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photo by Vickie Jenkins

Andrea Jones, RN is the charge nurse of ICU at Saint Anthony's Shawnee Hospital in Shawnee, OK. Her sunny disposition shines through to others.

by Vickie Jenkins

Visiting Saint Anthony's Hospital in Shawnee, Oklahoma, I was impressed with the kindness and greetings I received from the doctors and the nurses. I interviewed Andrea Jones, RN and charge nurse of ICU. What a pleasant individual!

Andrea Jones always

knew that she wanted to be a nurse. "When I was little, my younger brother and I were always playing. Every time he got a scratch or a little bruise, I would run over and take care of his wounds by wrapping him with sticks and toilet paper," she said with a laugh. "He was a sight to see and looking back, I laugh about it now."

"The way I actually became a nurse is a little unusual," Jones says. "It was when my 2-year-old daughter got double pneumonia and she was in the hospital. The nurse that took care of her was really rude and I was thinking to myself, if I were a nurse, I would make sure to be a good nurse and care about the patients and their feelings."

That is what really sparked me to become the best nurse that I could be. That nurse really helped me to decide to be in the medical field. Now, I've been a nurse for nine years."

See JONES Page 3

Hiring for heart Nurse guided by mother standard of care

Denise Geuder, CNO, RN, MS, CNOR, is the vice president of patient care services for Cancer Treatment Centers of America and is chief nursing officer at Southwestern Regional Medical Center in Tulsa.



by Mike Lee, Staff Writer

Sometimes a transition in jobs gives you some time to think about what's important.

Am I happy with what I've been doing?

Would I be happier doing something else?

Denise Geuder, CNO, RN, MS, CNOR, found herself asking those same questions almost 12 years ago.

"It was one of those things where it was a perfect match," says Geuder, now the vice president of patient care services for Cancer Treatment Centers of America and chief nursing officer at Southwestern Regional Medical Center in Tulsa. "The patient focus here was really what drew me to CTCA. I thought it was too good to be true."

More than a decade later, Geuder understands even better.

Since 1988, Cancer Treatment Centers of America (CTCA) has been helping patients win the fight against cancer using advanced technology and a personalized approach.

Cancer Treatment Centers of America is headquartered in Boca Raton, Fla., and is a national network of five hospitals that serves adult patients who are fighting cancer. CTCA offers an integrative approach to care that combines advancements in genomic testing and precision cancer treatment, surgery, radiation, immunotherapy and chemotherapy, with evidence-based complementary therapies that support patients physically and emotionally, enhancing their quality of life while reducing side effects both during

See GEUDER Page 2

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GEUDOR

Continued from Page 1

and after treatment.

Four of the CTCA hospitals have maintained the Centers for Medicare & Medicaid Services' coveted Five-Star Quality Summary Rating based on patient experience, a reflection of the Patient Empowered Care model and Mother Standard at the heart of operations.

Admittedly, Geuder entered her role not fully understanding the difference her nurses were going to be able to make.

"Today we are managing cancer like a chronic disease. I had the misperception in my head that oncology was always terminal disease. It's not these days. There are many cancer diagnosis that are curable and many that we manage."

New data from The 2015 Cancer Experience: A National Study of Patients and Caregivers reveals that overall satisfaction among cancer patients and caregivers with the care they received has improved significantly since the study was first fielded in 2012.

Sixty-two percent of cancer patients say that having a specific individual coordinate their care

is important; however, only 32 percent experienced this type of coordination while undergoing treatment. Among patients who currently have coordinated care, the majority (74 percent) were "completely satisfied," suggesting a direct correlation between the delivery of coordinated care and the overall patient experience.

That's where CTCA excels.

"They're looking to us for hope," Geuder says. "They're looking for a different alternative. Honestly, most of our patients come to us for a second opinion. What they find is a wholly-integrated model where everything is under one roof. We have complementary services ... where we really focus on their quality of life."

A 1979 nursing graduate, Geuder is now in her 36th year of nursing. She landed in Tulsa via New Jersey. From there she went to Oral Roberts University and then earned her Master's through the University of Oklahoma.

She began her career in the operating room, a rarity for a young nurse. That success snowballed into other areas including cardiovascular services, orthopedics, lab, emergency room and into radiology.

Many things have changed around her but Geuder likes that one thing hasn't: nurses go into

nursing to help people.

