



Tammi Holden, RN, BSN, MSN, assistant vice president oncology patient services, has found a home at Tulsa's Cancer Treatment Centers of America.

by Mike Lee
Staff Writer

When Tammi Holden, RN, BSN, MSN, first went to nursing school she had a plan. Not only was oncology her sole focus, but she had an idea of exactly what she

wanted her practice to feel like.

"That's really all I wanted to do. I never had any other considerations," said Holden, now the assistant president of oncology patient services at Cancer Treatment Centers

of America in Tulsa. "Most people go to nursing school and figure out where their niche is. I knew going in I wanted to take care of oncology patients."

With that came a lot of awkward looks and more than a few 'But that's so sad' comments from her fellow students.

Holden went to nursing school in her late 20s with the sole purpose of becoming an oncology nurse.

But it wouldn't be that easy.

H o l d e n , s

See HOLDEN Page 3

State nurses convention rapidly approaching

OKLAHOMA NURSES:
integrating
points
of care

by Mike Lee, Staff Writer

Nurses from around the state will converge on Midwest City's Reed Conference Center Oct. 21-22 to discuss the important role nursing plays in our healthcare system.

The theme for this year's Convention is Oklahoma Nurses: Integrating Points of Care. The focus for the two-day convention will highlight the impact that Oklahoma Nurses make across all practice settings related to innovative and evidence-based practice as it relates to ethics, quality improvement and technology.

"It gives Oklahoma nurses an opportunity to hear from experts in their field and be able to apply that information in their own practice as well as hear from other Oklahoma nurses," Oklahoma Nurses Association Executive Director Jane Nelson said.

Faith M. Jones, MSN, RN, NEA-BC will highlight the first day presenting Care Coordination: Capitalizing on Nursing's Value.

Jones began her healthcare career in the US Navy more than 30 years ago. She has worked in a variety of roles in clinical practice, education, management, administration, consulting, and healthcare compliance.

Her knowledge and experience spans various settings including ambulance, clinics, hospitals, home care, and long term care with a focus on rural healthcare where it is not uncommon to wear many hats.


In her leadership roles she has been responsible for the

See CONVENTION Page 2


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CONVENTION
Continued from Page 1

operational leadership for all clinical functions including multiple nursing specialties, pharmacy, laboratory, imaging, nutrition, therapies, as well as administrative functions related to quality management, case management, medical staff credentialing, staff education, and corporate compliance.

She has held a variety of leadership positions in the profession of nursing currently serving as a Director at Large on the American Nurses Association Board of Directors and the Chair of the ANA-PAC.

Ms Jones received her initial nursing degree from Ventura College in Ventura California, an undergrad degree in nursing from the University of Wyoming, and her graduate degree in nursing administration and education from the University of Phoenix. She currently holds a certification from the American Nurses Credentialing Center as a Nurse Executive Advanced and certifications as a LEAN reView Instructor and Green Belt in Healthcare from LEAN Healthcare West.

Wednesday's line-up includes a panel of nursing professionals discussing Oklahoma Nurses and their Impact on Health Care in Oklahoma, followed by the Issue Forum.

During the Issue Forum, the discussion will focus on issues related to the work of the association and nursing practice.

Participants will have the opportunity to create and/or select individual issue forums on topics they want to discuss.

After lunch, the House of Delegates will be held to conduct the business of the association. Evening events include The Oklahoma Nurses Foundation fundraising dinner and viewing of the film, The American Nurse (additional \$35), a reception open to all to meet the ONA Board of Directors and a Mix & Mingle for newly licensed nurses (less than 5 years).

On Thursday, the convention will continue to highlight the work being done to transform health care in Oklahoma with a general session followed by four breakout sessions.

Keynote speaker, David Kendrick, MD, MPH will discuss the current state of health care as well as a look into how new technology is changing the future of health care.

Kendrick is the Associate Professor of Internal Medicine and Pediatrics and the Medical Director for Community Medical Informatics at the University of Oklahoma's School of Community Medicine.

The Department of Medical Informatics provides clinical information systems support to OU Physicians as well as analytics



David Kendrick, MD, MPH and Faith M Jones, MSN, RN, NEA-BC will be the keynote speakers for the upcoming Oklahoma Nurses Association Convention Oct. 21-22 in Midwest City.

services for clinical operations and research. In addition, the Department operates a Health Access Network for the Oklahoma Healthcare Authority, providing care management services, quality improvement support, and technology for Oklahoma physicians serving more than 100,000 patients.

Kendrick holds degrees in engineering, medicine, and public health, and received formal training in medical informatics at Harvard's Center for IT Leadership. He has more than 15 years of practical experience in designing and implementing novel healthcare software, ranging from telemedicine systems to enterprise electronic medical record systems.

