



Looking for all the Right stuff

Kathy Smith is the nurse manager at The Rehabilitation Center at Norman Regional Health System.

by Bobby Anderson, RN, Staff Writer

For more than 40 years, Kathy Smith, RN, MSN, CRRN worked in critical care.

Taking care of and doing for her patients was all she had ever known.

But the next chapter of Smith's nursing career would lead her into rehabilitation nursing and a change that would make her head spin.

"It was almost a year to get (critical care) out of me," Smith laughed.

Now the nurse manager for The Rehabilitation in the Norman Regional Health System, Smith is looking for nurses to share in

the kind of career resurgence she experienced.

"I probably have seen more of an integrated team in rehab than in med/surg or critical care," Smith said. "Over there the nurse feels like it's all me. In rehab it's not, it's physical therapy, speech, OT, the neuropsychologist."

Smith is actively searching for certified rehab nurses.

The rewards in rehab nursing are both instant and long-term. Helping patients make those incremental improvements each day provide instant gratification.

Seeing them come back for the yearly

See SMITH Page 3

Faculty Members Named Fellows of Gerontological Society of America

(left) Barbara J. Holtzclaw, Ph.D., RN, FAAN, and Carol Rogers, Ph.D., RN, PHCNS-BC, CNE will be formally recognized as Fellows of Gerontological Society of America.



Two faculty members from the Fran and Earl Ziegler OU College of Nursing, University of Oklahoma Health Sciences Center, have been named fellows of the Gerontological Society of America, the nation's largest interdisciplinary organization devoted to the field of aging.

Barbara J. Holtzclaw, Ph.D., RN, FAAN, and Carol Rogers, Ph.D., RN, PHCNS-BC, CNE, will be formally recognized in November during the GSA's annual scientific meeting. The induction honors their outstanding work the field of gerontology, including research, teaching, administration, public service, practice and participation within GSA.

Both registered nurses, Holtzclaw and Rogers have had distinguished careers in education and research since entering the academic realm. Their involvement with GSA has furthered that work by connecting them with collaborators and resources across the nation.

"We're very proud of the work that Drs. Holtzclaw and Rogers have done to improve the care of elders," said Gary Loving, Ph.D., interim dean of the College of Public Health. "Research and service related to geriatric nursing has been a top focus for the Fran and Earl Ziegler College of Nursing for

See FELLOWS Page 2

FELLOWS

Continued from Page 1

many years now. These two scholars exemplify that focus."

Holtzclaw and Rogers have made significant contributions to the field of nursing – and the larger health care system – through their individual areas of research. Holtzclaw's research focuses on thermoregulatory responses in vulnerable populations. Her investigations have centered on "the metabolic cost of shivering" – the energy cost to patients whose bodies try to recoup heat by shivering. This occurs, for example, when a patient who undergoes open-heart surgery begins to warm up after being cooled down for the procedure. It also occurs when the body turns up its internal thermostat to cause a fever.

Holtzclaw has studied the violent shaking that occurs when immunosuppressed patients with cancer get fungal infections and are intravenously given a drug called amphotericin B. The body responds strongly to the drug, running a fever and shivering, which is the body's way of warming itself up. Holtzclaw studied the same process in fever management of patients with HIV and as a possible mechanism in older

adults who experience night sweats.

"I've been researching the effects of temperatures changes in the body for a long time, and most of the populations I've worked with have been older adults," she said.

Rogers' research focuses on helping older adults age in place and maintain physical function. People overwhelmingly want to live out their lives at home surrounded by their support system. But when people begin to lose balance and function, there's usually a tipping point when they can no longer live at home.

Rogers is researching the effectiveness of Sign Chi Do, a mind-body-spirit exercise, mostly with people who attend community senior centers. She measures how Sign Chi Do affects their balance, strength, flexibility and endurance, as well as the cardiovascular response of the intervention. She also studies the effect of Sign Chi Do on sleep and fatigue symptoms in women with a history of breast cancer.

"Quality of life is the overarching goal," Rogers said. "When people can't take care of themselves functionally, it can also lead to depression and other psychological problems. It affects social interaction and so many aspects of life."

