



Falling into place

Landin Boler, RN, BSN, CCRN, CEN was honored as Integris Canadian Valley Hospital's nurse of the year for his work in the emergency room.

by Bobby Anderson, Staff Writer

Never much of a planner, things have always just seemed to fall into place for Landin Boler, RN, BSN, CCRN, CEN.

Growing in Glenpool, just south of Tulsa in Tulsa County, you could always find him on a football or baseball field or running on a track.

But just because he isn't one to plan out every detail of his life doesn't mean there's no drive. There's plenty there and more for Integris Canadian Valley Hospital's reigning nurse of the year.

"I'm pretty happy where I'm at right now," he says. "I always feel like you should never

be stagnant in what you do. That's why I've tried to work hard in getting dual certified in the ER and ICU. I'm always striving to learn something new."

"Everybody should have a pipe dream and little by little chip away at it."

Less than five years out of nursing school, Boler's practice is in high gear - even if it didn't exactly

Health access network provides care beyond medical facility

by Traci Chapman, Staff Writer

They are among society's most vulnerable, families who don't have high-dollar insurance to address health challenges, people who might face issues that affect their physical or mental well-being but who have nowhere to turn.

Central Communities Health Access Network changes all that, with nurses who go beyond nursing basics and offer comprehensive services for both body and mind.

"That's one of the beauties of this," care manager Rhonda Chronister said. "It begins with nursing, with the healing and the medical care and making sure our patients are healthy, but then it goes so much further - and that gives you such a feeling of satisfaction, to be able to help people in so many ways."

Chronister is one of two current CC-HAN nursing professionals serving patients. Karen McKeever is her mentor and backbone of the non-profit health network, a care manager but also co-founder of the organization, along with former project/care manager and longtime nursing professional Rosemary Klepper.

"There was just a huge gap in service, a real need for these patients and for their families, who were not being taken care of or served," McKeever said. "We knew how important it was for them to have someone they could turn to - as nurses, we needed to be there not only to treat them but to guide them and help with whatever challenges they were facing."

That's exactly what CC-HAN has done since its 2011 launch. Initially available in Canadian County, the organization is now available to SoonerCare patients and their families across central Oklahoma, working to improve their health and healthcare options and much more.

CC-HAN provides care management to patients not only facing financial constraints that can limit their ability to get the medical treatment they might need, but also those who deal with complex health issues - they might have cancer, be dealing with a high-risk pregnancy, have depression or are battling tobacco, alcohol or drug dependence issues. The team also has a proactive approach, guiding patients to the right resources for well child examinations and care, injury and accident prevention, diet and nutrition and

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OKLAHOMA'S NURSING TIMES

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CARE

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accessible medical and dental care.

But, the doctor's office or emergency room is just a starting point for CC-HAN's care managers. They also work on a more personal level, guiding families who might need food or gas money to make it to their doctor's appointments, helping to address issues that might interfere with or disrupt treatment.

"That's the bottom line - making sure they are healthy and able to live their lives and do what they need to do," McKeever said. "Someone who's dealing with a mental health issue can have a ripple effect on their entire family, and that family might need guidance in how to help and to make sure it doesn't negatively impact others, either mentally or physically."

Those patients needs have meant CC-HAN's services have grown as much as its geographical service areas. Chronister spearheaded an asthma improvement program since she joined the network in 2013, focusing primarily on young patients who have struggled with conditions that didn't only impact their physical well-being, but also impacted them in other ways, such as holding them back in school because they were too unwell to regularly attend, Chronister said.

"It's about education, about getting supplies - we have donated supplies like nebulizers and other equipment," she said. "We get them stable, work to keep them out of the emergency room,

keep them out of urgent care."

Today, the asthma program services about 36 patients; in the process, care managers have tracked a significant drop in the number of emergency room visits and marked improvement in school and work attendance for those taking part. In fact, the program - among others undertaken by the organization - has proved so successful, CC-HAN is looking for more nurses to serve those it is so dedicated to helping.

Successes also mean Chronister can focus on a new specialty, a behavioral health program focused on helping patients whose scores on the Motivational Index cause them significant issues in dealing not only with unexpected or serious challenges, but, perhaps more significantly, just everyday life.

"There is a huge gap in services and help for these patients, and they need someone to help guide them through - to get them the treatment they need, make sure they stay on their medications, make sure they make their appointments," Chronister said.