Healthcare providers in four states use systems designed by Kendrick to manage more than 40,000 patients on a daily basis. He is currently principal investigator of the Doc2Doc study, the first randomized controlled trial to evaluate the use of store and forward telemedicine technology in a community wide setting.

Nurses can still register for the two-day event by going online to www.oklahomanurses.org or by calling the ONA offices at 405-840-3476.

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HOLDEN

Continued from Page 1

scholarship was tied to a hospital placement. It happened to be during a time when a record low number of nursing positions were available and she wound up having her scholarship revoked because she couldn't be placed in the hospital.

"I didn't get to go right into oncology so I was just crushed," Holden said.

Along the way she did manage to pick up valuable experience working medical-surgical and then later in an emergency room setting.

"I always knew if I could just get my foot in the door somewhere and get started in oncology I knew I would be in the right place," Holden said.

Her first opportunity to get into the oncology field was working with hospice.

It was a joy.

Ultimately, she began working in an oncology unit as a care manager and moved up to floor manager.

"I thought I had arrived," she said. "While I had never got the opportunity to really do a lot of bedside nursing with oncology patients, I was getting to interact

with them every day and I was getting to interact with the people who were caring for them and that meant everything to me."

So Holden decided to make the lives of those caring for oncology patients as easy as possible. She was busy focusing in that direction when one day a friend called and told her she had to come check out Cancer Treatment Centers of America.

After two months in a row of the same phone call Holden finally relented.

"When I walked in the door it was almost like that feeling you get when you come home in the evening," Holden said. "You were just able to relax. It just felt good to be here."

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

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.

"I worked with a lot of

opportunities to take care of oncology patients but I was never in a position where we had enough staff and we were given the autonomy to really take care of people like I had planned to do when I took my first step into nursing school - until I got to CTCA," she said.

"You hear about patient-empowered care. I firmly believe everybody is trying but I've never seen anybody do it like we do it here."

One of the greatest gifts Holden can give patients is hope.

"Some of the patients we see are patients that have gone to their doctor at home - and a lot of our patients travel a significant distance to get to CTCA - and they do that because their doctor at home tells them they need to get their affairs in order," she said. "I can't tell you the number of patients have come and said my daughter is graduating in six months or is getting married in a year if I can just make it that long."

Patients come with diagnosis of six months or less. Often they leave with hope.

"These people are three, four or five years out and they're healthy," Holden said. "I just don't believe

people recognize cancer for the chronic disease it is becoming. Even if the patient just lived and made it to the wedding and then went downhill they got to that point.

"It's not that we have any magic potion, we use the same medications the same chemotherapies. But I think the complementary services we offer and the hope and encouragement and the way we are allowed to care for people, that's what makes the difference.

And that's the type of practice Holden had planned all along.

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CAREERS IN NURSING

REMAINING POSITIVE: FOUNTAIN BROOK ASSISTED LIVING

by Vickie Jenkins - Writer/Photographer

One of the best places to work is Fountain Brook Assisted Living and Memory Support, according to Beka Cotney, RN and Director of Nursing. Cotney has been a nurse since 2010 and has worked here as Director of Nursing for 6 months. "I love the staff and residents here. My main focus is to make sure everyone is happy and that we are taking care of our residents to the best of our ability," Cotney states.

When Cotney was a little girl, she knew that she wanted to do something to help others. Her first choice was to go into Radiology. Going to school to be a radiologist was her goal yet when she became pregnant, little did she know that her career would be changing. She was so touched by the love and care that she received in the hospital that she knew this is what she wanted to do. With a special feeling about her, she decided that she wanted to be a nurse. Without a doubt, she

changed her major, setting out for nursing school.

Ready to work, she walked into Fountain Brook. When she walked through the doors, for some reason, this didn't seem like the others places that she had interviewed for. As she sat in the lobby, she noticed how friendly everyone was. She could feel the happiness of the people and see the smiles on their faces. That is when she knew she wanted to work here. Even though there were no openings right away, she was persistent and kept asking. Soon, there was a position available and she was thrilled to accept the job. "It was the best decision I ever made," she said.

Asking Cotney what her greatest strength as a nurse is, she replies, "I think it would have to be the way I get along with the residents and their families. I like to keep things positive and consistent. I work hard on myself, making sure I am

aware of others' feelings. The most important thing about my job is making sure that I am making a difference in the residents lives. I love getting to know all of them. They have so much love to give and so many stories to share. A listening ear, a kind word, a gentle hug is what we do and we love it," she replies.

"What advice would you give to someone going into the medical field?" "I would say that the person needs to have a heart for taking care of others. The work is hard and the hours are long but it is all worth it. The main thing that I would tell them is to stay positive," replies Cotney. "My residents and my staff inspire me. I can't wait to come to work. This is a happy place and when I arrive in the morning, I am greeted by smiles and hugs."

