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Rural health care

Mercy Hospital
Logan County is
No. 1 in patient
satisfaction



Jessica Zan considers her nursing staff to be the experts in their field. She listens to their ideas and moves quickly to implement best practices as manager of Med/Surg Nursing Services.

by James Coburn
Staff Writer

Jessica Zan particularly loves rural health care. It's an extremely powerful way to practice health care, said Zan, RN, manager of

Med/Surg Nursing Services at Mercy Hospital Logan County.

"I've been a big city girl in a big city hospital for my whole career," Zan said. "And I had no idea until

I got out here the kind of power that is in rural health care."

Rural health care attracts dedicated health care workers to the nursing profession because they want to live in the community they serve, she said.

"This is their hospital and they see their patients at Walmart," Zan said. "This is what we do here. If we don't get this right, we suffer as well as our health care consumers."

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ONA to present American Nurse to public

Carolyn Jones is an award-winning filmmaker behind the documentary The American Nurse.



by Mike Lee, Staff Writer

The Oklahoma Nurses Association is providing Oklahomans their only chance to view The American Nurse, a heart-warming film that explores some of the biggest issues facing America on Wednesday, October 21.

Coinciding with the annual ONA Convention at the Reed Conference Center in Midwest City, the viewing will be offered through a dinner and movie ticket for \$35.

You do not have to be registered for the convention to attend and this will be the only screening of the Carolyn Jones documentary in our state.

"It really portrays nurses respectfully in different settings and the work they do," ONA Executive Director Jane Nelson said.

Aging, war, poverty, prisons - the film examines them through the work and lives of nurses

The night will be a fundraising reception and dinner event. While this year's Convention focuses on the impact of Oklahoma Nurses, this film highlights the work of nurses from throughout America.

Tickets for the dinner and movie can be purchased for \$35 at www.oklahomanurses.org and are first come, first serve until they are sold out. You do not need to be registered for Convention in order to attend this event. Dinner will begin at 5 p.m. with the film following at 6:30.

The American Nurse is an examination of real people that will change how we think about nurses and how we wrestle with the challenges of healing America.

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FILM

Continued from Page 1

The film is an important contribution to America's ongoing conversation about what it means to care.

The American Nurse follows the paths of five nurses in various practice specialties including Jason Short as he drives up a rugged creek to reach a home-bound cancer patient in Appalachia.

Tonia Faust runs a prison hospice program where inmates serving life sentences care for their fellow inmates as they're dying.

Naomi Cross coaches an ovarian cancer survivor through the Caesarean delivery of her son. Sister Stephen is a nun who runs a nursing home filled with goats, sheep, llamas and chickens, where the entire nursing staff comes together to sing for a dying resident.

And Brian McMillion, an Army veteran and former medic, rehabilitates wounded soldiers returning from war.

The American Nurse Project aims to elevate the voice of nurses in this country by capturing their personal stories through photography and

film. In early 2012, photographer Carolyn Jones and her team began a journey across the United States, recording the unique experiences of nurses at work.

The photographs and narratives aim to inspire audiences to think about nurses in a way that they may never have before, with a newfound appreciation for this indispensable figure on the front lines of health and healthcare today: the American nurse.

Known internationally for her socially proactive medium-format photographic portraiture, Jones is also an award-winning filmmaker, having worked in a wide variety of film and video formats, primarily in documentary production.

Her most widely acclaimed book, *Living Proof: Courage in the Face of AIDS*, was published by Abbeville Press and was accompanied by shows in Tokyo, Berlin, the U.S., and at the United Nations World AIDS Conference.

In addition to her multiple exhibitions, book and magazine publications, she has collaborated on projects with Oxygen Media, PBS, the Girl Scouts of the USA, and an extensive list of corporate clients. She founded the non-profit 100 People Foundation for which she travels the world telling stories that celebrate our global neighbors.

Carolyn Jones, Director of The American Nurse.

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ZAN

Continued from Page 1

Mercy Hospital Logan County is a small group of highly motivated people including Zen. She has been with Mercy since 2003 and is a 2005 nursing school graduate from the University of Central Oklahoma. She took a little time off from Mercy Hospital in Oklahoma City to go to graduate school in Texas to get a master's degree in counseling psychology. Just before she took her current job in March, she took a few months off to be a stay at home mom.