In the OU College of Nursing, Rogers serves as assistant director of geriatric training programs, and Holtzclaw is associate dean for research and associate director of translational geriatric science for the Donald W. Reynolds Center for Geriatric Excellence.

"Teaching future nursing researchers is gratifying because

of the passion and insight the next generation will bring to the improvement of health care," said Rogers. "Nurses have a lot of clinical insight from working with patients, and they want to improve their patients' outcomes. It's rewarding when you see students begin to understand the needs of older adults."

First Mercy-GoHealth Urgent Care Locations Open in Oklahoma City

New centers offer patients better options for accessible, convenient, community-based care

Mercy-GoHealth Urgent Care is opening two new state-of-the-art urgent care centers in North Edmond and Oklahoma City. The two centers are the first of many that will soon open in the Oklahoma City metro area. GoHealth Urgent Care, one of the country's largest and fastest growing urgent care companies, and Mercy, one of the most innovative health systems in the U.S., have already begun developing urgent care centers in St. Louis and Springfield, Missouri, and will soon begin opening centers in northwest Arkansas as well.

Mercy-GoHealth's easy-to-use online check-in and pre-registration system, dynamic wait clocks, mobile X-ray capabilities and award-winning center design are just a few features of this new model that will benefit local families, employers and other community members.

Following a welcome event on Aug. 30th, both Mercy-GoHealth Urgent Care centers in North Edmond at 1380 W. Covell Road, Suite 132, and North Oklahoma City location at 12220 N. Macarthur, Suite D, will open to patients in need. The Mercy-GoHealth centers welcome patients year-round, seven days a week, from 8 a.m. to 8 p.m. Monday through Friday, and 9 a.m. to 5 p.m. Saturday and Sunday.

"We are excited to open our first urgent care center to customers in the greater Oklahoma City area, further expanding our multi-market joint venture with Mercy," said Todd Latz, CEO of GoHealth Urgent Care. "We are focused on delivering unparalleled customer experiences and

high-quality care to communities across Oklahoma City, and to demonstrating to our newest market how effortless it can be to return to better health."

Mercy-GoHealth Urgent Care treats adults and children 6 months and older with non-life-threatening illnesses and injuries such as colds, flu, fever, asthma, allergies, emphysema, minor skin lacerations, cuts, burns, urinary tract infections, fractures, sprains and strains. Mercy-GoHealth Urgent Care accepts most major insurance plans.

"We regularly ask our patients how we can better serve them and what we hear consistently is they want quick, convenient, affordable care close to where they live and work," said Donn Sorensen, regional president of Mercy in Oklahoma. "Mercy's partnership with GoHealth is a response to those needs, and we're proud to offer a new type of urgent care experience."

Mercy-GoHealth Urgent Care patients will experience visits that on average cost substantially less than a trip to the emergency room. The open floor layout of the centers enables caregivers to directly engage with patients, in comfortable and spacious exam rooms that can accommodate entire families. Every center is equipped with on-site X-ray and laboratory services for patient convenience.

Mercy-GoHealth Urgent Care is on track to launch more than 30 urgent care centers across Mercy's service area, including additional locations in Oklahoma. Information about each existing location as well as future locations can be found at www.gohealthuc.com/Mercy.



Our daughter, Ellie, was born in November 2008. When she was 3 months old, we found out she had a liver problem. We went to Children's Hospital in OKC, but were soon sent to a transplant center in Nebraska for evaluation. On March 18th, Ellie was put on the list for transplant. We came back home to wait. Ellie was treated at Children's twice a week, until she began to lose weight in May. We went back to Nebraska the day after Mother's Day, and she was admitted to the hospital. While there, I was evaluated as a living donor for Ellie, and we soon learned I could give her part of my liver. Ellie's transplant was on May 22, 2009. It was the hardest thing that I've ever done, but the

easiest decision of my life. We came home Father's Day weekend.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call **800-826-LIFE (5433)** and ask for a donor registration card.

LifeShare

SMITH

Continued from Page 1

Christmas party or just stopping by to say thank you bring all those feelings back.