Describing herself, Cotney says, "I stay positive all the time. I think that is important. I am a very

caring and compassionate person in any and everything I do. A lot of people come to me for advice and I will give them my honest opinion. Honesty and loyalty are a big deal for me."

Cotney likes spending time with her family. Keeping up with her 15-year-old daughter (cheerleader) and 8-year-old daughter and their activities can keep her busy. "I also like to do anything outdoors, whether it is camping or going to the lake or just relaxing on the porch, as long as I'm outdoors, I am happy," she says with a smile.

Cotney explains that her biggest blessing is love. "My biggest blessing here at Fountain Brook is the fact that I feel like I can give love and compassion to the residents. I fit the role and I know I was meant to be here, making a difference in other's lives."

Cotney's words to live by are simple yet powerful. "Remain



Manning was born with a congenital heart defect called Hypoplastic Left Heart Syndrome. His struggle for survival began the day he was born. He has had several surgeries and spent most of his first year and a half of life in the hospital. On April 10, 2008, Manning went to the hospital for a heart catheterization and during that procedure a hole was torn in his artery and he had to have emergency surgery. The doctors said it would be unlikely for him to survive and even though he coded several times his life was saved.

Over time his lungs got sick and his heart got weaker. His only chance for survival was a heart transplant. He coded twice while waiting. On September 27, 2008, he received the amazing gift of life. There are no words that express the thankfulness and gratefulness to the donor family for their gift. Without organ donation Manning would not be alive today. He is an amazing boy with so much strength, determination and a strong will to live.

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Beka Cotney, RN takes pride in being the Director of Nursing at Fountain Brook Assisted Living and Memory Support.

positive and everything will work out for the best." So far, Beka Cotney is a living example of what being positive and putting it to work means to her. Everything is working out for the best and Beka is sure it is going to continue to get better.

INTEGRIS Health Edmond Receives Pathway to Excellence® Designation From the American Nurses Credentialing Center

The Announcement Coincides with the Hospital's 4th Anniversary

INTEGRIS Health Edmond has been designated by the American Nurses Credentialing Center (ANCC) as a Pathway to Excellence Hospital. The announcement coincides with the hospital's fourth anniversary on Oct. 3.

The designation recognizes health care organization's commitment to creating a positive nursing practice environment. Using the framework of twelve standards, Pathway to Excellence characterizes focus on collaboration, professional development, and leadership accountability to empower nurses. It substantiates the professional satisfaction of nurses at INTEGRIS Health Edmond and identifies it as one of the best places to work.

"Under the guidance and leadership of Angie Kamermayer, vice president and chief nursing officer

of INTEGRIS Health Edmond, I wish to thank the entire nursing team for their contributions and making the Pathway to Excellence designation a reality," says Avilla Williams, president of INTEGRIS Health Edmond. "I am so proud of what we have accomplished in such a short period of time. It is truly an honor that represents the spirit and culture of INTEGRIS Health Edmond."

The ANCC Pathway to Excellence is recognized globally and represents one of the highest designations that nursing can achieve. In Oklahoma, INTEGRIS Health Edmond is the third hospital to achieve this recognition, second behind INTEGRIS Canadian Valley Hospital within the INTEGRIS system. Receiving this designation is not an endpoint. Rather, it is a journey that continues to cultivate a positive practice environment.

October is Breast Cancer Awareness Month



photo by Vickie Jenkins

Kari Moroz is a breast cancer survivor. Through her experiences, she has written a book, "Stage III Mommy" in hopes of encouraging others.

by Vickie Jenkins

Meet Kari Moroz. She is a cancer survivor of 9 years. Since her cancer, she has turned her many stumbling blocks into stepping stones. She has shared her experiences through speaking engagements, church groups and individuals that are dealing with the same issues. She is also the author of her newly released book, "Stage III Mommy."

"I was born in San Diego, California and am the oldest of three siblings. When I was three, my parents moved back to Oklahoma City, Oklahoma and that is where I was raised by loving parents. I had a typical childhood in the 80's, wearing head-to-toe neon while roller skating to Michael Jackson's Thriller."

"What age were you when you were diagnosed with breast cancer?" I ask Kari. "It was October 9, 2006 and I was 29 when I was diagnosed with aggressive, stage III breast cancer. It was news I had already suspected, as I'd found the lump in my right breast months earlier while I was pregnant. My first reaction was being angry at my gynecologist for ignoring my

family history and passing it off as a clogged milk duct. I was also angry at myself for not fighting harder to get my mammogram sooner and terrified that we'd found it too late. My biggest fear, however, was that I would die, leaving my toddler and infant baby motherless and my husband with the burden of being a single dad."