"What we do is everything that's the best of nursing - helping people who truly need it and giving that care, that guidance," McKeever said. "As a nurse, it's so fulfilling and inspirational, and to me it's what our profession is all about."

For more information about Central Communities Health Access Network, its services or philosophy, look online at www.cc-han.com.

INSPIRE awards sponsorships and tickets still available

WovenLife, formerly Easter Seals Oklahoma, announces its top finalists for its annual Inspire Awards-Inspiring Oklahomans of all abilities for over 90 years, to be held October 21, 2017 at Science Museum Oklahoma. An outpouring of nominations were received from the public and reviewed by the Inspire Awards committee. The top three finalists in each category selected are: **Distinct** - Lonetta Sprague, Alyssa Geis, Sen. A.J. Griffin **Partner** - Skyview Buddies, Sooner SUCCESS, Mercy Hospital, Oklahoma City Project SEARCH **Corporate** - Energy FC, OptumRX, Remington Park

These finalists have served as an inspiration in their work on behalf of people of all ages with disabilities. The award recipient in each category will be announced during the Inspire Awards gala. The purpose of this event is to honor individuals, organizations, and companies in Oklahoma that serve as an inspiration in their work on behalf of people of all ages with disabilities. Funds raised from this event will support the many services and programs provided by WovenLife.

The Inspire Awards committee includes Shelby Kirkes, Lindsey Manning, Dr. Robert Salinas, and Christopher Sommer. Individual tickets for this event are \$150 and tables of eight are \$1,500. To purchase tickets, visit www.inspireawards.eventbrite.com or for additional sponsorship opportunities contact Lauri Monetti, (405) 239-2525.

For more than 90 years, WovenLife has provided services to children and adults with disabilities and other special needs and support to their families. Services include a child development program, adult day center, therapy services, screenings and financial assistance. For more information, please visit www.wovenlifeok.org.

BOLER

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start out that way.

"I got as much education paid for as I could. To be honest with you, I went there mainly to play baseball," Boler said of attending St. Gregory's University on a baseball scholarship. "I knew I wasn't going to go pro but at the time you don't think of things like that."

But Biology did interest him, so he loaded up on science coursework and finished with a bachelor's degree of natural science.

With his playing days behind him and not much of a professional future in front of him Boler opted for nursing.

He applied to a bunch of different schools and made it on the wait list for the University of Oklahoma's Accelerated BSN Program.

He got the call with an invitation to join the next class a week before it was to start.

Living in Tulsa and a spot in the program open in Duncan, Boler threw together what little he had into his truck and "moved everything to Duncan as fast as I could."

There he found a 1940s post-WW2

GI house to bunk down in for the next 14 months.

"The roof literally caved in on me," Boler remembers. "It just fell in one day."

It didn't matter that much. He spent the majority of his time either in class at Cameron University or in clinicals at Duncan Regional Hospital.

Boler graduated from the University of Oklahoma's Accelerated BSN program in March 2013.

After working at St. John's in Tulsa his first year after graduation, Boler moved down to the OKC metro to accept a job at Integris Canadian Valley Hospital.

At 26, he finally figured out what he wanted to do.

"I just kind of found my stride," said Boler. "I like the people I work with. I like how big the hospital is. I like that I can go into any unit and know anybody."

Boler works now in the ICU at Integris Canadian Valley but still floats down to the ER.

He likes the fact he can call ICVH Rex Van Meter, MHA, by his first name walking down the hall. He likes that just about everyone knows him.

"You don't get that at bigger

hospitals," Boler said.

And he also likes intensive care and the responsibility that it comes with.

"I like how in-depth it gets and eventually I'm trying to get back into school," Boler said.

Boler is seriously thinking about becoming a certified registered nurse anesthetist. He has applications out to a few schools, all of which prefer ICU experience.

"There's more autonomy," Boler said of heading down the CRNA path. "There's more case studies. I feel like I would see a broader range. I like procedures and I'm a PICC line nurse here."

"It's definitely not about the money."

School is common theme in the Boler household. His nurse wife just graduated as a neonatal nurse practitioner and works at Mercy.

"I think it would be neat to do orthopedics maybe leg blocks or epidurals. Maybe even I can come full circle with my sports background," he said of his possible CRNA future.

No matter what, big things are still ahead for Boler.

The topic of children has been a big one in the Boler household of late.

