



Ashley McMains, RN, BSN and Tesha Loven, RN, ER Director have spearheaded the hospital's efforts toward national stroke certification.

by Bobby Anderson, Staff Writer

In November, months of preparation and hard work will be put to the test at AllianceHealth Midwest.

Surveyors from The Joint Commission were set to arrive on campus to decide whether or not the hospital was deserving of national stroke certification.

The visit would be the culmination of months of planning, protocols and streamlining by Emergency Department Director Tesha Loven and her staff.

Stroke classes for system nurses began in late September. Loven's staff took ownership to educate the inpatient staff.

"We're excited because it's not just about the ER. Now it's about the whole hospital getting on board and having that same goal and mission of taking care of the stroke patient," Loven said.

The stroke program requirements were developed in collaboration with the American Heart Association/American Stroke Association (AHA/ASA).

Applicants for advanced certification must meet the

requirements for Disease-Specific Care Certification plus additional, clinically specific requirements and expectations.

"It's very important to us as a hospital as well as for the community," Loven said. "It's about expanding the services we are providing."

The minutes following signs and symptoms following a stroke are critical. Clot-busting agents can only be administered during the golden hour following a stroke.

"We want to make sure we have that service here and can provide that in our community so they don't have to drive that extra time to another facility," Loven said. "That delays (care) and there's a potential they can't have it."

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Fun for a good cause

Annual faculty lip sync battle helps fill UCO Student Nursing Association coffers



Christina Pickle takes part in the UCO Lip Sync Battle November 2017.

story and photos by Traci Chapman, Staff Writer

While University of Central Oklahoma's Student Nursing Association takes its work seriously, its annual lip sync battle fundraiser is anything but.

"It's always a lot of fun - it's a great way to raise funds, while having a great time and seeing another side to our professors," said Alex Hughes, SNA special events coordinator.

Funds raised go toward the nursing school's senior celebration and pinning ceremony, Hughes said. The \$150 to \$200 raised annually by the event - now in its

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BATTLE

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fourth year – goes a long way toward making sure those special activities go on without a hitch, he said.

"For pinning, we do a special second graduation after the main graduation on campus strictly for the nursing program, where the graduating class is presented awards and receive their pins," he said.

All lip sync battle participants are faculty members, and this year six of them went head-to-head to give it

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University of Central Oklahoma nursing instructors showed their stuff last week during the school's Student Nursing Association annual faculty lip sync battle. above: Angela Willis takes part in the 2017 Lip Sync Battle at UCO.



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their best. Participants this year were professor Dr. Nancy Dentlinger Ed.D RN; instructor Jodi Elderton, MSN, RN; clinical instructor for foundations and maternal-child Christina Pickle; Angela Willis, MS, RN, career advancement coordinator and instructor; assistant professor Dr. Stefani Legrande Ed.D; and instructor Kathy Smith, MSN, RN. Instructors got into the program as much as their audience, which packed the room in which it was held until it was standing room only. Pickle was the big winner of the year – but Hughes said students were always the big winners, because the competition not only cuts the stresses found near the end of each semester, but also gives them a glimpse into the other side of professionals who are helping them fulfill their dreams.

"This is one of our funniest fundraising events we do every year," Hughes said. It is also our last meeting for the year, which means we hand over responsibilities during this meeting from our senior officers to our next group of officers."

Officers and SNA Student Leadership Council member roles are very specific and include a president, president-elect, secretary and treasurer; leadership council roles include class

liaison and special event, fundraising and philanthropies coordinators.

UCO's Student Nursing Association is very active and dedicated to promoting nursing students, official said. It is open for membership to all nursing majors; that membership is required for anyone admitted to the nursing program's upper division.

The group holds monthly meetings on campus, as well as special events like the faculty lip sync contest.

UCO's SNA is affiliated with both the Oklahoma and national Student Nurses' Associations, officials said. The National Student Nurses' Association has more than 45,000 members across all 50 states, as well as the District of Columbia, Guam, Puerto Rico and the U.S. Virgin Islands.