Kari was overwhelmed with the support of her family, church family, friends and even people who she didn't even know. "Everyone who lived close signed up to bring meals, take the kids for the day, and even clean my house. Long distance friends and family sent flowers and notes that I read daily for encouragement. I even had friends rallying their churches to pray for me in France, Jerusalem, Germany, and many other countries! Those who showed up to help, and pray for me, contributed to saving my life." Kari comments. "I had prayers from all over the world, spreading the news. When Gracie, our oldest, was a baby, my younger brother was serving in Iraq. Keeping long-distance family and friends updated

See AWARENESS Page 8

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Index to Classifieds

- 1 0 0 Ambulatory
- 1 0 8 Administrative
- 1 1 3 Case Management
- 1 1 5 Chemical Dependency
- 1 1 8 Clinical Instructors
- 1 1 9 Collection
- 1 2 1 Critical Care
- 1 2 3 Certified Medical Assistant
- 1 2 4 Certified Nurses Aide
- 1 2 7 CRNA
- 1 2 9 Dental
- 1 3 0 Dialysis
- 1 3 1 Dietary
- 1 3 7 Education
- 1 4 0 General Nursing
- 1 4 3 Geriatrics and Long Term Care
- 1 4 6 HMO
- 1 4 9 Home Health
- 1 5 2 Hospice
- 1 5 4 Housekeeping
- 1 5 5 Infection Control
- 1 5 6 Instructor
- 1 5 8 IV Therapy
- 1 6 1 Licensed Practical Nurse
- 1 6 4 Managerial
- 1 6 5 Massage Therapy
- 1 6 7 Medical/Surgical
- 1 7 0 Nurse Practitioner
- 1 7 3 OB/Gyn
- 1 7 6 Occupational Health
- 1 7 9 Office
- 1 8 2 Oncology
- 1 8 5 O.R./PACU
- 1 8 8 Orthopedic
- 1 9 0 Pediatric
- 1 9 1 Pharmacist
- 1 9 2 Physicians Assistant
- 1 9 7 Public Health
- 2 0 0 Rehabilitation
- 2 0 4 Registered Nurse
- 2 0 7 Research
- 2 1 0 Sales Representative
- 2 1 3 Service
- 2 1 7 School Nurse
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- 2 2 3 Support Staff
- 2 2 5 Traveling Nurse
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Now hiring licensed Certified Nurse Assistants, Licensed Practical Nurses, and Registered Nurses. HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring licensed C.N.A.s, L.P.N.s, and R.N.s. Please apply in person at: Heritage Community 1401 N Lelia St, Guymon, OK 73942. EOE

Certified Nurse Aides & Certified Medication Aides can earn up to \$11.00 to \$11.50 an hour. All shifts available. IMMEDIATE ON site training for DDCNA's at Billings Fairchild Center. Certified Nurse Aides and Certified Medication Aides can earn up to \$11.00 to \$11.50 an hour. All shifts available. Call Doris McAbee at 580-725-3533. E Maple St, Billings, OK 74630. EOE

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Now accepting applications for a 3-11 Certified Nurse Assistants/ Certified Medical Assistants

Corn Heritage Village is now accepting applications for a 3-11 CNA's/CMA's. We offer competitive benefits and wages in a positive, friendly work environment. 106 W Adams in Corn, OK. Ask for Melissa Collins, HR Director 580-343-2295.

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

We are now hiring an Licensed Practical Nurse for the 3-11 shift and Certified Nurse Assistants/ Certified Medical Assistants on the 3-11 shift.

Please apply in person at The United Methodist Health Care at 2316 W. Modelle, Clinton, OK

140 GENERAL NURSING

We are looking for self-motivated individuals to work with people with developmental disabilities in a group home setting. HTS STAFF Expanding agency looking for self-motivated individuals to work with people with developmental disabilities in a group home setting. This position requires a high school diploma or GED and a valid driver's license. Company paid training provided. Premium pay for fully trained HTS. Please apply at: Supported Community Lifestyles Enid, Inc. 2506 N. Jefferson Enid, OK 73701 580-234-0313

WE ARE SEEKING LICENSED PRACTICAL NURSE OR CERTIFIED MEDICAL ASSISTANT needed for busy Family practice clinic, 4 1/2 day work week, exc. salary & benefits. Fax resume to: 580-536-2427. 5610 SW Lee Blvd, Lawton, OK 73505

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Jim Taliaferro. State employment and benefits. Pay DOE. 602 S.W. 38th St. Lawton, OK 73505. 580-678-5930.