He's turning 30 this December.

And he loves having a partner to help guide his path.

"I always say marry somebody that's better than you in every way - and she is," said Boler, who celebrated his third anniversary this past May. "She's a better person than me and she's a better nurse than me. What's good is we're on complete opposite spectrums."

"She only deals with neonates and I deal with adults and geriatrics. It's completely different worlds."

And both seem to have the drive to accomplish whatever they want in nursing.

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CAREERS IN NURSING

SENIORS ARE CENTER OF PROFESSIONAL LIFE: VILLAGE ON THE PARK

by Traci Chapman - staff writer/photographer

Tammie Bohanan's entire nursing career has been dedicated to seniors and their families, and she'd have it no other way.

"It means so much to be able to be there for our residents, to provide support to their family, even at the end, even when the prognosis isn't good," Bohanan said. "Holding their hand, praying with the family, letting them know we're there for all of them - it's just everything I always wanted to do."

That's what led her to her job as Village on the Park's director of resident care, Bohanan said. It's a job she's had since 2014 and one she said is everything she ever wanted - not just because she is able to care for the seniors she loves, but also because her coworkers quickly became a family.

"It starts from the top, with the executive director in our community who has been here for 11 years - that's very unheard of in assisted living," Bohanan said. "He works so hard, is so committed and is understanding,

allowing us a break when we need it."

Those breaks can be very important for a nurse who is on call 24 hours a day, 365 days a year, a woman who uses both her nursing and management skills, as she helps guide residents through what is for most their final journey.

"Many of our residents come in early in the process - either in independent living, through assisted living and then some to memory care, or straight to assisted living," Bohanan said. "We have Age in Place, so for the most part we try to keep them here."

That means as patients near the end, outside hospice and home health, both also overseen by Bohanan, help supplement care provided by the Village staff.

"We always just want to make sure the resident's needs are being met," she said. "All of us - directors and staff - care for our residents as if they were our own family."

Village on the Park is part of

Retirement Center Management, a Houston, Texas-based company founded in 1996. The privately held company has several properties in Texas; the Village is its sole Oklahoma facility, Bohanan said.

"That's one of the great things about the company - we are part of something larger, a corporate entity that provides us a lot of benefits, but being here on our own also gives us a level of autonomy that I think is beneficial to our residents," she said.

Bohanan came to nursing in her mid-20s, she said. Although she knew since high school she wanted to get into the medical field, the future LPN first got married and had children. Her husband was in the military and stationed in Germany, his family moving there with him.

After a divorce, Bohanan returned home. Working as a certified nursing assistant before her 2001 Platt College graduation, she said that's when she knew she had resumed the path she was meant to follow.

"I love people, I love helping people and want to take care of them, and it's always been that way," she said.

Over the years, Bohanan has had several kinds of positions, each relating to geriatric care. She worked as a long-term care nurse for more than 10 years at Grace Living in Bethany. Shortly after reaching that decade mark, Bohanan said she wanted to do something different, leading her to working for three years as a Good Shepherd hospice nurse.

"I loved that, except the travel," she said. "It was so fulfilling, but it's difficult to be on the road like that when you have a family."

The end of that road branched off to work in assisted living care in 2012 and Bohanan's position at Village on the Park, where she oversees the facility's assisted living and memory care units, both opened in 2014.

"I feel like I've really found my

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Tammie Bohanan, Village on the Park director of resident care, has dedicated her entire career to nursing care, most recently in assisted living and memory care.

calling in assisted living," she said.

The Village's assisted living/memory care units together house about 40 people, and Bohanan supervises about 30 ACMAs, CMAs and CNAs, she said. While geriatric care can be difficult for some people, many of her staff – and other employees – share her commitment to the Village, she said.

"Memory care, in particular, can be very demanding, it's different every day because of the disease process – it can be good one day and chaos the next," she said. "I have some staff who have been here since February 2014, when the units opened – we're a family, a close family, and that's so important to me."

In fact, Bohanan's work and personal lives have

intermingled, providing benefits to both, she said. Her children grew up seeing her commitment to her profession, something the LPN said benefited them, as well.

"I've been doing this most of their lives – they're very understanding of my job, they come in and they're not afraid of the disease process," she said. "That means so much to me, that they get it and they share that compassion and understanding."