"You really can establish relationships here and you want nurses that want to do that," Smith said. "They're not just in and out. Our average stay right now is about 10 days. Then you have those that are here about a month."

"It's a neat thing for us to see we were a part of that person's recovery."

Motivation and behavior modification are hallmarks of rehab nursing. Letting the patient do as much as they can while teaching them along the way to independence is vital.

"In rehab it really does take a more specialized rehab nurse to understand we need to mimic what the patient exactly what we want them to do at their house," Smith said. "I'm trying to recruit nurses who really have a lot of patience and know you have to give them time to do what they need to do. You can't rush them."

"It's all about teaching."

Smith's nurses see a range of patients from traumatic brain injuries and strokes to falls at home or other accidents.

"Most of the people who come to rehab have had a life-changing experience," Smith said. "So many of these people have to be motivated. You have to have that nurse in rehab that can help that person become motivated."

The majority of Smith's career has been spent doing what patients could not.

Now her and her nurses spend their time restoring patient's to their former lives.

Earning her CRRN designation solidified for her that she was indeed in a unique nursing field.

"I didn't realize that until I got into it and then I saw why," Smith said. "I've noticed after being in critical care you have more aggressive, assertive people in critical care. When I got to rehab I noticed the type of nurse here is more soft about what they do. They're more patient about letting them do it. We're taught as nurses to do everything for the patient."

"You get over here in rehab it's different, it's more therapy. You're

supposed to let them do as much as they can."

One of the advantages Smith's staff enjoys is being inside the hospital.

"You get a lot of support in the hospital especially from the (Medical Intervention Team) they're a lifesaver," Smith said. "We don't want patients to code over here and rarely do we have a code. Now we also have the hospitalists over here and you have that support as internists for you. You also get the support of the nephrologists, the neurologists - plus the ER is right here."

The Rehabilitation Center is designed to provide the highest quality care possible.

It is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for the Adult Inpatient Rehabilitation program and the Stroke Specialty Program with an established pattern of excellence.

Smith said the facility participates in a rigorous CARF review every three years to maintain this accreditation.

The center's 2017 scores show it's making a difference for

patients:

- 99 percent of patients say they would recommend The Rehabilitation Center to others.
- 97 percent of patients ranked The Rehabilitation Center as a 9 or 10 out of 10 compared to other rehabilitation centers.
- 80 percent of patients who were discharged from The Rehabilitation Center were able to return to an independent living setting.
- The average length of stay for a patient is 12 days.

The rehabilitation team includes:

- Rehabilitation physicians
- Rehabilitation nurses
- Physical therapy
- Occupational therapy
- Speech therapy
- Dietary services
- Social work and case management
- Psychology services
- Respiratory therapy
- Pharmacy
- Admission liaison



Oklahoma's NURSING TIMES

Published each Monday And Locally Owned And Operated by Metro Publishing L.L.C.



JOIN US ON facebook

www.oknursingtimes.com

Phone (405) 631-5100
Fax (405) 631-5103

P.O BOX 239 MUSTANG, OK 73064

Editor and Publisher, Steven R. Eldridge - news@oknursingtimes.com
Recruitment Advertising - Chasity Tallent - ctallent@oknursingtimes.com
Advertising Services Lisa Weigel - advertising@oknursingtimes.com
Writers: Bobby Anderson, Traci Chapman, Vickie Jenkins, Vicki L Mayfield, M. Ed., R.N. Send all news, story requests, letters to the editor and press releases to news@oknursingtimes.com

Articles and advertisements in Oklahoma's Nursing Times do not necessarily reflect the opinions of the newspaper or Metro Publishing, L.L.C. We do not assume responsibility for statements made by advertisers. The acceptance of advertising by Oklahoma's Nursing Times does not constitute an endorsement of the products, services or information. We do not knowingly present any product or service, which is fraudulent or misleading in nature. Opinions expressed in columns and letters to the editor are not necessarily the opinions of employees, ownership of this newspaper or the publishing company.

Print and digital distribution may vary from time to time at the publisher's discretion due to growth and market changes that are dependent on location influence and market conditions necessary at the time of publication.