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204 REGISTERED NURSE

We are seeking a RN who wants to experience a difference in their life while making a difference in the lives of others. Must be a team player & demonstrate autonomy, organizational, assertiveness, strong interpersonal & written/verbal skills. Great Salary! Great Benefits! Apply at 2520 Arlington, Ada, OK. Tel # 580-332-4351 or fax resume to 580-371-2262. EOE/Drug Free Workplace

Director of Nursing and Weekend Registered Nurse needed

for a skilled and long term care facility. Pre-employment background screening required and healthcare benefits are available after 60 days. Apply in person at: Colonial Terrace Care Center - 1320 NE 1st Place - Pryor, OK 74361 918-825-5311

204 REGISTERED NURSE

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

Are you a licensed RN 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 RN 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

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WE ARE SEEKING REGISTERED NURSE

ALEXANDER HEALTH CENTER. The REGISTERED NURSE reports to the Director of the AHC and provides direct patient care in a university clinic setting to both students and employees. Minimum: Oklahoma R.N. license with current BLS/AED certification; minimum of three years work experience in an emergency, ambulatory care or college health facility. Preferred: BSN; EMR proficiency, 12-Lead ECG monitoring, phlebotomy experience. Hours are 8am to 5pm, Monday-Friday, 12 months. 800 South Tucker Drive. Tulsa, OK 74104 The University of Tulsa is an EOE F/M/Disabled/Veteran.

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County Health Departments to Offer Flu Clinics

With flu season just around the corner, the Oklahoma State Department of Health (OSDH) announced today that county health departments will begin offering flu vaccine statewide Monday, October 12.

Flu vaccination is recommended each year for everyone 6 months of age and older. When more people are vaccinated against the flu, there is less opportunity for flu to spread in families, schools and communities.

"We are learning more and more about the benefits of influenza vaccination every year," said State Health Commissioner Dr. Terry Cline. "One example is the benefit for pregnant women and newborn babies. Flu vaccination not only protects pregnant women, but also protects their babies for up to 6 months. Since influenza is more likely to cause severe illness in pregnant women and newborns this protection is important. Flu vaccination is safe during pregnancy, after delivery, and for breastfeeding women."

In addition to getting a flu vaccination, persons 65 years of age and older, and those with chronic health conditions, should ask their health care provider about being vaccinated against pneumococcal pneumonia. Pneumococcal pneumonia is a common and potentially serious complication of the flu. Unlike the influenza vaccine, the pneumococcal vaccine does not need to be given every year. This vaccine is also available at county health departments.

County health departments will accept SoonerCare, Medicare, all private health insurance, cash, checks, or credit cards as payment for flu vaccine. The following fee schedule will apply: * No charge for families whose income is less than 185 percent of the federal poverty level. However, those who have health insurance should bring their insurance card. The insurance company will be billed for the vaccine and an administration fee. * No charge for adults 65 years of age and older. Adults 65 and older should bring their Medicare Card or other health insurance card. * No charge for children 18 years of age and younger who have no health insurance, whose health insurance does not cover flu vaccine, who are eligible for SoonerCare, or who are Native American or Alaskan natives. * All others will be charged a fee of \$25 to cover the cost of the flu vaccine and the cost of administering the vaccine.

AWARENESS

Continued from page 5

was very important to me, so I started a blog. For three years the blog was exclusively the writings of an overtired mom. When I was diagnosed with breast cancer, it became much more than that. The blog not only became therapy for me but provided encouragement to other mothers and cancer patients as well."

Asking how the cancer initially was detected, Kari replies, "I found the lump while I was pregnant but the doctor suggested it was a clogged milk duct. My heart told me otherwise, so I fought my insurance for months to get a mammogram covered. They never did approve it, so we paid cash for the films that clearly determined something was very, very wrong."

Kari has a family history of cancer. "I am proud to say my grandmother fought breast cancer heroically for years after recurrence. She passed in 1998 after a long battle and although she was very private about her experience, I admired her quiet strength. She passed the same strength to my mother, who fought her battle and won just four years before I was diagnosed. I gathered courage and hope from their experiences. I believed in myself because I believed in them."

"I went through it all; chemo, radiation, mastectomy, lymph node removal, reconstruction, and Tamoxifen. I am thankful that I experienced all of it, because now I can relate to all of it and truly sympathize with my readers," Kari says.

Asking Kari what her main concern was when she was diagnosed with cancer, she says, "I was concerned that ultimately, I would die and leave young children behind. But those fears subsided when I realized that the negative thoughts could be converted into positive experiences if I'd only change my perspective. It took more courage to turn those negative thoughts around than to dwell on my problems, but it was worth it."

"What did you miss most when you had cancer?" "I think as a mother, I'll always have a certain sadness about missing some of my youngest daughter, Trinity's firsts while I took chemotherapy or radiation. I still remember the times my girls cried when I couldn't pick them up after my mastectomy. Of



course I cried along with them!" Kari replies. "However, the year I 'lost' to treatment in no way compares to how many years I've gained. The moments of Trinity's firsts are long gone, but our bond is evident. I'm thankful that both girls recovered from that time as well as they have. It was temporary heartache, and relatively a short amount of time," Kari adds.