Cancer Treatment Centers of America takes that one step further.

"One of the most important things we hire for is heart," Geuder says. "It's the mother standard of care. We treat everybody like it's someone in our family. The most important things we look for is the person who will treat our patients in the way we would treat our family. We can teach anybody to treat an oncology patient but we can't teach them the right heart. That's something the right person just has."

At 58, Geuder still plans another decade in nursing.

"I certainly want to continue doing what I'm doing as long as I'm relevant, where I feel like I'm adding to it in a positive way to the work that I do and the place I work," she said.

It's no coincidence that both of Geuder's daughters are helping people. Ashley, RN, works in labor and delivery.

Daughter Kate is a new patient advocate at CTCA.

"I feel good about that," Geuder says. (CTCA) is the best place I've ever worked.

It's the patient focus. Everywhere I've worked talked about how important patients are.

"Here we live it every day."

AllianceHealth Midwest Hosting New Provider Meet-n-Greet on December 4th

AllianceHealth Midwest, former Midwest Regional Medical Center, has welcomed several new providers to AllianceHealth Medical Group this year. To celebrate, we are inviting the public to an open house to be held from 11 a.m. to 1 p.m. at the hospital main lobby area on Friday, Dec. 4. Refreshments and heavy appetizers will be provided. The address is 2825 Parklawn Dr., Midwest City, OK 73110.

Our new providers include:

• Paul Preslar, D.O., Family Medicine • T. Minh Tran, M.D., Family Medicine • Kinde Aguilar, M.D., OB/GYN • Venetta Girardi, MSN, APRN, NP-C • Larry Ruffin, D.O., Family Medicine • Vaqar Ahmad, M.D., Endocrinology • Michelle Halsell, D.O., OB/GYN • Bilal Saeed, M.D., Cardiology • Sheharyar Ali, M.D., Cardiology • Keshav Panday, M.D., Rheumatology • Charlyce Davis, M.D., Family Medicine

This event is a great way to get to know these providers on a one-on-one basis! For more information, please contact Rebecca Gregg at rebecca.gregg@myalliancehealthok.com or at 405-204-8113.

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JONES

Continued from Page 1

"I started out as a nurse's aide in a nursing home. In fact, I think all nurses should start out as a CNA because that is when I learned a lot," Jones says. "My dad was in the oil field business so we moved from Oklahoma to Texas quite a bit, and I worked for several doctors along the way. After that, I worked at OU in the ER and Trauma for five years. Now, I am the charge nurse in the Intensive Care Unit. I talk to all of the nurses and patients, making sure everything is going as planned. We have got such a great staff of doctors and nurses here, it is just awesome," she adds.

Jones said that the most rewarding part of her job is the fact that she gets to care for people and she gets to help the patients and their families. "There is nothing like the feeling of having a patient appreciate the work I do and then, later that patient comes back to give me a big thank-you and a hug. The patients are all like my friends and family," Jones

comments.

Asking Jones to describe herself, she told me that she is just a simple, country, down-to-earth person. I am loyal, pleasant and really enjoy getting to know my patients. I earn their trust. "Do you have any hobbies?" I ask. "I love doing anything outside; camping, fishing, watching the sunset. My husband and I are like the Brady Bunch. We are a blended family and he had 4 boys and I had 2 girls, ages: 25,20,19,17,17,12 plus 2 grandsons, 4 and 2. We live on a farm and we have 18 animals; dogs, cats, cows, horses, goats and pigs," she said with a laugh. "Yes, it stays pretty busy around our house. I love my life!"

"Did you have any mentors in school?" I ask. "Not in school but when I began as a new nurse, there was someone that I could always depend on for their help and it was Linda Mecklenburg that took me under her wing. Of course, being a new nurse, I thought she was pretty tough but I learned so much from her. She taught old school and knew everything. I admire her to this

day and will always be thankful for what she did for me."

Asking if Jones had any words to live by, she replied, "I want to make sure that I treat others the way they want to be treated. I treat every patient like they are my family." "What inspires you to come to work every day?" "I believe that God gave me the gifts to be a nurse. Everyone is so special here. Dr. Anderson, Dr. Tony Haddad and Dr. Damara are special in their own way and all of them are AMAZING. This is such an awesome hospital. I love my job."