In Loving Memory of Randy and Owen Eldridge and Gay Eldridge Hannan

We have reached
10,000 Likes
on 

Thank you for your kind support and for subscribing to our page!

<https://www.facebook.com/oklahomas.nursingtimes>

Oklahoma's Nursing Times

PASSION IN NURSING

GETTING IN TOUCH WITH PATIENTS: APEX HOME HEALTH

by Vickie Jenkins - Writer/Photographer

Apex Home Health was recognized and certified in 2007 by Centers for Medicare and Medicaid Services as one of modern home-health care agencies which are scientifically measured and assessed to have high-quality home-health care services for promoting health and improving the quality of life. Medicare Certified Services includes Nursing, Physical Therapy, Occupational Therapy, Speech Pathology, Medical Social and Home Health Aide.

Meet Stephanie Vlot, LPN for Apex Home Health, who has been an LPN for 4 years. "Apex Home Health is the best organization to work for because we have that small company feel," commented Stephanie. "They truly take care of us and it is a great place to work," she added.

The small company feel of Apex Home Health reminds Stephanie of

growing up in Moore, OK. "Back then, Moore was a small town, or so it seemed," she laughed. "Because it was so small, I spent a lot of time going to Norman where I worked at Sterling House as a Health and Wellness Coordinator. From there, I was a CMA and then, I went on to be a LPN," she said. "I had some really good instructors and I always looked up to them. They helped me so much and I will always be thankful for everything they did for me."

Asking Stephanie what her favorite thing about her job is, she replied, "I love being in the home of the patient because it helps me develop a real relationship with them, allowing me to better care for their whole being. I love getting to know the patients on a one-on-one basis. On the other hand, we also have a few challenges. Sometimes, we

have patients that we (health care professionals) just can't help, whether it is due to lack of resources, disease progression, family dynamics, or even noncompliance on the patient's part," she replied. "It can make a health care professional lose sleep at night," she added. "Well, I am speaking for myself."

In your opinion, what qualities should a nurse have? I ask Stephanie. "The basics would be compassion, humbleness, common sense and investigative skills. Rarely do you get the whole story about a patient, so you have to, well, to put it nicely, do some digging. It all goes back to that one-on-one compassion between the caregiver and the patient. Never be afraid to learn something from your patients, other nurses, CNA's, CMA's, Activity Directors or even, the billing department! Always

be willing to learn because every aspect of these titles has an impact on your patient. Also, that is why I call myself a fighter. I fight for passion and injustice, always rooting for the underdog and holding onto hope even when it may seem hopeless."

On a personal note, when Stephanie was little, she didn't want to be a nurse, like all the other little girls, or so it seemed. "Actually, I just knew I would grow up and be a singer or an actress. Well, I can't carry a tune in a bucket and Hollywood isn't ready for me yet," she said. "I do have compassion and I am glad I am a nurse now, she added.

One of Stephanie's hobbies has been very helpful for her. "I love to journal. A wonderful woman at church presented the idea during our Relief Society CARE meeting

See VLOT Page 5



If you've had exceptional nursing care, let that special care provider know. Nominate a nurse today! By nominating an exceptional nurse, you join March of Dimes in honoring the nursing profession and the tireless efforts of those dedicated to their patients. We have 17 nursing categories ranging from Advance Practice to Women's Health.

WHEN
Thursday, October 4, 2018
6:00 pm - 9:00 pm

WHERE
Embassy Suites Downtown Medical Center
741 N. Phillips Ave
Oklahoma City

CONTACT
405 415 1265 or
<https://nurseoftheyear.marchofdimes.org/Event.aspx?EventId=20193>

LeNorman Family AllianceHealth DEACONESS

© 2018 March of Dimes



ONA Annual Nurses Convention - Empowering Nurses: Inspire. Innovate. Influence.

2018 Annual Nurses Convention at the Hyatt Regency Hotel in Tulsa, OK on October 24th & 25th. Registration Open. Member discount available.



Oklahoma Nurses Association
www.oklahomanurses.org | 405.840.3476



Stephanie Vlot, LPN, has been a nurse for 4 years. Working for Apex Home Health, she enjoys seeing patients in their own home.