If you were going to convey a message to others, what message would it be?" I ask Kari. "I would tell the nurses that work with cancer patients, thank you for the way you care for the weak and ill. Nursing is a talent, and when you are excellent at it, we do notice and are grateful, even when we are too sick to tell you. So many of my nurses made my days in the hospitals and at chemo more bearable just because of their humor, kind words, or their gentle touch. I will never forget that."

"I would like to tell cancer patients everywhere (especially young moms) I am living proof that you can not only survive, but thrive! I had no idea how courageous I could be, until that was tested! Really begin to tap into your inner strength, and discover your resolve. Say, 'I am fighting cancer' instead of 'I have cancer.' Yes, it makes a difference! Never own it. Change the way you talk to yourself and start talking yourself into living."

I know that Kari is a brave woman, full of encouraging words to share with others. Like every cancer survivor, I am proud of their courageous and winning battles. A special thank you to Kari Moroz, my brave, strong and courageous survivor, my daughter. Comments or book requests for "Stage III Mommy" contact hevn_writer@cox.net

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Integrating Palliative & Supportive Care for Chronic Pulmonary Diseases Conference

NURSING CEUS AVAILABLE

The Oklahoma Chapter of the Hospice and Palliative Nurses Association is hosting a conference on October 30, 2015 entitled: Integrating Palliative & Supportive Care for Chronic Pulmonary Diseases at the FRANCIS TUTTLE TECHNOLOGY CENTER, ROOM 1020A RENO CAMPUS 7301 RENO AVE OKLAHOMA CITY OK 73127 from 8:00 – 4:30 p.m.

Speakers will include: * Brownwyn Long, RN, DNP, MBA, Palliative & Oncology CNS: National Jewish Health, Denver, Colorado. * Tony Elliott, RRT, Respiratory Care Coordinator, Palliative Care Team: Mercy Health, Springfield, Missouri. * Rob Anderson, RN, BSN, CHPN, Transitional Care Coordinator: Integris SW, Oklahoma City, Oklahoma. * Danna Weathers, APRN-CNP, Geriatric Unit, VA Medical Center, Oklahoma City, Oklahoma. * Helen Zienkiewicz, APRN-CNP: Hospice Quality Care, Midwest City, OK & Porter Adventist Hospital, Denver, Colorado.

Featured Presentations: Improving Quality of Life for Patients with Pulmonary Diseases, Palliative Approaches to Address Dyspnea, Anxiety & Depression, Innovative, Evidence-Based Ways to Reduce 30-day Readmissions, Research Findings on Palliative & Hospice Care for COPD Clients, Cognitive & Health Literacy Implications for Care of COPD Clients and Current Experiences & Anticipated Pulmonary Disease Trends. For more information email OKHPNChapter@gmail.com or call 405-386-6522

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I had a Belt on the Shelf that motivated me to behave the whole year through.

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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 - Adam Colvin, Vol. Coordinator,
405-947-7705, ext. 134; Tulsa - Mike
Gregory, Vol. Coordinator,
918-425-4000, ext. 114

Centennial Hospice:
Becky Johnson, Bereavement
Coordinator 405-562-1211

Chisholm Trail Hospice:
Tiffany Thorne, Vol. Coordinator,
580-251-8764

Choice Home Health & Hospice:
405-879-3470

City Hospice:
Beth Huntley, Vol. Coordinator,
405-942-8999

Comforting Hands Hospice:
Bartlesville: 918-331-0003

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

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

Cornerstone Hospice:
Vicky Herrington, Vol. Coordinator,

918-641-5192

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

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

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

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

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

Freedom Hospice:
Tulsa: 918-493-4930; Claremore:
918-343-0493; Tollfree: 866-476-7425

Frontier Hospice: Kelly Morris, Vol.
Coordinator, 405-789-2913

Full Life Hospice:
Vicki Barnhart, Vol. Coordinator,
405-418-2659

Golden Age Hospice: 405-735-5121

Good Shepherd Hospice:
4350 Will Rogers Parkway Suite 400
OKC OK 73108 405-943-0903

Grace Hospice Foundation:
Sharon Doty, Dir of Spec. Projects -
Tulsa 918-744-7223

Harbor Light Hospice:
Randy Pratt, Vol. Coordinator,
1009 N Meredian, Oklahoma City, OK
73107 405-949-1200

Horizon Hospice:
LaDonna Rhodes, Vol. Coordinator,
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

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

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:** 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

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:
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

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. When my boyfriend left me for another woman, I had to look at how I set myself up in the relationship. I never thought I was good enough for him and one day he would leave me. What was wrong with my thinking?