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CAREERS IN NURSING

LOVE AT FIRST HAND: NURSING STAFFS INCLUDE CNAs FOR HANDS -ON-CARE

by Mike Lee - Writer

For someone who has been a CNA himself, Darren Glazier knows the role is an incredibly difficult job and one that is indispensable to the hands-on care at Grace Living Center located on NE 21st Street in Oklahoma City.

"It's monumental" said Glazier, RN, administrator. "They're the ones that have the most interaction with residents on a day-to-day basis. A lot of times, they are the eyes and ears for us in the building."

The jobs of the certified nurse aide and the certified medication aide cannot be overstated for the work they do for the Grace nursing staff, residents and the community, Glazier said.

The nature of the duties performed by the nursing staff in general is complex and difficult, he said. A lot of times it can be thankless. But a smile and the commitment to the residents do not go unnoticed, he said.

"We are improving people's lives as much as we can. That's probably where the biggest admiration comes from," he said.

D'John Butler has been a CNA for nearly 18 years. Her role as a CMA began in 2010. Three residents wait for her at the front door every morning.

"If I get here, they know I'm here. If I'm late, they don't go too far," she explained. "They will say, 'Hey, I was waiting for you. I was wondering if you were coming.' The next day when I get here they will say, 'Where have you been? Is everything Okay?'"

"They really look out for me and I like that."

Residents have known Butler since she transitioned her career at Grace Living Center four years ago. Caring for the elderly is why she stays, she said.

"These people are like my grandparents, each and every one of

them," Butler said. "I have some here that's probably like my mother and father. They're a little younger. But if somebody needs help everyday somewhere and I can stay here and help them -- that's just what I like to do."

Butler traces her inspiration to become a CNA back to the time she was a child and her mother was sick.

"The nurse that used to come see her; I fell in love with her," Butler explained.

She became a CNA knowing nurses do not have enough time to spend with their patients on a one-on-one basis. A CNA has to be something that is heartfelt, she said. It's not just a job to go to for eight hours before clocking out at the end of the day.

"CNA is your job all of the time," Butler said. "You always have to care and you have to be very assertive in some ways. And, you

have to be able to anticipate the needs of others."

The culture at Grace is like home. Each of the residents depends on Butler as a family member, she said. All of the planning that goes into the activities the residents enjoy is based on suggestions by the residents.

"It's what they want to do and what makes them happy," Butler said. "I like to come here every day because they're happy and I can help them do the things they want to do."

The residents have a council to voice their concerns regarding the care they receive. Butler said great emphasis is placed on working with the residents to develop practical and caring solutions that meet their needs.

Butler said the nursing staff pulls together as a team. That's what she admires about them. The CNAs are placed in neighborhoods. "If I



Our 'Brocko' was a true gift to all that knew him and all that were impacted by his shining light. He absolutely loved life and felt the mission to positively impact others. He was a fierce competitor, loyal teammate, driven athlete, while being selfless and encouraging to others. He adored his family, his hero and best friend was his older brother, Riley. As a Christian, he was very bold in ministering to others and had the ability to engage anyone with a conversation about our Lord.

We tragically lost him too soon, but the choice he selflessly made to be a donor continues to be a humbling testament of Brock's love and passion for others. We were given the most amazing gift when God gave us Brock, for which we will forever be grateful.

'Children are a gift from the Lord, they are a reward from Him' Psalm 127:3

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Darren Glazier, RN, administrator, and D'John Butler listen to the needs of patients in order to enrich life at Grace Living Center NE 21 Street.

ever have to work in a different spot, I always know I can go and get this aide and she'll come or he will come," Butler said. "The nurses are always listening. They understand we're the eyes and ears, so if I tell them something, they pretty much trust our judgement and they go see what it is we need." The administrative staff is the best she has ever known. She can joke

with them and doesn't have any problems communicating with them, Butler said.

Butler works two and a half jobs as a caregiver. But when she finds time to rejuvenate, she spends time reading.

"Me and my son are watching movies, DC Comics mostly, and I like to cook. I cook and I bring them leftovers," Butler said.