VLOT

Continued from Page 4

and it made a big difference in my life. It is also a great treasure to leave behind to my grandchildren one day.

Stephanie enjoys spending time with her husband and her three daughters, 13, 12, and 9 years old. "My husband is my biggest supporter and when I want to do something, he is there for me. He usually ends it with a yes honey." My three daughters are

wonderful and they all have their own personalities which makes them so different from each other. They are all really good girls. Then there are the pets; Molly, a 7 year old Boxer/Pit Bull, along with Tiger, the 1 1/2 year old cat. The dog thinks she is a princess and the cat thinks he is a dog," she said. "What's wrong with this picture?" she laughed.

"I love being a nurse, and I am proud to work for Apex Health Care and I wouldn't have it any other way."

SPECIAL EVENT

AONP to host annual conference in Tulsa Oct. 17-19

The Association of Oklahoma Nurse Practitioners announced that early registration is now open for the organization's annual conference. The conference will take place Oct. 17-19 at the Renaissance Hotel and Convention Center in Tulsa.

"After several years at the same venue, we wanted to give our members a new experience, and this makes the conference more accessible for those in the Tulsa area who couldn't attend in the past," said AONP President Margaret Rosales.

The annual AONP Conference has grown to host nearly 400 nurse practitioners from across the state. The conference will offer workshops and seminars on a range of health care topics, including hypertension, obesity, coding and reimbursement and legislative advocacy.

"This year's sessions cover everything from keeping up with the latest advancements in medicine, to running a practice, to advocating for the profession in halls of the State Capitol," Rosales said. "There will be sessions to benefit every nurse practitioner at every level of experience."

Conference organizers are offering discounted registration rates for students and for AONP members. Early registration discounts continue through Sept. 30. Conference sessions will be submitted to the American Association of Nurse Practitioners and to the Oklahoma Board of Nursing for continuing education credits.

For more information or to register for the conference, go to npofoklahoma.com.

SPECIAL EVENT

Ok Health Quality Improvement Conference set

Health care professionals, community partners and others interested in health care quality improvement in Oklahoma are invited to attend this free, in-person conference event, hosted by TMF Health Quality Institute, the Medicare Quality Innovation Network Quality Improvement Organization (QIN-QIO) in Oklahoma. The TMF QIN-QIO is hosting four free, in-person conference events throughout Oklahoma between September and November 2018. Attendees will have the opportunity to earn free continuing education credits (CME, 2A for DOs, CNE, Pharmacy and medical ethics and professional responsibility) while attending sessions on the following topics.

- Examining the opioid crisis in Oklahoma
- Implementing motivational interviewing techniques to help patients make lasting changes
- Identifying and treating patients with sepsis
- Reducing antipsychotic medication use in older adults across care settings

Receive free assistance with Merit-based Incentive Payment System (MIPS) reporting

In addition to attending the conference sessions, attendees will have the opportunity to meet with TMF quality improvement consultants throughout the conference and for an hour at the end of each conference day. TMF consultants will be available to answer questions and provide assistance with reporting for MIPS. TMF consultants will also be available to answer questions about any other TMF QIN-QIO task or project.

Event Dates: All events are scheduled from 8 a.m. to 4 p.m. CT
 Wednesday, Sept. 12, 2018, Oklahoma City, Wednesday, Oct. 17, 2018, Tulsa, Wednesday, Oct. 24, 2018, Lawton, Wednesday, Nov. 7, 2018, McAlester

