, said Merrill, resulting in more than \$1 billion lost in failed trials. Only one treatment has been approved for the disease in the past 60 years.

Recently Merrill has been at the forefront of improving the recruitment of minority patients to clinical trials for lupus. She has also has been spearheading a call for transformative changes in trials for new lupus drugs.

"The goal is to have more approvals of effective drugs and to prevent ineffective ones from succeeding," said Merrill. "That would be huge, because our patients need safer and better treatments."

The American College of Rheumatology is a nonprofit organization founded in 1958 to improve the care of patients with rheumatic disease.

AIDS Care Fund Announces World AIDS Day Event and Richard May Award Winner

The Oklahoma AIDS Care Fund (OACF) has selected David Chansolme, M.D. as the recipient of this year's Richard May Award. It will be presented at OACF's inaugural World AIDS Day Luncheon which is being held Thursday, November 29 at Will Rogers Theatre in Oklahoma Citv.

David Chansolme, M.D. is a physician, board certified in internal medicine and infectious diseases. He has been in private practice since 2004 and sees patients in both a hospital and office setting. Dr. Chansolme serves on a number of boards around the metropolitan Oklahoma City area and has held several officer positions at the Oklahoma AIDS Care Fund including role of President from 2014-2016.

"We are deeply honored to present this year's Richard May Award to Dr. Chansolme", said Paula Love, OACF President. "Dr. Chansolme has not only provided treatment and care to many individuals living with HIV or AIDS, he also has tirelessly given his time, leadership and resources to support the work of the Oklahoma AIDS Care Fund and Red Tie Night. We are in a time where specialists like Dr. Chansolme, who do so much more than treat their patients, are needed. Their impact will help us end the epidemic here in Oklahoma."

Each year, OACF presents the Richard May Award in recognition of an individual who gives their time and talents to promote HIV/AIDS



David Chansolme, M.D.

research or services in Oklahoma. The award was established to honor Richard May, a founder of the OACF who passed away in March 2000. The recipients exemplify strength and compassion, never seeking recognition, which was the spirit of Richard May.

Since its inception in 1991, OACF has distributed more than \$12.5 million in funding and resources in the HIV/ AIDS community in Oklahoma over the past 27 years. The mission of OACF is to provide support, education, advocacy, and resources to end the HIV and AIDS epidemic.

To learn more about Oklahoma AIDS Care Fund or to attend the World AIDS Day luncheon, please visit www.okaidscarefund.com.



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 am a health care provider and I am very concerned with all the pharmaceutical drugs being advertised on TV. I worry that people will believe everything they see and hear in the commercial and dump more money into this industry that is failing us in so many ways. These are some of my concerns. ---- Rhonda

A. I don't know how many readers have paid close attention to these frequently run drug commercials. It is crazy to think that drugs are being advertised on TV....really?

It is highly unlikely that any of these drugs will make you sing, dance or ace a game of volleyball but you would never know it if you fell for the message in the commercial. Notice how the speaker enunciates very clearly until he gets to the side affects of the drug. Then suddenly he has a manic episode, his speech is pressured and barely audible. The last thing you think you heard is something about coma and possible death. But with those butterflies and beautiful surroundings who focuses on being in a coma.

So ok, you think one of these drugs might help you. You talk to your doctor, who also thinks this drug might help your symptoms and he writes a prescription. Now the scary part. You pull into the pharmacy parking lot with your prescription in hand. The pharmacy tech takes over while you wait. Your name is called and you are told you owe \$475.00 after insurance has paid their part. Now you have symptoms related to finding out the pharmaceutical industry is raping you.

So what has happened? You watch a commercial for a new drug with people who are smiling big, some are singing, dancing, growing beautiful flowers and don't forget the butterflies and maybe the ocean. These are happy people taking their new drug. Who wouldn't want to smile big and grow beautiful flowers.

So now your hooked. Your doctor writes the prescription. The pharmacist tells you the price. You announce he can keep the drug because there is no way you can pay for it unless you stop eating.

Or another issue.......Maybe your doctor gives you samples of the new drug and you find it does help your symptoms. But when you are told it will cost \$475 after your samples are gone, what is the point.

I was personally given a prescription for a skin cream, with a coupon because the doctor told me it might be expensive. When I went to pick up the prescription the pharmacy tech had a strange look on his face when he told me the small tube of cream was \$1042 after the coupon!!

Be cautious. Pay attention to the side affects listed for these drugs. If you can make behavioral or life changes, try that first. Your health and your money are at risk.

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into a house.

Sonya Bender, Medical Records To travel the world.



Gwyna Reynolds, Health Serv. admin.



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



Shawn Smith, RN, DON



Tammy McKinney, LPN





Annual Percentage Yield (APY) is accurate as of 6/29/2018 and subject to change without notice. \$2,500 minimum deposit balance required. Offer available for a limited time with the deposit of new money. No brokered deposits. Penalty may be imposed for early withdrawal. APY assumes principal and interest remain on deposit for the term of certificate. Inquire with a Personal Banker for more information.

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