One month before she moved to Guthrie, her husband lost his job, and Zan wanted to go back to work anyway. Her position came open the same week and she fell in love with the idea of rural health care.

Her job provides her the opportunity to bring a lot of her varied skilled sets and education into one focus.

"I firmly believe primarily that I am here to serve the people who serve the patients," Zan said. Her psychology background, experience as a nurse on the floor and consulting in different roles provides Zan the opportunity to bring all of

her skill sets into one facility.

Mercy Hospital at Logan County is small enough that if nurses want to make a change, sometimes they make the change that day. They don't have to go through hundreds of layers of research and committees.

"We do our best practice research. We make the decision. We enact the decision," Zen said. "And everybody learns about it because it takes us two or three shifts to get the message out to everybody."

So there is a lot of power and flexibility among the nursing staff. Being a small group allows them to meet and take better care of one another, she continued.

Mercy Hospital Logan County is also the largest of Mercy's rural hospitals. It is also large enough that when a change is made, it makes a difference for the community, Zen said.

"In the last six months, we went to being the No. 1 in patient satisfaction scores in the Mercy ministry. Two quarters ago we were third in the ministry; both times ranking in the top 10 percentile," she said. "It's very encouraging."

The hospital is fully staffed. When Zen first arrived at the Guthrie

hospital, its census was down by eight nurses, two house supervisors and two nursing assistants. Zen said the environment Mercy is creating in Guthrie is a place where nurses want to be. It is also a place where their patients are telling them, they get highly personalized, individualized intimate care.

"That is a powerful thing," she said. "I love getting to be a part of that."

As a leader, Zan tries to talk to her staff everyday asking what they need to change for the betterment of patient care. She learns who needs to be recognized for exceptional work.

"I try to make a presence to my day shift and my night shift," she said. "So I show up at their shift change. That's when I get here several days a week. I get here around 6:30 a.m. I firmly believe that the folks out their practicing are the experts in their practice. And if I am the person who serves the people who serves the people, then I need to be listening to the experts and I need to take their word for it when they say something could be better, something could be fixed, or here's a new way to do something."

Mercy is also experimenting

to build a formal Shared Practice Council in a new way. They are building it in virtual space rather than in real space, she said. The advantage of virtual space is attendance, which is always difficult in a 24 hour facility.

"If you hold a meeting (in real space), you are by design neglecting somebody who is working that day who may want to be there," Zen said.

Her hope is that she is creating a space where people believe in their own power.

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CAREERS IN NURSING

HANDS OF A HEALER: NURSE ACCEPTS CALLING - ST. ANTHONY

by Mike Lee - Writer

Rudy Sparr, RN, BSN has worked with his hands most of his 59 years on this earth.

As he kid he worked in fast food and then went on to the lumber yard.

He finally latched on to his first real career as a machinist, working in Tulsa, Broken Arrow and Port of Catoosa.

Suffice it to say, bedside nursing never was on his radar screen.

But all that changed some 20 years ago when he says God started making things a lot clearer. So it's no surprise that he eventually ended up at St. Anthony.

Sparr traces his nursing career back to 1990. He accepted a calling to become a missionary during a conference in Holland and headed out to Africa.

"The first thing I thought was I needed to become a nurse," he said. "I went to a counselor and planned my whole nursing career out

on paper. Four years later I graduated as a nurse."

His ADN came from Tulsa Junior College then he earned his bachelor's three years ago at Oklahoma Wesleyan through one-day-a-week satellite classes at Midwest City.

It's no surprise that Sparr ended up at St. Anthony.

He's worked at St. Anthony Healthplex East, I-40 and Douglas, since it opened a few years ago.

"I like their mission statement and I also like the way they do nursing. I think that's the way nursing needs to be done," Sparr said.

Through exceptional healthcare the healing hand of Jesus is revealed - it's more than just a motto for Sparr.

"I care for people I treat them like family," Sparr said. "We might be talking about medical, physical or fishing or gardening."

Sparr has been a nurse for 20

years after growing up as a military brat.

He was in Japan when he was two, something he credits with fostering both a love for and an ability to pick up new languages.