REACH OVER
30,000 RNs & LPNs
WITH A SINGLE AD

----- PRINT
 ----- E PUBLICATION
 ----- FACEBOOK
 ----- JOB BOARD
 ----- WEBSITE

Oklahoma's
Nursing Times -
One Stop
Recruiting
405-631-5100



INTEGRIS
The PLACE to SERVE
and GROW

NURSING CAREER OPPORTUNITIES

- INTEGRIS NURSING LEADERSHIP**
- RN Administrative Director, FT, Nursing Quality, INTEGRIS Baptist Medical Center (713184)
 - RN Clinical Director, FT, 7a-7p, IMC/Med Surg/Liver Failure/Transplant, INTEGRIS Baptist Medical Center (713092)
 - RN Administrative Director, FT, Hospital Administration, INTEGRIS Canadian Valley in Yukon (713038)
 - RN Clinical Director, FT, Days, Intensive Care Unit, INTEGRIS Southwest Medical Center (712960)
 - RN Clinical Director, FT, Cardiovascular Care, INTEGRIS Southwest Medical Center (712471)
- INTEGRIS Baptist Medical Center**
- Registered Nurse – (RN), FT, Mon-Fri 7a-5:30p, Cardiovascular Surgery (713182)
 - Registered Nurse – (RN), FT, 7p-7a, 8 West Post Cardiac Surgery, Heart Hospital (712832)
 - Registered Nurse – (RN), FT, 7p-7a, Burn Center (712392)
 - Registered Nurse – (RN), FT, 7a-7p, 901 Coronary Care ICU, Heart Hospital (712230)
 - Registered Nurse – (RN), I-Flex Resource Pool \$36/hour, FT, 7a-7p (713129)
 - Registered Nurse – (RN), I-Flex Resource Pool \$36/hour, FT, 7p-7a (713130)
 - Registered Nurse – (RN), FT, 7p-7a, Transplant ICU 701 (713019)
 - Registered Nurse – (RN), FT, 7p-7a, Emergency Dept (712650)
 - Registered Nurse – (RN), FT, 7a-7p, Medical Decision Unit (712895)
 - Registered Nurse – (RN), FT, 7p-7a, Critical Care Stepdown (712313)
 - Registered Nurse – (RN), FT, 7a-7p, Critical Care Stepdown (712241)
 - Registered Nurse – (RN), FT, 7p-7a, Intermediate Med/Surg (712965)
 - Registered Nurse – (RN), FT, 7p-7a, Med/Surg (713179)
 - Registered Nurse – (RN), FT, 7a-7p, Renal Intermediate Care (712676)
 - MCS RN Coordinator - FT, Days, Mechanical Circulatory Support, INTEGRIS Advanced Cardiac Care (712811)
 - MCS RN Coordinator, RPT, Days, Mechanical Circulatory Support, INTEGRIS Advanced Cardiac Care (711841)
- INTEGRIS Canadian Valley Hospital, Yukon**
- Registered Nurse – (RN), FT, 7p-7a, ICU (711980)
 - Registered Nurse – (RN), FT, 7p-7a, Emergency Dept (712481)
 - Registered Nurse – (RN), FT, 10p-7a, Mon-Thurs, Women's Center (712517)
 - Registered Nurse – (RN), FT, 7a-7p, Med/Surg (712435)
 - Registered Nurse – (RN), FT, 7p-7a, Med/Surg (712653)
 - Registered Nurse – (RN), FT, 7p-7a, Intermediate Care (712752)
- INTEGRIS Health Edmund**
- Registered Nurse – (RN), FT, 7a-7p, ICU (713021)
 - Registered Nurse – (RN), FT, 7p-7a, ICU (713022)
- INTEGRIS Southwest Medical Center**
- Registered Nurse – (RN), FT, 7p-7a, Oncology Med/Surg (712388)
 - Registered Nurse – (RN), FT, 7p-7a, Cardiovascular Care (712334)
 - Registered Nurse – (RN), FT, 7a-7p, Neuro Stroke & Telemetry (712831)
 - Registered Nurse – (RN), FT, 7p-7a, Med/Surg ICU (712814)
 - Registered Nurse – (RN), FT, 7p-7a, Med/Surg ICU (712840)
 - Registered Nurse – (RN), FT, 7a-7p, Med/Surg (712133)
 - Registered Nurse – (RN), FT, 7a-7p, Med/Surg (712579)
 - Registered Nurse – (RN), FT, 7p-7a, Intermediate Care (711984)
- ACROSS THE METRO**
- Case Manager Hospice (RN), FT, Mon-Fri, 8am-5pm, INTEGRIS Hospice (712851)
 - Home Health Registered Nurse (RN), FT, Weekends, 8a-8p, Friday, Saturday, Sunday, INTEGRIS Home Care (711810)
 - RN Case Manager (RN), FT, Mon-Fri, 8a-5p, INTEGRIS Home Care (712957)
 - Registered Nurse – (RN), I-Flex Resource Pool, \$36/hour, FT, 7p-7a, OB/Women's Services, INTEGRIS Oklahoma City Metro (712451)
 - Registered Nurse – (RN), I-Flex Resource Pool, \$36/hr, FT, 7p-7a, INTEGRIS Metro (712492)