More information about UCO's Student Nursing Association can be found on the university's website at https://sites.uco.edu/cms/nursing/Current_Nursing_Students/student_organizations.asp or by searching for "UCO SNA" on Facebook.

"It's a great organization with a lot of people who care about nursing and who like to work together to make the school, and the nursing program, better for everyone," Hughes said.

ALLIANCE

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"It's basically for the betterment of our community. It's more of a trust-factor for our community."

Loven said ER nurse Ashley McMains, RN, BSN was instrumental in the process.

"Ashley took ownership in the beginning. She identified where we really needed education and she was excited certification was one of our goals," Loven said. "Even before the certification we were already headed in the direction of consistent processes to meet the patient care standards."

"Really, Ashley was the one who put all that into place."

McMains also balanced nurse practitioner school through the whole process. She was able to view the process through advanced practice eyes.

"I think it's very important because stroke symptoms can be very vague," McMains said. "It's taken a lot of education for the staff to think 'could this be related to a neurological thing or could it be musculoskeletal.'"

"There's obvious things I think everybody has thought about but some things like dizziness or numbness of the face I don't think a lot of the

nurses would have gone down that route before us going through this process. It's definitely taken a lot of education."

McMains actually came from a stroke center two years ago.

Joining Loven's team she noticed the focus on possible strokes just wasn't the same.

She voiced that frustration to Loven who challenged her to help bring about change. Pursuing national stroke certification through The Joint Commission began not long after.

"It's exciting because I'm seeing a change in a lot of the doctors and a lot of staff as well," McMains said. "They're seeing the urgency."

For years, AllianceHealth Midwest has been able to administer thrombolytics to stroke patients who meet criteria. Loven views the certification as just further validation AllianceHealth is meeting and exceeding national standards throughout its continuum of care.

"Really, I think going through the certification we are able to provide care a lot better because it requires a lot of education for the staff and there are certain times that have to be met for national benchmarks," McMains said. "When she says we were providing it before we were just not as efficient."

The process required buy-in from all departments.

"The staff are really excited because it's just one more thing that we are able to do for the community," Loven said. "We just got the open-heart program back and that's been exciting for the hospital because you want to go somewhere that you can work that you can always move up."

"We're providing that next step, that next opportunity. Our goal is to get where we are accredited in all the services."

The emphasis on stroke protocols has already made a difference. Loven said before the process the hospital would see one to two thrombolytic interventions per quarter.

"Now we're seeing one to two about every other week," Loven said. "It's because we're identifying it so much quicker. When the patient gets here we're following a consistent process."

"We run every single patient through a Code Stroke if they have a symptom regardless of time of onset. The fact that we're looking for the needle in the haystack we're providing more TPA for the appropriate patients because of the processes and education we've put in place."

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John gave Rob, his high school friend, a life-saving kidney.

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CAREERS IN NURSING

MEMORY CARE A CHALLENGE, BUT HIGHS OUTWEIGH LOWS

by Traci Chapman - staff writer/photographer

Memory care takes a special kind of person – it is difficult and painful to first-hand witness someone's decline. But, it can be the most fulfilling of positions, and for the CNAs at Village on the Park, there's nothing else they would want to do.

Jennifer Mallory

"There's nothing like seeing the residents light up as they tell their stories – who they were, who they loved, what they were like in the past, how hard they worked, their kids," Village on the Park CNA Jennifer Mallory said. "They remember everything about their past, and they tell these inspirational stories that make it so easy to get attached to them; it's amazing how much it means to be able to be there for them when they need it the most."

Mallory wasn't always a CNA, but what she was always willing to do was whatever it took to support her family. For a long time, that was working in fast food, something Mallory excelled at, as she was promoted to management

positions and increased responsibility. While the jobs, however, lacked good pay, Mallory said there was always something else missing – it just wasn't fulfilling.

"I always wanted to be a nurse, but when I had a child I got sidetracked," she said. "I was in a dead-end situation and then I had a great situation come up – I had a really good boss and supportive friends that allowed me to work Monday through Friday and take evening CAN classes."