The Paul Silverstein Burn Center Celebrates 40 Years of Courage and Commitment



Barbara Jett, Dr. Greg Walton, Traci Walton, Dr. Paul Silverstein, Dr. Amalia Miranda, Dr. Mason Jett

In 1975, America ended the Vietnam War, "One Flew Over the Cuckoo's Nest" nearly swept the Academy Awards, designer blue jeans were a hot new trend and a 39-year-old plastic surgeon from Boston launched the first burn center in Oklahoma City at Baptist Medical Center. That doctor was Paul Silverstein, M.D.

While a major in the U.S. Army from 1969 to 1972, Silverstein served at the prestigious U.S. Army Institute of Surgical Research at Fort Sam Houston in San Antonio, Texas. There, he cared for and performed research for the benefit of military burn victims from the Vietnam conflict, other veterans, Native Americans, Eskimos, and their families. It was an experience that drove him to find ways to treat and care for perhaps the most painful and devastating injury people ever suffer.

The Kerr Foundation gave a jumpstart to the effort to found a burn center in Oklahoma City by

contributing \$500,000, if a matching amount could be raised. Burn centers have always been known as a costly venture. But Baptist Medical Center's leaders, among them former CEO Jay Henry and plastic surgeon Ed Dalton, M.D., saw the clear need for a metro area burn treatment facility. They persisted, raising the money needed to remodel an existing patient care floor at Baptist Medical Center. The new burn center opened in November 1975 as the hospital's first Center of Excellence, with a commitment to patient care, research, teaching and burn prevention.

In 1989, the burn center expanded to include hyperbaric oxygen therapy. In 1995, an additional 12-place hyperbaric chamber (the largest in Oklahoma) was installed and a separate Hyperbaric Medicine and Wound Care Center was established side-by-side with the burn center. In 2000, the board of directors honored Silverstein's commitment and legacy

See BURN Page 8

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Oklahoma's
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140 GENERAL NURSING

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Summers Health Services seeking to fill the following positions: LPNs FT/Days LPNs PT/ Days & Nights CNAs FT/ Nights (with shift differential) Apply in person at 119 N 6th, Okeene, OK or call Cindy at 580-822-4441 We offer competitive wages.

We are taking applications for the following positions: Nursing Center: Licensed Practical Nurse/Registered Nurse - 11pm - 7am / Part-time Certified Nurse Assistant - 11pm - 7am / Full-time Cook - Full-time Independent Living Housekeeper - Monday-Friday - Full-time Wait Staff - Part-time

Apply in person at Golden Oaks Retirement Village 5801 N. Oakwood Enid, OK 73703

140 GENERAL NURSING

We are hiring Medical Assistant, Full Time. Great pay and benefits.

Send resume to 4411 W Gore Blvd, Lawton, OK 73505 or fax to 580-354-9621.

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We are taking applications for Licensed Practical Nurses & Certified Nurse Assistants.

Heavener Manor is taking applications for LPNs and CNAs. Come by and talk to Wyvonne Wright, DON. 204 W. 1st Street, Heavener, OK. No phone calls please.

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Are you a licensed Registered Nurse and interested in a rewarding career with a great team? You should come talk with us! We are currently seeking qualified candidates for a Hospice Registered Nurse Case Manager.

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

204 REGISTERED NURSE

WE ARE SEEKING REGISTERED NURSE

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We are accepting applications for an Registered Nurse Case Manager!

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 appl. at: 2816 E. Jackson St. Suite. B. Hugo, OK 74743. 580-317-9333.

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NURSING TIMES

BURN**Continued from Page 5**

to the treatment of burn patients by renaming the facility, the Paul Silverstein Burn Center.

Today, the Paul Silverstein Burn Center at INTEGRIS Baptist Medical Center is known across the nation as a center of excellence with a dedicated staff of doctors, nurses and paramedical personnel committed to life beyond survival. "Our goal is to rehabilitate a patient, not just save a life," affirms Silverstein. "If a patient leaves here a whole person and a productive member of society, then we have accomplished our goal."

Since its opening in 1975, the burn center has expanded to become one of the largest adult burn centers in the United States, serving a six state area. More than 5,000 patients have been treated at the center, plus another 10,000 outpatients. It is a 40-year legacy of compassion and leadership and a true testament to the vision of doctors and nurses, hospital administrators and

concerned business leaders.

Now that legacy, under the guidance of Christopher Lentz, M.D., continues with a commitment to push the boundaries of burn therapy further. In an effort to improve access to care in Oklahoma, our burn center providers are evaluating community interest in a telemedicine program for acute burns, that would allow physicians in local emergency departments or regional hospitals to consult directly with a burn surgeon before sending the patient to the burn center.