Learn how to activate the clown chakra at October 28-29 OKC Holistic Health Fair

Activation of the clown chakra, the science of miracles, aura photography and on-going creative play for kids of all ages highlight the 16th Annual Oklahoma City Holistic Health Fair.

"Imagine the Possibilities" is the theme of the free event, which runs from 11 a.m. to 6 p.m. Saturday, October 28, and noon to 6 p.m. Sunday, October 29, at the GSO Community Center, 2900 N. Santa Fe in Moore (2 blocks north of 104th & S. Santa Fe in Oklahoma City).

Susan Radcliffe, of EarthWind Holistic Center, will present the first of nine hourly lectures starting at 1 p.m. Saturday, October 28, discussing a previously undisclosed energy center touted by scientists from the Clown Academy. Her talk, "Clown Chakra Reduces Seriousness," will focus on keeping your clown chakra open and laugh frequently for better health and quicker healing.

Artist, cosmic journalist and mystic bj King, of the Namaste Creativity Center, will share her expertise as a spiritual teacher, mentor and author in a 2 p.m. Sunday presentation, "The Science of Miracles." Other speakers include Dr. Kimberly Weiss, of Healing Hands Vet Wellness; Holy Jing's Ken Hays; Barbara Clayton, Eternal Reflections; Keshia Cross, GreenAcres Market; and Silvia Galvan, of the OKC School of Metaphysics. A popular vendor from last year, Broken Arrow's Gentle Hawk Wellness, will again provide aura photography.

Ruth Touhey, of InnerChange Connections, will facilitate an on-going interactive playtime and provide the materials. Bring your child, grandchild or inner child and color a mandala, create a masterpiece, customize a card or make a unique design.

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INTEGRIS Breaks Ground on Treatment Facility for Addiction, Mental Illness and Trauma

INTEGRIS announced today plans to begin construction of a state-of-the-art addiction and mental illness treatment center in Edmond, which will be largely funded through an ambitious \$35 million campaign led by passionate community members. The INTEGRIS Arcadia Trails Center for Addiction Recovery, as it will be called, is scheduled to open in early 2019.

More than 150 statewide donors have already committed to the cause, securing \$23.1 million from supporters in Ardmore, Enid, Tulsa, Oklahoma City, Ada, Miami, Durant and Duncan. The philanthropic effort represents the largest fundraising initiative in INTEGRIS history. Details of the future project were revealed today during a special groundbreaking ceremony.

THE PROBLEM

Oklahoma is a STATE in CRISIS, plagued by a silent epidemic known as ADDICTION. It is the leading cause of unintended death for Oklahomans between the ages of 25 and 64; yet, we are ranked worst in the country when it comes to available treatment options.

Couple that with the fact that one in four Oklahomans suffers from some sort of mental illness, and it is easy to see that there is an undeniable and urgent need for more addiction and mental health services in our state.

THE VISIONARIES

Meet the people behind the mission: Terri White, Dr. R. Murali Krishna, Kelly Dyer Fry, Reggie Whitten.

"What began in the hearts and minds of a few local visionaries around a dinner table more than six years ago, is one step closer to becoming a reality," proclaimed Bruce Lawrence, INTEGRIS president and chief executive officer.

"I remember when these individuals first approached me looking for an answer to a seemingly unsolvable problem. Their lives had been personally impacted by disease and existing treatment programs had not worked for their loved ones. It was in that moment I realized – INTEGRIS must be part of the solution."

A SOLUTION

In response to what many consider to be an increasingly emergent situation, INTEGRIS is proud to publically announce plans to build an evidence-based treatment facility in Oklahoma that will be similar in concept to such highly acclaimed institutions as Hazelden Betty Ford Centers (located throughout the country), Menninger (Houston) and Talbot (Atlanta).

The INTEGRIS Arcadia Trails Center for Addiction Recovery will be located on the INTEGRIS Health Edmond campus along I-35 near the I-44 interchange for easy access from anywhere in

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Gracewood Health & Rehab, located at 6201 E 36th St, Tulsa, OK 74135, is soliciting applications for the position of MDS Coordinator. This is a full time position and duties will include managing the entire MDS process, completing assessments and developing care plans. The ideal candidate will have: * A friendly, team-oriented disposition * Flexibility, and be detailed oriented * Understanding of RUGs III and IV * Experience in a long term care or rehabilitation setting * RN preferred but outstanding LPN candidates may be considered.