Those classes led to a change in Mallory's life and in her outlook, as she found meaning in helping others. The new CAN worked in several facilities, even in California, when her sister became ill and she moved there to help her. In 2013, Mallory was ready to come back to Oklahoma, and her preparation before returning paid off.

"It took 20 minutes to find a job when I got back," she said.

Moving to Chandler, Mallory worked full-time while also taking her son to Moore Autism Center; a

Facebook ad was how she became a CAN at Village on the Park – working double weekends, while juggling the travel and other positions. It took perseverance, which paid off. Mallory applied for a day shift when someone left and moved to Moore the weekend before she got the job.

Still, her work ethic remains stronger than many – Mallory still takes double weekends, in addition to her usual memory care work, dispensing medication in the Village's assisted living section.

"I've always had two jobs, and I just love working here," she said. "That makes it worthwhile."

Shannon Coe

Shannon Coe has worked at the Village for more than three years. Living in Altus, the young mother worked in home care and hospice – but she needed more to provide for her family. That's when she heard of Village on the Park and its memory care unit.

"When I started here, I worked

Monday through Friday in Altus and double-weekends (a from 7 a.m. until 11 p.m., 16-hour shift) here," Coe said. "I did that for six months and waited for my daughter to finish school, and then we moved here."

Coe's work ethic and spirit impressed her supervisor, Tammie Bohanon. The Village on the Park's director of resident care said Coe – and her fellow CNAs – had a gift that made them perfect for the facility's memory care unit and its residents.

"It can be really hard to see someone transition, to decline, and we all get very attached to both our residents and their families," Bohanon said. "My staff does much more than physical care – they keep the spirit alive and they provide love and a home for our residents."

That's what Coe said she loves most about the job – the day-to-day interaction with residents and activities staff develops to keep them engaged.

Continued on next page



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Village on the Park memory care CNAs Phyllis Middleton, Shannon Coe, Denise Ahpeatone and Jennifer Mallory face pain and loss in dealing with residents who will not recover, but they have found strength and inspiration in being there for people they say become like family.

On a day last week, Coe led the way with a weekly "Fun with Food" session – making a whipped cherry cream salad that residents would later eat during their afternoon get-together.

"Every day is a new day – what's special is being able to interact with the residents, getting to know them on a personal level," Coe said. "We become family with the residents, and with our coworkers too."

Phyllis Middleton

For Phyllis Middleton, Village on the Park represents a career change – the result of a transition from being a "numbers person" to dealing with what many healthcare professionals consider among the most challenging of situations.

"It can be so stressful and it's sad – it's just really tough to see people decline and to lose patients as they come to the end of their lives, you get acquainted with them, you become close," Middleton said. "But, it's also a wonderful thing because we get very attached because they are so wonderful – our residents have so much history behind them and we get to hear their

life stories and what meant the most to them."

Middleton's path to Village on the Park was unique, perhaps – after working for 14 years as a bookkeeper for former Ziegfield Follies girl, Doris Eaton Travis, the then 52-year-old decided to change to home health care after Travis' death. When the woman she cared for moved to Village on the Park after a few years, Middleton went with her – and fell in love with the facility, its staff and residents.

"After awhile you get tired of numbers," shed said. "This is a wonderful place to be – it's inspirational, and I'm inspired every day."

Denise Ahpeatone

Denise Ahpeatone's heart has always been with elder care. She worked hospice for three years, after serving as a CNA at Integris Southwest Medical Center's geriatric floor.

Her three-year hospice stint taught her a lot, Ahpeatone said, but it was draining – the travel and her particular position of being called out at the very end of a patient's life. She needed a change, and said discovering Village

on the Park gave her a new lease on her career.

"This is the best place I've worked – all of the friendly and loving people," she said. "I just love helping people when they need it, and our residents are so appreciative of what we do for them."

Ahpeatone and Coe are the unit's "planners," their coworkers said. Getting to plan activities and decorating the memory care area is something special to Ahpeatone and a big part of the best of her job, she said.