In addition, Lentz is planning an expansion of patient care to include pediatric surgeons and nurses at INTEGRIS Baptist Medical Center. As a result of this vision, hopefully someday soon children suffering burn injuries will no longer have to be transported out-of-state to receive optimal care.

On Nov. 8, a special ceremony was held at Gaillardia Country Club to commemorate Silverstein's many accomplishments and to celebrate the future successes of the burn center.

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 officer 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.

I N T E G R I S
Health®

An Oklahoma Teenager Will Spend Thanksgiving with His Family

Thanks to a Last Resort Lifesaving Technology

Andrew Vargas is a 15-year-old resident of Mustang who was recently diagnosed with a life-threatening autoimmune disease called Wegener's Granulomatosis, which affects less than 0.6 in 1 million children. Wegener's causes inflammation of the blood vessels and this inflammation restricts blood flow to various organs, often affecting kidneys, lungs, and upper respiratory tract.

Vargas recently experienced a life or death situation requiring extracorporeal membrane oxygenation, known as ECMO, as a last resort lifesaving technique.

Before his hospital stay, Vargas was thriving and doing what he enjoys most. In late May, he had participated in a three day piano festival in Denver, Colo., where creative pianists come from across the United States to show their proficiency in piano and composition. He placed first in all categories he competed in and received the highest honor of the festival, The Artist Pianist Award because of his demonstration of mature musical artistry.

An article ran in the Oklahoman with a quote from judges at the event, who said Andrew Vargas has "a wonderful sense of harmonic color, spectacular scales, and performed an exciting and impressive program."

But things soon turned grave for Vargas. In June of this year, he was hospitalized in the pediatric intensive care unit at INTEGRIS Baptist Medical Center. His situation was dire; he was dying, and there was nothing else the pediatric team could do.

Aly El Banayosy, M.D., a transplant and acute circulatory support critical care physician with the INTEGRIS Advanced Cardiac Care team, was called in to see if Vargas was a candidate for ECMO therapy.

ECMO provides both cardiac and respiratory support oxygen to patients whose heart and/or lungs are so severely diseased or damaged that they can no longer serve their function, perhaps after a heart attack, cardio surgery, pulmonary embolism, near drowning, or lung-related issues such as flu or pneumonia.

The therapy continually pumps blood from the patient via a tube inserted into the groin vessels or neck vein. The blood goes through a membrane oxygenator that imitates the gas exchange process of the lung, removing carbon dioxide and adding oxygen, before returning the blood to the patient.

The goal is to allow the heart or lungs to rest and recover while the machine does all the work.

When the heart or the lungs have healed and can work on their own, the lifesaving support of the ECMO artificial heart/lung machine is gradually removed.

THANKSGIVING

Continued from Page 8

Vargas was put on ECMO on July 3, within an hour of being examined by Banayosy. Both the ECMO and the PICU teams at INTEGRIS worked together to provide the most comprehensive care Vargas could receive.

He spent many crucial days on support with no one really knowing what the future would hold. There were times when no one thought he was going to make it. Wegener's disease had taken over his lungs and the only reason he survived was because the ECMO support was artificially providing the oxygen his body needed, that his lungs could not provide. His parents were at his bedside day and night praying for a miracle.

That miracle came on July 30 when his lungs were finally strong

enough to function on their own. Vargas was removed from the ECMO machine and his parents rejoiced and were thankful that this technology was available at INTEGRIS when their son needed it. He was discharged from the hospital almost a month later on Aug. 27.

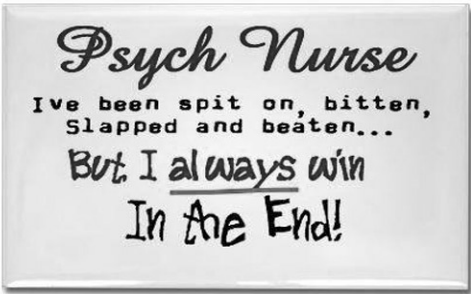
Because of this life saving technology, Vargas is back to doing what he loves: playing the piano and composing. His passion is evident, and his greatest joy is being able to continue to share it with others. With the help of INTEGRIS and the support of his family, he will be able to continue playing beautiful music for years to come. Another bonus is that he will be spending Thanksgiving at home with his family as he prepares for his upcoming recital in December. Something that would not have happened without the ECMO.