To view career opportunities and to apply online visit:

integriskok.jobs

INTEGRIS considers all qualified applicants regardless of protected status as defined by applicable law, including protected veteran or disability status. AA/EEOE

Fun Fact: Did You Know Oklahoma's Nursing Times Have More Than 8,200 Likes On Facebook? To Advertise, Please Call Oklahoma's Nursing Times At (405) 631-5100 Or Visit www.oknursingtimes.com!

123 CERTIFIED MEDICAL ASSISTANT

Openings for Dietary Cook for weekends, Certified Medical Assistant evenings and immediate openings for Certified Nursing Assistants. LOOKING TO HIRE new staff that have a servants heart and are dependable. Openings for Dietary Cook for weekends, CMA evenings and immediate openings for CNAs for day, evening and night 8 hour shifts. Shift differential for evenings and nights. Apply today at 915 N. 7th Ave., Purcell, OK, Sunset Estates. EOE.

We are seeking an ADVANCED CERTIFIED MEDICATION AIDE to become a part of our team!

You will perform routine administrative and clinical assignments to keep the medical facility running smoothly. NEW ASSISTED LIVING OPENING IN BARTLESVILLE, OKLAHOMA! MEDICAL INSURANCE PROVIDED. COMPETITIVE PAY RATES. MUST HAVE GLUCOSE/INSULIN/AND NEB. 4605 SE price Rd Bartlesville, Ok 74006

We are actively searching for a Certified Medication Aide (CMA)

Montevista Rehabilitation and Skilled Care is actively searching for a Certified Medication Aide (CMA). The CMA is to administer oral and topical medications to residents. These tasks are performed as ordered by a physician, under the supervision of a licensed nurse, in accordance with state and federal rules and regulations, and consistent with facility policies. 7604 Quannah Parker Trailway, Lawton, OK 73505

We are actively searching for a Certified Medication Aide (CMA)

Noble Health Care Center is actively searching for a Certified Medication Aide (CMA). The CMA is to administer oral and topical medications to residents. These tasks are performed as ordered by a physician, under the supervision of a licensed nurse, in accordance with state and federal rules and regulations, and consistent with facility policies. 1501 N 8th St, Noble, OK 73068.

124 CERTIFIED NURSE ASSISTANT

We are currently looking for a PRN Certified Nurse Aide WILLOW HAVEN Nursing Home. We are currently looking for a PRN C.N.A that will work on the 10-6 shift when needed. Please apply 1301 North Fifth, Tonkawa, OK.



EOE

AllianceHealth
MIDWEST

Small but BIG.
Small enough to care about you,
big enough to care for you!

We are welcoming experienced RN's for all areas to apply!

- **BEHAVIORAL HEALTH** • **CATH LAB RN**
- **CRITICAL CARE** • **EMERGENCY DEPT**
- **FLOAT POOL** • **LABOR & DELIVERY**
- **MED/SURG** • **SURGERY**

myalliancehealth.com

124 CERTIFIED NURSE ASSISTANT

We are currently looking for a Certified Nurse Aide WILLOW HAVEN Nursing Home. We are currently looking for a C.N.A. for 6 to 2 weekdays. If you are interested please apply 1301 North Fifth, Tonkawa, OK 74653

We are accepting applications for Certified Nurse Aide for 9-5 shift, Monday - Friday.

GOLDEN VILLA Adult Day Care, 1722 North 4th, Suite B Ponca City, OK 74601 is accepting applications for C.N.A. for 9-5 shift, Monday - Friday. Prefer MAT and experience cooking for multiple persons. Will consider all applications. Contact Ramona Lantz at 580-762-0264 to schedule an interview.