A. Karen wrote this letter to me after her four year relationship ended. She also gave me the following information: In my family of origin my dad was verbally, emotionally and physically abusive. He told me I was stupid and would never be good enough for someone to love. That was his primary interaction with me throughout my childhood.

I left home at 17 with the first man who gave me any attention and we got married. I had no idea how my dad's behavior would imprint in my brain and guide my relationships for the rest of my life (until I got into counseling and began to learn how my childhood beliefs morphed into my adult beliefs). That marriage lasted three years.

I never stood up for myself (with my boyfriend), I let him make all the decisions and I never questioned them. When he called I would go over to his house and we would do what he wanted to do. When I called to ask if we were going to get together he usually had other plans that did not include me and my feelings would be hurt.

I did not have a voice but inside I would feel hurt when he did not give me the attention I wanted. I realized in therapy that the dynamics of my two previous marriages were almost identical. It was true that I never felt good enough, I did not use my voice to state what I wanted and I never disagreed out loud. I never wanted any kind of confrontation or possible altercation so I stayed quiet.

But what I began to realize was my insides were screaming out and I was ignoring that too. I was taking medication for my depression, often calling in sick for work because I could not get out of bed. I had gained weight over the years because I didn't care as much about how I looked.

A few months into therapy my ex-boyfriend called because he was having trouble with his "new girlfriend." I let him come over and even park his car in the garage (she had family that lived on my block). I listened to him for hours causing me to lose sleep in order to "be there for him."

Now I realize my needy, low self esteem, co-dependent behavior was created in my childhood and I can make changes. I do have worth and value and a desire to be loved in a healthy way. I am learning not all men are like my father and I don't have to continue playing out that script.

I am writing a new, healthier me and finding I like the word NO. What I want is important and if I don't have a partner, I have me.

INTEGRIS, Poison Control and City Zoo Work Together to Save a Little Boy's Life

On Sept. 10, 16 month old Blake Skinner was bitten by a pygmy rattle snake near his home in Noble. He was taken to two other hospitals before being transferred to the Pediatric Intensive Care Unit at INTEGRIS Baptist Medical Center.

"Blake had received the regular anti-venom treatment at another hospital but it didn't work. In fact, this particular snake bite is often resistant to traditional treatment," says William Banner, M.D., PhD., a Pediatric Intensivist at INTEGRIS and Medical Director of the Oklahoma Center for Poison and Drug Information. "Working with the Poison Control Center, we decided to call the zoo to see if they stocked any unconventional anti-venoms that we may be able to try in this case. We felt his situation was extreme enough to warrant a more radical approach."

Skinner's condition was life-threatening. Because of the snake bite his blood would not clot, so even the slightest of injury could have been fatal. "Since our animal care staff works with venomous animals, we keep appropriate anti-venoms on hand as part of our safety protocols," says Stacey Sekscienski, Curator of Reptiles, Amphibians, and Aquatics, at the Oklahoma City Zoo. "This was an emergency situation, so we were eager

to help in any way possible."

Skinner was given the unconventional anti-venom treatment on Sept. 14, four days after being bitten. He responded immediately and was released from the hospital two days later. He is expected to make a full recovery.

"This is an example of how when organizations work together, amazing things can happen," says Letia Skinner, Blake's mother. "I will be forever grateful to the medical professionals at INTEGRIS, Poison Control and the Oklahoma City Zoo for not being afraid to try something new and thinking outside of the box to save my child's life."

Poison Control says pygmy rattle snake bites are on the rise in Oklahoma. For example, there were a total of four such bites reported in 2014. So far this year, there have been 13 bites. Six have involved children. Thanks to Skinner's success, a child in Tulsa was recently treated with a similar method and is doing fine.

While accredited zoos can't come to the rescue in every case without dwindling their much needed anti-venom supply, positive outcomes such as this one only further develop the zoo's strong partnerships with local organizations and support for the surrounding community.

St. Anthony Breast Center offers new online scheduling

The St. Anthony Breast Center is pleased to announce new online scheduling for mammogram appointments.

With the new online scheduling process, patients select a specific time and location for their mammogram appointments from the comfort and convenience of their computer, laptop or mobile device any time of day.

"We implemented this process to enhance the patient experience. Women today are busy. For those who just don't have enough time in the day, they can get on their computer or smart phone and make their appointment," said Shannon Wood BSRT (R)(M)(BS), supervisor of the Breast Center at St. Anthony Hospital.

Along with the convenience of online scheduling, the St. Anthony Breast Center offers the "Know Now Mammogram," providing results within 10 minutes. This offers patients peace of mind, as results are generated before they leave. To make an appointment at one of the five St. Anthony Breast Centers, visit saintsok.com for the new online mammography scheduling process. The St. Anthony Breast Center has added evening hours one day a month at two locations, St. Anthony Healthplex East and St. Anthony Hospital. Patients may select appointments as late as 7 p.m.