"We're doing things that keep our residents engaged and active, and that means a lot to them and to us," Ahpeatone said. "I love decorating and bringing the holidays home to the residents because they really love that and it's something special for them."

"There's no doubt this can be very hard because we get so attached to our residents and to their families," she said. "But, it's just so amazing to have them become part of your family and that you can make sure they are loved and cared for no matter what."

INTEGRIS Employees Toss Turkeys to Regional Food Bank

*Donated 865 Turkeys for
Families Living with Hunger
this Holiday Season*

INTEGRIS Health and its employees have once again donated turkeys from their annual Turkey Toss to the Regional Food Bank of Oklahoma. This year, 865 turkeys were donated and distributed to fellow Oklahomans who have inconsistent access to nutritious food.

"We consider ourselves blessed to work for an organization that values our employees and is willing to reward them in this special way," said Bruce Lawrence, president and CEO of INTEGRIS Health. "We were fortunate to partner with the Regional Food Bank of Oklahoma for the eighth year. Donations made to the Regional Food Bank allows INTEGRIS to live our mission by supporting our community through giving to those in need this holiday season."

INTEGRIS Health traditionally hands out turkeys to their employees in November as a way of 'giving thanks' for their hard work and dedication throughout the year. Many employees 'pay it forward' by donating their turkey to the Regional Food Bank.

"Having a meal to share is often out of reach for many of our Oklahoma neighbors," said Katie Fitzgerald, chief executive officer of the Regional Food Bank. "There are too many of our neighbors – people you may even know – who are quietly living with hunger. Thanks to INTEGRIS Health and all of their wonderful employees, hundreds of families will now enjoy a nutritious holiday meal together."

This year alone, INTEGRIS, and its employees, donated 25,850 pounds of food through its Turkey Toss and Gov. Mary Fallin's Feeding Oklahoma Drive. In total, 7,626

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Community Home HEALTH is seeking Full Time LPN, Muskogee area, Home Health. Please apply at 360 S. 33rd St. Muskogee OK

We are seeking a full-time Licensed Practical Nurse. This day time position is Mon-Fri. with one weekend clinic coverage a month from 9am-1pm.

Norman Pediatric Associates is seeking a full-time LPN for our clinic. This day time position is M-F with one weekend clinic coverage a month from 9am-1pm. Nurse would be taking vitals on pediatric patients, performing strep tests, flu tests, infant catheterization, urine dipsticks, administering medication and vaccines, & assisting the provider with procedures. Benefits include: health, dental, vision, and life insurance, short and long term disability insurance, AFLAC, & 401K/profit sharing plan. 808 Wall Street, Norman, OK

204 REGISTERED NURSE

We are seeking a Full-time RN. MacArthur Park Home Health, Shawnee, OK, is seeking a **Full-time Registered Nurse.** Responsibilities include direct patient care, provide treatments, follow plan of care, and work collaboratively with members of the team to meet positive home care outcomes of our patients. Must be currently licensed as an RN in the State. One year nursing exp. in community health/home health/hospice exp., preferred. Salary is commensurate with education and experience. 120 W MacArthur Street, #130, Shawnee, OK 74804



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We are seeking a dedicated RN to work in our Skilled Nursing dept. Inverness Village is seeking a dedicated Registered Nurse (RN) to work in our Skilled Nursing department. As an RN, your responsibilities will include but not limited to providing direct nursing care to residents as well as supervising day-to-day nursing activities. Successful candidates must be dependable, compassionate, have good time management and communication skills and have a desire to work with the elderly. They must also have the flexibility to work various shift times to include: evenings, weekends, holidays and nights. Associates receive free access to our on-campus gym, on-going training opportunities, and a work environment rich in our philosophy of valuing associates. Working at Inverness Village can provide you with rewards that extend far beyond pay and benefits. You can be fulfilled both personally and professionally. 3800 W 71st St, Tulsa, OK 74132

204 REGISTERED NURSE

We are seeking Full-time Pre-Op Registered Nurse with experience at Eye Surgery Center of Tulsa located at 7191 South Yale Avenue, Tulsa, OK 74136. We are a fast paced outpatient surgery center. Great pay and benefits. No nights, wkends, holidays or call.