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140 GENERAL NURSING

Great opportunities for Registered Nurses and Licensed Practical Nurses; charge nurse, nurse managers, weekend dibles, variable shifts.

Give us call or come by and see us. We would love to visit with you about a position on our staff.
Senior Suites Healthcare,
3501 West Washington Street,
Broken Arrow, Oklahoma 74012.
918-250-5405

We are seeking a Full-time Registered Nurse.
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 experience in community health/home health/hospice experience, preferred. Salary is commensurate with education and experience.
120 W MacArthur St #130,
Shawnee, OK 74804

140 GENERAL NURSING

The Highlands at Owasso is now hiring for Charge Nurses.

Due to incredible growth The Highlands at Owasso is now hiring for Charge Nurses. The Highlands offers competitive pay and benefits as well as more paid time off and a team atmosphere. If you would like to work for a beautiful new facility that you can be proud of, please submit your resume and schedule a tour. 10098 N 123rd E Ave, Owasso, Oklahoma.

NOW HIRING FOR CHARGE NURSES.
Competitive pay and benefits as well as more paid time off and a team atmosphere.

Due to incredible growth The Highlands at Owasso is now hiring for Charge Nurses. The Highlands offers competitive pay and benefits as well as more paid time off and a team atmosphere. If you would like to work for a beautiful new facility that you can be proud of, please submit your resume and schedule a tour. 10098 NORTH 123rd East Avenue, Owasso, OK.

140 GENERAL NURSING

We are currently hiring an Licensed Practical Nurse for 3PM-11PM Monday - Friday. We have a friendly work team, and nice, clean

work environment!
Autumn Wood is searching for a dedicated individual to join our Memory Care team. We are a 60 bed LTC/Skilled Specialized Alzheimer's and Dementia Care Community. Our community is divided into 5 neighborhoods, in which, staff get to work with approximately 12 residents & 2 staff members at a time. We are currently hiring an LPN for 3P-11P Monday - Friday. We have a friendly work team, and nice, clean work environment! We welcome you to call, email, or stop by and fill out an application Monday-Friday, 9am-3pm. Please call with any questions. We hope to see you soon!
918-283-4949
2700 NORTH Hickory Street.
Claremore, OK 74017

Certified Nurses Aide caring for the elderly and seeing to their day to day needs.

Must be certified in Oklahoma.
Cedarcrest Care Center 1306 E College St, Broken Arrow, OK 74012

161 LICENSED PRACTICAL NURSING

We are looking for a Full-time position. Mon-Fri. Licensed Practical Nurse/ triage needed for busy Pediatric practice.

Main responsibility will consist of answering our busy triage phone. Other responsibilities include, but not limited to, rooming patients, administering injections, handling referrals. Must have at least one year of Pediatric or Family Practice experience. Full-time position. M-F. Please - NO agencies. Send resume and salary requirements to be considered for this position. 10011 S Yale Ave # 200, Tulsa, OK 74137

204 REGISTERED NURSE

Registered Nurse.
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

140 GENERAL NURSING

Village ON THE Park

FT/PT & DBL WEEKEND ACMA/CMA/CNA

Village on the Park is HIRING FT/PT & DBL WEEKEND ACMA/CMA/CNA to join our AMAZING Family. Apply in person at 1515 Kingsridge Dr., OKC 73170. Call Tammie, Director of Resident Care at 405-692-8700, or Email resume to tbohanan@rcmseniorliving.com

Registered Nurse with Home Health Care experience and OASIS assessment, Licensed Practical Nurse for private duty care including trach and vent care.

S-Q HOME CARE SPECIALTIES, INC. 2400 N Hemlock Cir # B, Broken Arrow, OK 74012

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204 REGISTERED NURSE

We are seeking Registered Nurse with extensive and comprehensive experience in maternal-child nursing.

Margaret Hudson Program is seeking a Registered Nurse with extensive and comprehensive experience in maternal-child nursing. Administrative skills required. Bachelor's Degree in nursing preferred. Position operates on a 10 month basis with summers off and all BAPS approved holidays with pay. 751 West Knoxville Street, Broken Arrow, OK 74012

204 REGISTERED NURSE

We are seeking an exceptional Registered Nurse Leader

Soon to open elegant, assisted living community on the campus of St John Broken Arrow is seeking an exceptional RN leader. Skilled in utilizing positive management, extraordinary communication skills, geriatric nursing and sense of humor! Prairie House Assisted Living & Memory Care 2450 N Stone Ridge Dr, Broken Arrow, OK 74012

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AHA, OMRF host STEM event for teen girls



Panelists field questions at the American Heart Association's STEM event at the Oklahoma Medical Research Foundation on Sunday. Left to right, OMRF scientist Dr. Courtney Griffin, OMRF scientist Dr. Courtney Montgomery, OMRF physician-scientist Dr. Eliza Chakravarty, Usha Turner, Director of Environmental Affairs at OGE Energy Corp., and Angela Robinson, Senior Business Manager at The Boeing Company.