Sparr split his high school years between Coronado High School in California and George Dewey High School in the republic of the Philippines.

"It gave me an appreciation for all types of people and cultures," Sparr said. "Nothing can surprise me. I don't care what people look like, talk like or even smell like."

"I just like to treat them like family because I think we all are family."

The ER at St. Anthony East is where Sparr now practices his nursing. It's a close-knit environment.

"We all work together," he said. "We help each other when we're lacking in one area."

The first 10 years of Sparr's nursing career were spent in mental health. The last 10 have been spread among the floor, newborn, cath lab and the ER.

"So far I still like mental health and emergency nursing," he said. "You can use the skills in both areas. I have a pretty calm demeanor and people get to screaming and yelling and I just talk to them and be calm and it seems to work."

Sparr met his Okie-from-Muskogee wife in 1980, married her and two daughters were the result. One grandson has come along so far.

For Sparr, he plans on nursing for the better part of the next 10 years and hopes that will be long enough to finish paying for his nursing degree.

He plans on doing a lot more fishing during that time, too.

The avid hunter says his nursing schedule allows him plenty of



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Rudy Sparr, 59, has spent the last four years of his 20-year-nursing career at St. Anthony Healthplex in Midwest City.

outdoors time. But all of that will come after Oct. 5 when he and his wife celebrate 35 years of marriage.

"We plan on going to Vegas for our anniversary," he said.

If you talked to Sparr's coworkers they'll tell you nothing really gets Sparr riled up.

"I pretty much have one speed but if someone's not breathing I can get after it," he said. "I'm pretty steady. I know it's a young man's game but I can still do it."

And he still plans on fulfilling

his mission.

The staff nurse is working his way through his third passport. He's been to Botswana, Ukraine, Bolivia, South America, Mexico and has been offered many other sites that just weren't right fits at the time.

"When I go to work every day it's like going to the mission field," he said. "Everybody I come into contact with is my neighbor."

And he's finally able to use those healing hands for their intended purpose.

St. Anthony Physician Vikas Jain 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.

THREE PHYSICIANS HIRED TO HELP BETTER TREAT CHILDREN AND TEENAGERS WITH SPECIAL MEDICAL NEEDS

The Children's Center Rehabilitation Hospital announces the addition of three physicians to the medical and rehabilitation staff. The physicians will join the Hospital's Medical Director, Darin Brannan, M.D., to help better serve the special needs population as the Hospital grows into a more regionally focused medical facility. A \$25 million expansion starting this month will help medical staff treat patients on a more statewide and regional level.

Suneet Sahgal, M.D. will be the only full-time pediatric physiatrist practicing in the state of Oklahoma. A pediatric physiatrist is a medical doctor with specialized training in physical medicine and rehabilitation for children.

Dr. Sahgal is a 2003 graduate of the Rehabilitation Institute of Chicago/McGaw

Medical Center at Northwestern University in Chicago, Illinois where he studied physical medicine and rehabilitation. He completed his pediatric medicine residency at Lutheran General Children's Hospital in Park Ridge, Illinois. Recently, he served as the Medical Director of Pediatric Day Rehabilitation Program at Akron Children's Hospital in Ohio, as well as Clinical Faculty at the Northeastern Ohio College of Medicine, Department of Neurology.

Dr. Sahgal will join R. Steven Couch, M.D., Neurodevelopmental Pediatrician, at The Children's Center Rehabilitation Hospital. Dr. Couch completed his fellowship in child development and disabilities from The Kennedy Krieger Institute at Johns Hopkins University in Baltimore, Maryland. He has previously held roles such as Medical

Director of Inpatient Children's Rehabilitation and also the Outpatient Spasticity Management Program. Dr. Couch most recently served as developmental pediatrician in the Division of Developmental Medicine at Vanderbilt Children's Hospital.

Michael Johnson, M.D., will also join the medical staff as the Hospital's Medical Director of Inpatient Services. Dr. Johnson completed his pediatric residency



the children's center

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at Cincinnati Children's Hospital Medical Center. He most recently served as the Assistant Director of Hospital Medicine Education at the University of Oklahoma Health Sciences Center, as well as Pediatric Hospitalist at The Children's Center Rehabilitation Hospital.