Part time position for a Registered Nurse at our South Tulsa office location. Must be able to start I.V's. No weekends. Great work environment. Background check and drug testing before hiring. Kelly Medical Building, 6565 South Yale Ave, Tulsa, OK 74136

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Oklahoma's NURSING TIMES

New device stops a cold before it starts

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to kill a virus. Touch it with copper. Researchers at labs and universities agree — copper is "antimicrobial." It kills viruses and bacteria, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Researchers say a tiny electric charge in microbe cells gets short-circuited by the high conductance of copper, destroying the cell in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. So some hospitals switched to copper touch surfaces, like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold went away completely." He asked relatives and friends to try it. They said it worked for them, too, every time. So he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops their colds if used within 3 hours of the first sign. Even up to 2 days, if they still get the cold it is milder and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it sup-

posed to work that fast?"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

People often use CopperZap for



New research: Copper stops colds if used early.

prevention. Karen Gauci, who flies often, used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. She tried CopperZap. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness. One man said, "Best sleep I've had in years."

Copper may even stop flu if used early and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found still alive soon after.

The EPA says the natural color change of copper does not reduce its ability to kill germs.

CopperZap is made in the U.S. of pure copper. It carries a 90-day full money back guarantee and is available for \$49.95 at CopperZap.com or toll-free 1-888-411-6114.

OMRF gives tips for keeping holiday weight gain in check

The holidays can be a tough time for the scale-conscious. But fretting about holiday weight gain is somewhat misguided, according to Oklahoma Medical Research Foundation President Stephen Prescott, M.D.

"There's a saying that goes, 'Don't worry about what you eat between Thanksgiving and New Year's; instead, think more about what you eat from New Year's to Thanksgiving,'" said Prescott, a physician and medical researcher. "There's some truth to that adage, but by exercising a little self-control during the holidays, it can help you carry that habit over into the other months of the year."

Americans gain only 1-2 pounds on average during the holiday season, according to The New England Journal of Medicine. But that's no free pass to splurge on Turkey Day, said Prescott. "The real impact of overeating lies in the long term, and it's a problem that's reaching epidemic levels in the U.S."

According to the Centers for Disease Control and Prevention, more than one-third of all American adults are obese. Oklahoma is among the worst, with 64 percent of all adults classified as "overweight," as are more than 15 percent of all children and adolescents.

"Those numbers don't come from sneaking an extra piece of pie at Grandma's house on Thanksgiving," said Prescott. "While one bad day of eating isn't detrimental to your health, experts say it can trigger a cycle of overeating where your body begins to anticipate a higher food intake next time you sit down at the table."

That's where things can snowball. Research shows that your body can struggle to return to a normal amount of calories after overeating, often resulting in more significant weight gain in the in the cold, inactive months immediately following the holidays.

And even if you don't gain



OMRF President Stephen Prescott, M.D.

substantial weight outside the holiday pound or two, problems can still arise when that weight is never lost and it begins to add up. "Gain two pounds during the holidays every year," he said, "and suddenly you're 20 pounds heavier by your next high school reunion."

And as the pounds pack on, your risk factors for a slew of health issues—cancer, heart disease, high blood pressure, diabetes and stroke—skyrocket. In fact, said Prescott, many health concerns at the top of the obesity list can interact, so getting one can increase your likelihood for developing others.

"Obesity has a wide range of negative effects, and individuals who are in the obese category or who are substantially overweight have the worst health outcomes across the board," he said.

So what should you do? For starters, be realistic.