On Sunday, October 1st the American Heart Association hosted a special STEM education program for its 2017-18 class of Sweethearts at the Oklahoma Medical Research Foundation.

Women representing a variety of science, technology, engineering and math fields met face-to-face with participants in small groups before coming together in a general session. Panelists fielded questions from attendees and further expanded on their personal experiences in the sciences, both in school and as they established their careers.

OMRF scientist Courtney Griffin, Ph.D., served as host for the event. Griffin has spent her career manipulating DNA, the encyclopedia of genetic information that is inside of each of our cells. In the lab, she edits DNA of laboratory mice so that she can understand the development and function of blood vessels in these animals. The AHA has funded her research for more than 20 years.

Other speakers were OMRF

physician-scientist Eliza Chakravarty, M.D., OMRF statistical geneticist Courtney Montgomery, Ph.D., Angela Robinson, Senior Business Manager at The Boeing Company, and Usha Turner, Director of Environmental Affairs at OGE Energy Corp.

Each of the women described the nature of her education and career path and her current work. They also told what they would like to have said to themselves at the age of 16 about perseverance, enlisting mentors and goal-setting.

"This STEM event is exciting for me, because it unifies the strengths of AHA and OMRF in promoting science and math career options to young women," said Griffin. "I might not have considered becoming a scientist if I hadn't met an influential female scientific role model when I was a teenager. I hope I can similarly inspire young women to consider science as a rewarding and creative career option."

AHA's Sweetheart Program provides educational and social

See STEM page 10

Oklahoma's Nursing Times Hospice Directory

- another free service provided by Oklahoma's Nursing Times -

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

FACILITY

Continued from Page 5

Oklahoma.

The proposed approximately 60-thousand square foot treatment facility will include a treatment area, a conference center and a 40-bed living space where patients will reside during the rehabilitation process.

The INTEGRIS Arcadia Trails Center for Addiction Recovery will follow the most modern, up-to-date clinical model available.

The center's staff will include addictionologists, psychiatrists, psychologists, social workers, nurses, dietitians, therapists and clergy. The INTEGRIS Arcadia Trails Center for Addiction Recovery will offer individualized treatment programs ranging from 60 to 90 days, which is more extensive than most current services.

THE SCIENCE

There is a common misconception that addiction is a moral failure, lack of willpower, and weakness; however, scientific advances in brain research show addiction as a brain disease with genes and environment playing a significant role in its evolution. Eighty to ninety percent of people suffering from addiction have a diagnosable mental disorder, and a good majority of those individuals also suffer from significant unresolved personal trauma.

"Research in the field of brain science shows that it takes at least 45 days for the brain to begin significantly "re-wiring" itself and learn the new skills and behaviors necessary to break the addiction," stated R. Murali Krishna, M.D., co-founder and president of INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit and senior consultant for INTEGRIS Mind-Brain Health. "It is clear from leading medical literature that longer lengths of stay lead to significantly reduced rates of relapse."

THE CALL TO ACTION

With a total cost of \$46 million, the vision of the facility hinges upon the engagement and partnership of the community. INTEGRIS has already committed \$11 million to the project, in land and construction dollars. The remaining \$35 million will come in the form of private philanthropy, making this a true community-driven grassroots initiative. \$23 million has already been secured, another \$12 million is needed to reach the goal. Oklahomans are asked to answer the call.

The INTEGRIS Arcadia Trails Center for Addiction Recovery is a mission-oriented venture for INTEGRIS and will not be a revenue-leader for the not-for-profit health system. More importantly it will change lives, heal families and be a beacon of hope for this great state.

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.