To learn more about the medical staff and services provided at The Children's Center Rehabilitation Hospital, please visit our website at www.miracleshappenhere.org.

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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.

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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

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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.

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OCU PA Program Gains Accreditation

Oklahoma City University's new Physician Assistant Program has taken an important step toward national certification from the Accreditation Review Commission on Education for the Physician Assistant, Inc. (ARC-PA).

The ARC-PA has granted Accreditation-Provisional status to the Oklahoma City University Physician Assistant Program sponsored by Oklahoma City University.

Accreditation-Provisional is an accreditation status granted when the plans and resource allocation, if fully implemented as planned, of a proposed program that has not yet enrolled students appear to demonstrate the program's ability to meet the ARC-PA Standards or when a program holding Accreditation-Provisional status appears to demonstrate continued progress in complying with the Standards as it prepares for the graduation of the first class (cohort) of students.

Accreditation-Provisional does not ensure any subsequent accreditation status. It is limited to no more than five years from matriculation of the first class.

"Achieving this status requires a review of hundreds of details about the program," said Dan McNeill, director of OCU's PA program. "Out of all of the details, the reviewers found no areas of noncompliance. This is a great way to start our exceptional program."

Oklahoma City University is only the third institution in the state to offer a PA program, joining OU Health Science Center programs in Oklahoma City and Tulsa. OCU's program will focus on educating physician assistants with a strong emphasis on providing primary care in community hospitals and clinics. Classes are scheduled to begin in January, with an initial cohort of 36 students.

For more information about the program, visit okcu.edu/physician-assistant or call 405-208-5094.



OKLAHOMA CITY UNIVERSITY

The Honor Society of Nursing, Sigma Theta Tau International Announces Call for Applications for Gerontologic Nursing Leadership Academy

The Honor Society of Nursing, Sigma Theta Tau International (STTI) is accepting applications through 3 January 2016 for its Gerontologic Nursing Leadership Academy (GNLA), the premier leadership development opportunity for nurses dedicated to improving geriatric health outcomes and influencing policy related to the care of older adults. The 2016-2017 Gerontologic Nursing Leadership Academy is made possible through generous support from Hill-Rom. STTI's International Leadership Institute administers the academy mentoring program.

The GNLA is a prestigious, highly selective 18-month leadership development experience created for high-potential master's degree-level nurses and experienced mentors. Ideal GNLA applicants are successful mid-career nurses in leadership positions who are influencing care to older adults in healthcare or community settings. Each Fellow/Leadership Mentor pair is then supported by a faculty advisor.

Since its inception, the GNLA has achieved important nursing outcomes. In a recent cohort of the academy, there was a 48 percent improvement of understanding and test scores regarding patient care providers' knowledge of delirium; drug usage decreased by 1.47 medications per patient during a team project to improve polypharmacy in geriatric patients; and patient satisfaction increased by 5.3 percent.

"It is an honor to support the important work done by the GNLA to enhance outcomes and quality of life for older adults," said Melissa A. Fitzpatrick, RN, MSN, FAAN, vice president and chief clinical officer of Hill-Rom. "Hill-Rom's goals of creating an evidence base to support best practices, encouraging leadership and mentorship, and facilitating effective change are in direct alignment with the GNLA. It is so rewarding to see our partnership continue to flourish after eight years and to see the efforts of the GNLA Fellows make a difference every day in the lives of older adults."

"As the global organization of choice for

nurses, STTI is deeply committed to developing nurses in all disciplines of the profession," said STTI President Hester C. Klopfer, PhD, MBA, RN, RM, FANSA. "Fellows of the Gerontologic Nursing Leadership Academy achieve significant professional growth during their academy participation. The impact that their work has on the aging population is outstanding."

For more than 90 years, STTI has honored the best and brightest women and men in nursing. The society provides nurses with programs, resources, and opportunities such as those offered through the International Leadership Institute, including the Gerontologic Nursing Leadership Academy.

Prospective GNLA Fellow/Leadership Mentor pairs may submit applications for the new Gerontologic Nursing Leadership Academy cohort through 3 January 2016. The 2016-2017 cohort will begin in the second quarter of 2016. Comprehensive program details are available at www.nursingsociety.org/gnla.