It's fine to eat your holiday favorites, he said, but be conscious of portion sizes. And, choose which

See GAIN page 9



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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

Choice Home Health & Hospice:
405-879-3470

Comforting Hands Hospice: Bartlesville:
918-331-0003

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

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

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

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

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

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

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

Frontier Hospice: Amber Cerney, 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 Meridian, 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; OKC: Vol. Coord. Tricia
Woodward, 405-579-8565

Heavenly Hospice: Julie Myers, Coordinator
405-701-2536

Hope Hospice: Bartlesville: 918-333-7700,
Claremore: 918-343-0777 Owasso: 918-272-3060

Hospice by Loving Care: Connie McDivitt,
Vol. Coordinator, 405-872-1515

Hospice of Green Country: Tulsa:
918-747-2273, Claremore: 918-342-1222, Sapulpa:
918-224-7403

**INTEGRIS Hospice, Inc. & the INTEGRIS
Hospice House:** Ruth Ann Frick, Vol.
Coordinator, 405-848-8884

Hospice of Owasso, Inc.: Todd A. Robertson,
Dir. of Marketing, 877-274-0333

Humanity Hospice: Sala Caldwell, Vol.
Coordinator 405-418-2530

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

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

Interim Healthcare Hospice: 405-848-3555

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

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

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

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

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

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

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

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

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

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

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

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

Quality Life Hospice: 405 486-1357

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

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

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

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

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

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

TURKEYS

Continued from Page 5

turkeys have been donated to the Regional Food Bank since INTEGRIS Health began the partnership in 2010. The majority of Oklahomans served by the Regional Food Bank are chronically hungry children, seniors living on limited incomes and hardworking families struggling to make ends meet.

It's not too late to make a difference this holiday season. Thanks to a generous matching challenge from APMEX.com, the Cresap Family Foundation and Chesapeake Energy Corporation, every gift we receive through Jan. 15 will be matched, dollar for dollar - up to \$600,000 - for a total impact of \$1.2 million. To make a donation call 405-600-3136 or visit

regionalfoodbank.org/donate.

The Regional Food Bank of Oklahoma is the state's largest hunger-relief organization and a member of Feeding America's network of Food Banks. The nonprofit provides enough food to feed more than 136,000 hungry Oklahomans each week through a network of more than 1,300 schools and charitable feeding programs in 53 central and western Oklahoma counties. Since its inception in 1980, the Regional Food Bank has distributed more than 613 million pounds of food to feed Oklahoma's hungry. For more information, visit:

<http://www.regionalfoodbank.org>;
find us on Facebook at
www.facebook.com/regionalfoodbank or follow us on
Twitter at www.twitter.com/rfbo.

GAIN

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desserts and side dishes you really want, but don't give in to eating huge portions of them all.

"If you love peach cobbler or mashed potatoes, then enjoy what you love, but be responsible with the rest of your food choices," Prescott said. "Control how much you eat this time of year, and you'll set yourself up for success the rest of the year. You'll be battle-tested."

Secondly, be more active. Prescott

says a lot of overeating during the holidays comes from sitting around and snacking. By getting outside, going to the gym or taking a walk, you burn calories and remove temptation simultaneously. Activity also reduces stress and can improve your mood.

"So enjoy that turkey and dressing, and don't despair if you indulge in a little extra dessert," Prescott said, "But keep your eye on the bigger picture. It'll help you stay on track until next the Thanksgiving rolls around."

Special Event: December 1st

LET THE HEALING BEGIN

WHEN CAREGIVING HURTS

This event will be held at the OU Schusterman Center, Learning Library 4502 E. 41st Street, Tulsa, OK 74135 December 1st, 2017 9:00 a.m. to 4:00 p.m. (Check in/registration will start at 7:30 a.m. **Session Topics:** Violence in the workplace, Preventing Injuries at Work, Humor Amongst Healthcare, The Grieving Professional and Drug Use/Abuse Pre-registration \$120 until November 24th, after that date \$150 Lunch & CEU's included Register at www.ohai.org. For more information call 1-888-616-8161.

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

Spirit Awards Presented to OK Hospital Employees

Fifty hospital team members statewide received an Oklahoma Hospital Association (OHA) Spirit of Resilience Award during the 2017 OHA Annual Convention, Nov. 2. The 50 front-line, behind-the-scenes and administrative employees received the award because they demonstrate strength and toughness in the face of great challenges and adversity.