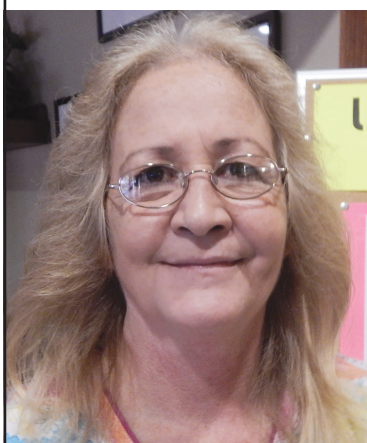


NURSE + TALK

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

What is most gratifying to you about caring for residents at Grace Living Center Edmond?

"My residents. This is what I live for every day, coming in and being able to put a smile on their faces and hear them laugh."



Debra Knight, CMA

"The most rewarding thing about working with the elderly is being able to support someone at a time when they don't have as much support as they did, for the rest of their life."



Abigail Lee, LPN

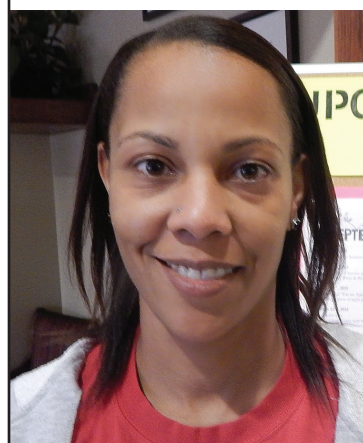
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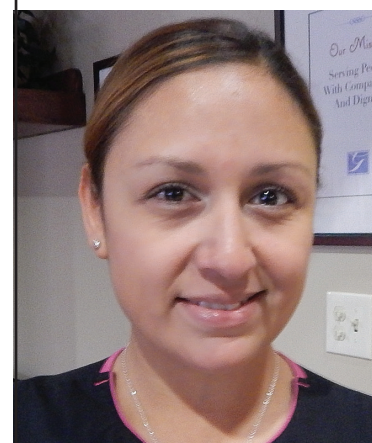
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"I enjoy doing what I do. I love working with the elderly. They keep a smile on my face and I love my coworkers."



Julie Houston, CNA,
CMA mentor

"Most of my life, I've always wanted to be in the nursing field. I love helping others. I love being part of their lives because we are all considered a family. I love helping others and I think my call is here."



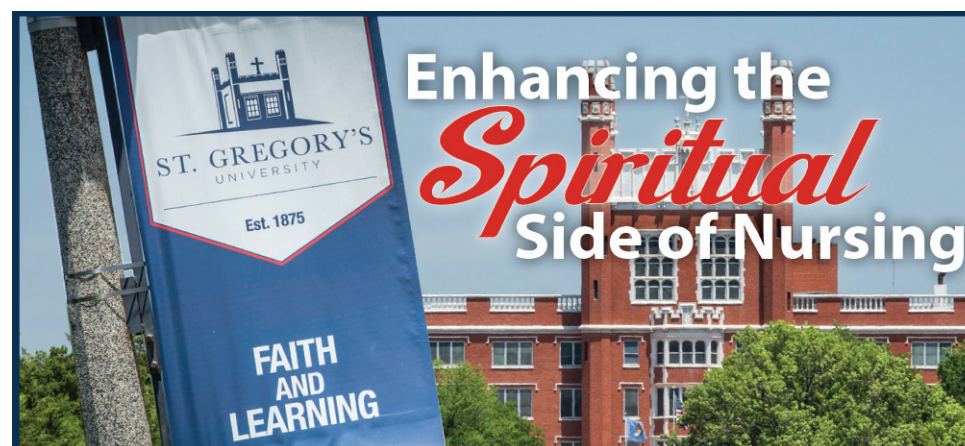
Alma Ruiz,
CNA, CMA, ACMA

Physician Elected to the American Academy of Sleep Medicine Accreditation Committee

Local physician Vikas Jain, M.D., FAASM, CCSH, with St. Anthony Physicians Group, has recently been elected to the American Academy of Sleep Medicine Accreditation Committee (AASM).

Established in 1975, AASM improves sleep health and promotes high quality patient centered care. With nearly 10,000 members, the AASM is the largest professional membership society for physicians, scientists and other health care providers dedicated to sleep medicine.

Dr. Jain provides comprehensive evaluation and management of both adult and pediatric sleep disorders. His office is located at St. Anthony Healthplex South, 13500 S Tulsa Drive, 2nd floor, in Oklahoma City. To schedule an appointment please call 405-713-2699.



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