The Honor Society of Nursing, Sigma Theta Tau International (STTI) is a nonprofit organization whose mission is advancing world health and celebrating nursing excellence in scholarship, leadership, and service. Founded in 1922, STTI has more than 135,000 active members in more than 85 countries. Members include practicing nurses, instructors, researchers, policymakers, entrepreneurs and others. STTI's roughly 500 chapters are located at approximately 695 institutions of higher education throughout Armenia, Australia, Botswana, Brazil, Canada, Colombia, England, Ghana, Hong Kong, Japan, Kenya, Lebanon, Malawi, Mexico, the Netherlands, Pakistan, Portugal, Singapore, South Africa, South Korea, Swaziland, Sweden, Taiwan, Tanzania, Thailand, the United States, and Wales. More information about STTI can be found online at www.nursingsociety.org.



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2015 OUMS PALLIATIVE CARE SUMMIT SCHEDULED - CE CREDITS OFFERED

Experts will be speaking on current issues and trends in Palliative Care and End of Life Care for Adults and Pediatrics.

Keynote Speakers are Dr. Carole Kenner and Dr. Porter Storey and topics will Neonatal/Pediatric Palliative Care, Integrated Palliative Care Practice for Children with Complex Chronic Conditions, Communication at End of Life, Dyspnea in Advanced Diseases, Advanced Care Planning, and Care of the Caregiver.

Continuing Education credits will be available to Nurses, Social Workers, Dieticians, and Respiratory Therapists.

More information and registration available at: <https://www.oumedicine.com/oumedicalcenter/2015-palliative-care-summit>.

Registration Deadline is October 22, 2015 and the event is free to attend. Lunch will be provided. No registration accepted at the conference with no partial attendance.

Presenters and planners have no commercial support or sponsorship to disclose and Continuing Nursing Education Activity of 5.5 contact hours was provided by OU Medical System. OU MEDICAL System is an approved provider of continuing nursing education by the Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Attendance at the entire offering and completion of the evaluation is required to receive continuing nursing education credits.

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volunteer coordinator/chaplain

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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:

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Coordinator, 405-948-4357

Cornerstone Hospice:

Vicky Herrington, Vol. Coordinator,

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Hometown Hospice:

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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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Freedom Hospice:

Tulsa: 918-493-4930; Claremore:
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Frontier Hospice:

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405-418-2659

Golden Age Hospice:

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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

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1009 N Meredian, Oklahoma City, OK
73107 405-949-1200

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918-473-0505

Heartland Hospice:

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

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Hospice of Green Country:

Tulsa: 918-747-2273, Claremore:
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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:

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Humanity Hospice:

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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:

405-848-3555

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Director. 405-842-0171

LifeSpring In-Home Care Network:

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

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April Moon, RN Clinical Coordinator
405-222-2051

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Ada, 580-332-6900 Staci Elder Hensley,
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OKC, OK 73112 405-848-3779

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Health in Tulsa: 918-412-7200

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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

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April Burrows, Enid; Vol. Coordinators,
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Seasons Hospice:

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

Sequoyah Memorial Hospice:

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

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Tammy Harvey, Vol. Manager
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Sooner Hospice, LLC:

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

Tranquility Hospice:

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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. Sometimes I dread going to counseling because my therapist makes me be very specific about what I am doing, i.e., exactly how many beers I drink. She says it is the only way to be in reality.

I need to get better but I just don't know.

A. here are some very popular defense mechanisms that we all engage in to "explain away our behavior." Rationalization works to explain why something really isn't all that bad for us. Minimization eases some of our accountability. The all time favorite is denial. Who doesn't gravitate towards denial when we just don't want to face our reality.

Effective therapy moves us away from these defense mechanisms and challenges us to get real with ourselves. The more vague we are about our behavior, the more disconnected we are from reality.

When Joe came to therapy to discuss his depression and marital conflicts, he mentioned in passing that he had an occasional beer. "Maybe just one or two, usually just on weekends, sometimes a shot or two of whiskey." As his sessions became more frequent he shared more about his "occasional drinking" and admitted that maybe he did have a problem. At this point it was suggested to Joe that he attend an alcohol treatment program and then continue to work on his other presenting symptoms.