Award recipients were chosen by their hospitals for exemplifying the Spirit of Resilience because they: recover quickly from a set-back or adversity; do not let failure define them, continuing on a path to success;

Award winners are:

AllianceHealth Deaconess, Oklahoma City, **Amy Clymer**, CRT, Director of Cardiopulmonary and Sleep Medicine
AllianceHealth Madill, **Elizabeth Carroll**, LPN, Clinic Manager
AllianceHealth Midwest, Midwest City, **Mark Macklin**, RN, BSN, Cardiovascular Services/Chest Pain Coordinator
AllianceHealth Ponca City, **Susan Adkins**, RN, Charge Nurse
Blackwell Regional Hospital, **Joyce Daniel**, MSN, CEO/CNO
Choctaw Memorial Hospital, **Hugo, Marcia O'Connor**, CEO
Comanche County Memorial Hospital, Lawton, **David Lyon**, Director Radiology
Creek Nation Community Hospital, Okemah, **Elizabeth Wheeler**, LPN, Fast Track
Duncan Regional Hospital, **Amy Toomey**, MS, LMFT, Manager
Hillcrest Hospital Claremore, **Madi Rodriguez**, Patient Experience Coordinator
Hillcrest Hospital Cushing, **Marylin Peck**, Medical Staff Coordinator
Hillcrest Medical Center, Tulsa, **Alisa Trout-Schurr**, MPS, BS, CDM, CFPP, Director of Food and Nutritional Services
INTEGRIS Baptist Medical Center, Oklahoma City, **Michele Diedrich**, RN, BSN, MA, Chief Nursing Officer
INTEGRIS Bass Baptist Health Center, Enid, **Russell Wilson**, Director of Facility Services
INTEGRIS Canadian Valley Hospital, Yukon, **Vicki Cantrell**, MS, RN, CNOR, Clinical Director Perioperative Services/Cath Lab
INTEGRIS Grove Hospital, **Brenda Bronaugh**, CHAA, Revenue Integrity Coordinator
INTEGRIS Health Edmond, **Mitzy**

come back stronger than ever when knocked down; react optimistically when faced with sudden change or an unexpected outcome; or change a negative turn of events into a positive source of healing for their patients.

"We are pleased to honor these special hospital employees who have dedicated time, talent or expertise to improve their organizations and their communities," said Craig W. Jones, president, Oklahoma Hospital Association. "These are the type of team members who, when they see problems, consistently work to solve them."

Bayne Baggott, BSN, RN, Clinical Director
INTEGRIS Miami Hospital, **Carrie Turner**, RN, Clinical Director
INTEGRIS Southwest Medical Center, Oklahoma City, **Kevin Hilburn**, Director of Engineering Services
Jane Phillips Medical Center, Bartlesville, **Dawn Lundwall**, MS, RCEP, Wellness Services Manager
Jane Phillips Nowata Health Center, **Shari Wood**, PharmD, BCPS, Pharmacist
Lawton Indian Hospital, **Jessica Steinert**, PharmD, Pharmacy Clinical Coordinator/Pharmacy Residency Program Director
McAlester Regional Health Center, **Jeanne LeFlore**, Manager
Mercy Hospital Ada, **Ashley Trower**, Manager
Mercy Hospital Ardmore, **Gary Brawley**, Director of Plant Operations
Mercy Hospital Logan County, Guthrie, **Rose Gathers**, LPN, Practice Manager
Mercy Hospital Oklahoma City, **Sue Gibson**, RN, Director, Home Care Operations
Mercy Hospital Tishomingo, **Paul Thomas**, RN
Norman Regional Health System, **Jacquelyn Scott**, RN, Charge Nurse II
Northeastern Health System Sequoyah, Sallisaw, **Sharon Randolph**, RN, Case Manager
Northeastern Health System, Tahlequah, Northeast Oklahoma Cancer Center
Team: **Brent Townsend**, **Robin Sisco**, **Wiley Bottger**, **Kelly Hatley**, and **Kristen Allen**
Okeene Municipal Hospital, **Robyn Acre**, RN
Purcell Municipal Hospital, **Ryan McKay**, LPN
St. Anthony Hospital, Oklahoma City, **Darla Wilson**, RN, BSN, MBA, Director