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A genuine smile from a "difficult" patient is enough to make the entire shift feel worthwhile.

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happiness is when you realize your kids turned out to be genuinely good people



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Hospice Directory

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Okc, 405-463-5695 Keith Ruminer/
volunteer coordinator/chaplain

Autumn Bridge Hospice:

405-440-2440

Autumn Light Hospice:

580-252-1266

Carter Healthcare & Hospice:

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

Centennial Hospice:

Becky Johnson, Bereavement
Coordinator 405-562-1211

Chisholm Trail Hospice:

Tiffany Thorne, Vol. Coordinator,
580-251-8764

Choice Home Health & Hospice:

405-879-3470

City Hospice:

Beth Huntley, Vol. Coordinator,
405-942-8999

Comforting Hands Hospice:

Bartlesville: 918-331-0003

Companion Hospice:

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

Compassionate Care Hospice:

Amy Legare, Bereavement/Vol.
Coordinator, 405-948-4357

Cornerstone Hospice:

Vicky Herrington, Vol. Coordinator,

918-641-5192

Hometown Hospice:

Robin Boatman, Com. Relations, Broken
Arrow: 918-251-6441; Muskogee:
918-681-4440.

Crossroads Hospice:

Elizabeth Horn, Vol. Coordinator,
405-632-9631

Cross Timbers Hospice:

Ardmore-800-498-0655
Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray

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Toni K. Cameron, Vol. Coordinator
405-631-0521

Faith Hospice of OKC:

Charlene Kilgore, Vol. Coordinator,
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Coordinator, 405-789-2913

Golden Age Hospice:

405-735-5121

Good Shepherd Hospice:

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OKC OK 73108 405-943-0903

Grace Hospice Foundation:

Sharon Doty, Dir of Spec. Projects -
Tulsa 918-744-7223

Harbor Light Hospice:

Randy Pratt, Vol. Coordinator,
1009 N Meredian, Oklahoma City, OK

73107 405-949-1200

Horizon Hospice:

LaDonna Rhodes, Vol. Coordinator,
918-473-0505

Heartland Hospice:

Shawnee: Vol. Coord. Karen Cleveland,
405-214-6442; Norman: Vol. Coord. Lisa
Veauchamp, 405-579-8565

Heavenly Hospice:

Julie Myers, Coordinator 405-701-2536

Hope Hospice:

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

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405-872-1515

Hospice of Green Country:

Tulsa: 918-747-2273, Claremore:
918-342-1222, Sapulpa: 918-224-7403

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

Hospice of Owasso, Inc.:

Todd A. Robertson, Dir. of Marketing,
877-274-0333

Hospice of the Cherokee:

918-458-5080

Humanity Hospice:

Kay Cole, Vol. Coordinator
405-418-2530

InFinity Care of Tulsa:

Spencer Brazeal, Vol. Director,
918-392-0800

Indian Territory Home Health &
Hospice:

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Interim Healthcare Hospice:

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Image HealthCare :

6116 S. Memorial Tulsa, Ok. 74133

(918) 622-4799

LifeChoice Hospice:

Christy Coppenbarger, RN, Executive
Director. 405-842-0171

LifeSpring In-Home Care
Network:

Terry Boston, Volunteer and
Bereavement Coordinator 405-801-3768

LifeLine Hospice:

April Moon, RN Clinical Coordinator
405-222-2051

Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,
405-273-1940

McCortney Family Hospice

OKC/Norman metro 405-360-2400
Ada, 580-332-6900 Staci Elder Hensley,
volunteer coordinator

Mercy Hospice:

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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:

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Johnson, Durant, 800-648-1655

Physician's Choice Hospice:

Tim Clausing, Vol. Coordinator
405-936-9433

Professional Home Hospice:

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

PromiseCare Hospice:

Angela Shelton, LPN - Hospice

Coordinator, Lawton: (580) 248-1405

Quality Life Hospice:

405 486-1357

RoseRock Healthcare:

Audrey McCraw, Admin. 918-236-4866

Ross Health Care:

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

Russell Murray Hospice:

Tambi Urias, Vol. Coordinator,
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Weatherford-580-774-2661

Seasons Hospice:

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

Sequoyah Memorial Hospice:

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

Sojourn Hospice:

Tammy Harvey, Vol. Manager
918-492-8799

Sooner Hospice, LLC:

Matt Ottis, Vol. Coordinator,
405-608-0555

Tranquility Hospice:

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

Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:
405.609.3636 Chandler
Shawnee/Cushing: 405.258.2333 Toll
Free: 888.901.6334

Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director



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

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

Q. Why is it that aging doesn't equal moving past painful events from our childhood? I am in my 50's but realize that my past still directs some of my choices, especially related to relationships. I should be past all that by now. Is there something wrong with me?