Chris Anderson, MS, LMFT, a recovering gambler and alcoholic is a speaker who educates professionals on becoming more effective counselors especially in working with addicts. His goal of therapy is the following: "To help clients name the truth about themselves so that their own truth confronts their own lie ..to help clients live fully into the here and now reality of their lives, in order to live into a sense of vision that calls them forth."

So in therapy the dread that many might feel is the "facing the pain." Every addiction arises from an unconscious refusal to face and move through your own pain. Every addiction starts with pain and ends with pain. Whatever the substance you are addicted to - alcohol, food, legal or illegal drugs, gambling or a person - you are using something or somebody to cover up your pain.

So don't stop now. If you want to live more fully, keep going and build a strong, positive support network. Good luck!!

OMRF team discovers cargo system that keeps brain cells on the right track



Oklahoma Medical Research Foundation Scientist Kenneth Miller, Ph.D.

With the help of a simple little worm, an Oklahoma Medical Research Foundation scientist is unraveling the mysteries of a complex transportation system the brain uses to move the tiny cargoes that contribute to our perceptions, thoughts and memories.

Brain cells, or neurons, have long tentacles called axons, through which they communicate with one another and with muscle cells. Some axons reach lengths as long as 3 feet in humans. To deal with these long distances, neurons have developed an amazing system of tiny "train tracks" and "engines" to quickly carry cargo long distances in both directions. The cargoes consist of tiny membrane sacs called "vesicles" that provide the signals for thoughts and memories, as well as larger sacs called "organelles" that help the neuron grow or repair an injury.

OMRF's Kenneth Miller, Ph.D., is seeking to understand how the cargo system is regulated to keep us thinking clearly, as well as how defects in the transport system contribute to neurological disorders.

Miller and his colleagues have discovered a new "conductor" that regulates the cargo movements in neurons. The conductor allows the tiny vesicle cargoes that are important for our thoughts and memories to stay in axons where they are needed but sends the larger ones (organelles) back

to the cell body of the neuron so they won't clog up the axon or interfere with the signals that help us think and move.

However, Miller said the system can be regulated to allow the larger organelles to move into the axon when they are needed, for example, to help the neuron grow or recover from an injury.

Miller and his team made their discovery using *C. elegans*, a tiny roundworm with a simple nervous system. The new findings were published in back-to-back papers in the scientific journal *Genetics*.

"Neurons actively shuttle their cargo along tracks using motor proteins that essentially act as engines," said Miller. "The motors literally walk along these tracks, shouldering their cargo. We have found a neuron-specific transmission system for regulating the connection between one of these motors and its cargo."

Neurons have several kinds of motors that can move cargo outward, but only one, known as dynein, can move cargo back into the cell body. Miller and colleagues discovered a new function in neurons, which they named the CSS system. The CSS system seems to act as part of dynein's transmission system, determining whether or not



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"Having a loved one injured or ill."



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"I'm scared of the dark because that's when the boogie man comes out!"



"Kacoria Lassien, RN

"Something happening to one of my children because I love them."



Jessica Harris, RN

OMRF

Continued from Page 10

the motor engages with cargo. Miller noted that a recent study found that as many as 14 neuronal diseases are connected to the dynein motor.

"We still don't understand the basis of a lot of neurological disorders, because we're still learning how nerve cells work," said Miller. "But this discovery gets us one step closer to revealing how the most complex cells in our bodies function at a molecular level. Once we understand how things are supposed to work at that level, we may be able to treat a person with a neurological disorder by targeting the malfunction with a drug or using new

methods of gene therapy."

"It's remarkable how studies of a tiny worm that has a very simple nervous system can be the key to unlocking a very complicated process that nerves use," said OMRF Vice President of Research Paul Kincade, Ph.D. "Every cell in the body has complex components, and in the case of neurons, it's important to sort what goes out and what comes back. Miller has used very elegant experimental approaches to identify one of the key players in this intricate process."

This research is funded by grant R01GM080765 from the National Institute of General Medical Sciences and the Oklahoma Center for the Advancement of Science and Technology grant HR14-003.

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One night, she found the courage to leave.

With backpacks, she and her kids took off on foot. From a friend's home, she called a **partner agency's** domestic violence shelter and their lives began to turn around. Then another **partner agency's** school for homeless kids added to their recovery story.



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