See SPIRIT next page



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

"I told my husband that I wanted a divorce, I was done, so what does he do..... initiate more communication, vacuum and pick up his clothes. Why didn't he initiate these behaviors before I was done?" - Samantha

The following is the story of Samantha and Dan (of course names have been changed but the story, unfortunately fits countless couples). They came to counseling to discuss the breakdown of their twelve year marriage.

Samantha stated she and Dan had struggled for a long time with broken communication. "I would try to talk to Dan, he didn't appear to be listening, I would talk louder and longer and now he really wasn't listening. We both work full time jobs but I always seemed to have "more to do at home," it was like having two full time jobs.

I realized after so many years of trying to communicate my needs, I was growing farther away from Dan. Maybe that was resentment replacing love. I couldn't imagine this being my forever life. I convinced Dan to go to counseling. It seemed to help a little, Dan would be more connected and helpful for awhile but it did not last.

Dan's turn. "I am not the best communicator, Samantha has expressed her frustration many times with our lack of ability to make positive changes. I probably have taken her for granted. But I really never thought she would divorce me over it. I have been doing the things she has been asking for but it almost seems to make her mad.

She seems so cold and indifferent. I have become more emotional as I realize she wants a divorce. When she said she was done.....she meant it. There are no tears for her. I just really can't believe this is happening.

The sad reality of many marriages is the breakdown of communication. It affects everything, i.e., finances, sex, parenting, etc. Nothing works well if people cannot communicate effectively.

Many females (and males too but really prevalent in women) will exhaust their emotional reserves after realizing their circumstances are never going to change unless they make change happen. They have nothing left. It is like a death.

Try having any meaningful relationship without healthy communication and you can almost predict the outcome.



NURSE + TALK

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

What were your thoughts about the arrest of the Utah nurse Alex Wubbels? 2017 ONA CONVENTION

My initial reaction was it's about time this gets attention. It's time to be seen and not hidden away.



Jane Lowrey, RN

My sister is a police officer so I was concerned with a story about one more bad officer. I was proud of the nurse because she advocated for her patient.



Christine Fisher, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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or mail to
Oklahoma's Nursing Times
P.O. Box 239
Mustang, Ok. 73064

I was appalled. I couldn't believe it when I saw the video. There was a nurse doing exactly what she was supposed to.



Lena Maxwell, RN

I was shocked. I was proud of her for taking a stand. She was a patient advocate.



Susan Fryrear, RN

SPIRIT

Continued from Page 10

of Critical Care Services

St. Anthony Shawnee Hospital, Vicki

Keener, Revenue Integrity Specialist

St. John Broken Arrow, Kacie Roberts,

RN, Registered Nurse III

St. John Owasso, Rebecca Cartwright,

RN, Nursing Manager

St. Mary's Regional Medical Center,

Enid, Chad Gruber, RN, Director

Stillwater Medical Center, Lea Brown,

RN, BSN, Human Resources Clinical

Recruiter

The Children's Center Rehabilitation

Hospital, Bethany, Teresa Adkison,

PTA

The Physicians' Hospital in Anadarko,

Sally Green, Administrative Assistant

Tulsa Spine & Specialty Hospital, Shaula

Cochrane, RN, CNOR, Director of

Surgical Services

Valir Rehabilitation Hospital, Oklahoma

City, Sara Brickey, RN, Care

Coordinator

WW Hastings Indian Hospital,

Tahlequah, Donna Wolfe, Secretary

Wagoner Community Hospital, April

Watkins, LPN, Clinical Informatics

Coordinator

Weatherford Regional Hospital, Amy

Maynard, RHIA, Director Health

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