A. There is nothing wrong with you. You are in a club with countless others. The experiences in our childhood, both good and bad shape our lives, they form our belief systems. The positive ones usually don't cause us any harm but the painful, traumatic events can create some very dysfunctional, destructive and confusing behaviors.

We repeat what is familiar. Once we develop coping behaviors to traumatic events, they become our normal responses. We do not really think about how healthy or unhealthy they are; they simply get us from one day to another.

When a child is sexually violated, especially over a longer period of time, he/she forms a way of coping. A belief about themselves and the perpetrator. If a child witnesses a shooting or the violent death of a friend or family member, there are images and thoughts that will plague this child forever.

If a child receives aggressive physical punishment they will think about this long after it is over.

There are many other events in childhood that can leave painful scars, i.e., neglect, abandonment, poverty, bullying at school, being the scapegoated child, etc.

There is a phrase that has been heard for years, one that creates frustration for therapists: Children are resilient. What choice do they have? They have to hang on to something. But that doesn't mean they are not traumatized.

The reality of painful, traumatic experiences, LEFT UNTREATED is that they don't just go away.

I often see adults who have never shared with anyone what happened to them as children. They describe anxiety, depression, substance abuse, multiple marriages/divorces and unsatisfying relationships which finally brings them to therapy.

The reality of traumatic events is that the brain remembers everything!! Debriefing from these painful experiences and working through the feelings can be very powerful in writing a new script for healthy relationships. It is hard for a wounded person to have a healthy relationship until treatment is received and even then it takes practice for new thoughts, feelings and behaviors to feel comfortable.

The goal is for painful life events to be remembered but not relived. It is a process, one that can change your life.

Are standing desks an effective counter to sedentary jobs?

For most Americans, sitting is a major part of daily life. Between eating, driving, reading, watching TV and time spent on digital devices and at desks, most of us end up on our backsides for at least 40 hours a week. And from a health perspective, that's not a good thing.

Recent research has pointed to prolonged sitting as a key contributor to diabetes, heart disease and obesity. That, in turn, has led to a surge in the popularity of standing desks, which have become a fixture in offices throughout Oklahoma and the U.S. But are chair-free work stations the answer to a growing list of health problems?

"Not exactly," said Hal Scofield, M.D., a physician and medical researcher at the Oklahoma Medical Research Foundation. "While there's no doubt standing is a superior option to sitting for an entire work day, moving around is the real solution with proven results."

Research has shown that standing desks have led to marginally increased levels of good (HDL) cholesterol and weight loss. However, standing all day can lead to increased fatigue and raise the risk of varicose veins. It can also compress the spine, leading to back pain and other musculoskeletal injuries.

In other words, said Scofield, standing desks may not work for everyone. "I am not against standing desks, because they do help in some ways, but I am more in favor of keeping active throughout the day," he said.

"Just 10 minutes of walking to break up periods of extended sitting can be enough to restore a lot of the damage to the vascular system," said Scofield. "Walking gets you almost all the benefits of exercise, and you don't have to train for marathons."

That could mean strolling to a colleague's office instead of sending an email. Take a walk during your lunch break and try to use the stairs instead of the elevator. You might even park farther from your office to add a few steps to your day.

Even gym rats don't get a free pass to spend the remainder of the day on their derrieres; research indicates that daily exercise is not sufficient to undo the damage done by prolonged sitting.

"We all need to break up the periods of sitting with activity as often as we can," Scofield said. "That short walk around the office is doing more for our well-being than just clearing our heads."



Oklahoma Medical Research Foundation scientist Tim Griffin, Ph.D. using his standing desk.



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"I would love to be in two places at one time. I would be able to take care of patients and my family at the same time."



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