Save the date: November 6th

Grand Opening

Meinders Nursing Simulation Center at the Kramer School of Nursing

Noon Luncheon 1:30 p.m. Open House and Tours

A formal invitation will follow soon, including all event details and RSVP information. For more information about the Kramer School of Nursing, please visit www.okcu.edu/nursing

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

STEM

Continued from Page 8

programs for the girls during the school year. Activities are designed to groom the Sweethearts as future heart health advocates. The girls are presented at the annual Heart Ball in February.

"The girls were eager to know what it's like to work in male-

dominated fields and how STEM leaders are able to juggle family life along with such demanding careers," said American Heart Association Executive Director Debbie Hite Stewart. "The event really seemed to provide an opportunity for the students to think about their futures and what direction they may want to go as they near high school graduation."

More INTEGRIS Family Care Clinics Earn National Recognition for Patient-Centered Care

Four more INTEGRIS Family Care clinics earn Patient-Centered Medical Home (PCMH) designation from the National Committee for Quality Assurance (NCQA). They are: INTEGRIS Family Care Moore, INTEGRIS Family Care Surrey Hills, INTEGRIS Family Care Lake Pointe and INTEGRIS Family Care South.

A Patient-Centered Medical Home is a model of primary care that combines teamwork and information technology to improve care, improve patients' experience of care and reduce costs. Medical homes foster ongoing partnerships between patients and their personal clinicians, instead of approaching care as the sum of episodic office visits. Each patient's care is overseen by clinician-led care teams that coordinate treatment across the health care system. Research shows that medical homes can lead to higher quality and lower costs, and can improve patient and provider reported experiences of care.

"NCQA Patient-Centered Medical Home Recognition raises the bar in defining high-quality care by emphasizing access, health information technology and coordinated care focused on patients," said NCQA President Margaret E. O'Kane. "Recognition shows that these INTEGRIS Family Care clinics have the tools, systems and resources to provide its patients with the right care, at the right time."

To earn recognition, which is valid for three years, these INTEGRIS Family Care clinics demonstrated the ability to meet the program's key elements, embodying characteristics of the medical home. NCQA standards aligned with the joint principles of the Patient-Centered Medical Home established with the American College of Physicians, the American Academy of Family Physicians, the American Academy of Pediatrics and the American Osteopathic Association.

To date, sixteen INTEGRIS Family Care Clinics have achieved this distinction. The plan is to eventually expand the Patient-Centered Medical Home initiative to include all of its family care clinics statewide.



**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*

Stop whatever you are doing.....tell someone you love them, give someone a hug, make someone feel appreciated.....tomorrow is not promised.

Today I attended the memorial service for a friend and colleague. His name is Gary. I have known Gary for many years. We went to nursing school together. Lost contact and then reunited.

You never quite know how the passing of someone is going to affect you. Maybe it is the length of time we have known each other and the memories that only we share. Maybe it is the deeper, spiritual connection. But as I sat and listened to his life being shared with all of us, I knew that I was going to deeply miss him.

Upon entering the room we were each given a lei to put around our necks. Gary loved Hawaii, It provided peace and solace for him. I will treasure that lei.

I did not get to spend any time with Gary before he passed. I will regret that missed time. But I was with him today. We celebrated his life and his loves.

My thoughts took me to love, family and friendship. It also took me to the way we celebrate love with those in our lives. There are many stressors and distractions that interfere with loving connections. Perhaps we need to sit still and think about peace and love and how we share these with others.

Gary had a kind heart and many people were recipients of that kindness, including myself. I will forever treasure the beautiful business card holder that he bought me from the hospital gift shop. I had had a talk with Gary and shared some personal pain that brought both of us to tears. I was surprised with the gift and card before my shift was over.

Don't let a day pass that you don't acknowledge the beauty of friendship.

Written on the front of Gary's program was the following:

**"IN THIS LIFE WE CANNOT DO GREAT THINGS.
WE CAN ONLY DO SMALL THINGS WITH GREAT
LOVE."**

---- Mother Teresa

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NURSE + TALK

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What's your favorite thing about fall? Village on the Park

I love the changing of the leaves - we go to Mena, Arkansas, and it's beautiful there.



Denise Ahpeatone

My favorite is watching my kids play football and spending all of the upcoming holidays with my family.



Jennifer Mallory

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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P.O. Box 239
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I just love the weather - because it's so comfortable between hot and cold - and the leaves changing colors.



Lawana Johnson

My favorites are watching football, wearing hoodies and sitting around the campfire.



Shannon Coe

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