140 GENERAL NURSING

Full and part-time REGISTERED NURSE needed for local home health office. Also, LPN needed full and part-time.

Full and part-time, duties include nursing assessments, medication reviews, lab draws, and case management. Also, LPN needed full and part-time, duties included skilled nursing visits, lab draws, medication planners, etc. Send resume to 580-762-6003 or bring in person to Precise Home Health Care, 900 East Hartford, Ponca City, OK.

140 GENERAL NURSING

We are currently accepting applications for Certified Nursing Assistant and Licensed Practical Nurse positions.

Town of Vici Nursing Home is currently accepting applications for CNA and LPN positions. We have an excellent benefit package and flexibility in scheduling. Apply at: 619 Speck in Vici, OK.

Currently seeking Registered Nurses and Licensed Practical Nurse

The OK Department of Veterans Affairs, a 24/7 long-term facility, is currently seeking Registered Nurses and Licensed Practical Nurse in Claremore, OK. We offer a wide array of benefits for full-time staff, including free health insurance after 60 days, competitive salaries, and creative scheduling. As an LPN you will be supervising and/or performing technical direct and indirect nursing care in an Oklahoma Veterans Center under the supervision or direction of a registered nurse or licensed physician. This includes taking temperatures, pulse, respiration, and blood pressure, and various other technical nursing tasks in providing health care to patients. This is the basic LPN position where you will perform routine entry-level tasks under close professional supervision and in a training status to build your skills in providing nursing care as a licensed practical nurse. 3001 W Blue Starr Dr, Claremore, OK 74017

140 GENERAL NURSING

Licensed Practical Nurse and Certified Nursing Assistants Sequoyah Manor is now accepting applications for LPN 2pm-10pm o \$21 per hour 10pm-6am o \$22 per hour CNAs Different Pay Available for 2nd & 3rd Shifts WE OFFER MAJOR MEDICAL Please in person at: 615 E. Redwood, Sallisaw, OK. No phone calls

All Shifts - Will Train - Nurse Aide and Certified Nurse Aides. The Village Health Care Center, 1709 South Main Street, B.A. OK, 918-251-2626

We are looking for full time Licensed Practical Nurses and Registered Nurses Seminole Care and Rehabilitation Center is looking for full time LPN's and RN's to work Monday - Friday 3:00 PM to 11:00 PM. 1200 E Wrangler Blvd, Seminole, OK 74868

SEEKING NURSE Aides, cooks and Licensed Practical Nurses for Brookhaven Extensive Care in Norman. Great benefits and competitive pay. Please apply in person at 1050 Rambling Oaks Drive, Norman, OK 73072



Oklahoma's largest healthcare network is still growing.

Be part of a rapidly growing, locally owned and operated, not-for-profit organization dedicated to the health and wellness of eastern Oklahoma. As Oklahoma's largest healthcare provider, Saint Francis Health System invites you to experience a personally and professionally fulfilling career on the cutting edge of quality and technology.

Why now is a great time to join our team:

- \$10,000 sign-on bonus and relocation assistance for experienced RNs*
- Great benefits, including paid time off, tuition assistance, medical and dental insurance, retirement plans, onsite childcare, adoption benefits and more
- We are a qualified not-for-profit organization, so you may be eligible for federal student loan forgiveness**
- With hospital campuses and Warren Clinic locations throughout eastern Oklahoma, we offer opportunities in virtually any nursing capacity

Saint Francis Health System includes:

- Saint Francis Hospital
- The Children's Hospital at Saint Francis
- Warren Clinic
- Heart Hospital at Saint Francis
- Saint Francis Hospital South
- Laureate Psychiatric Clinic and Hospital
- Saint Francis Hospital Muskogee
- Saint Francis Hospital Vinita
- Saint Francis Cancer Center
- Saint Francis Glenpool



Explore nursing opportunities with Saint Francis Health System today. To view our current openings, please visit saintfrancis.com/nursing. For more information, please call 918-502-8300 or toll-free 800-888-9553.



*Applies to registered nurses in select patient units with at least two years of nursing experience. Two-year work commitment required.
 **View program details at studentaid.ed.gov.
 EOE Protected Veterans/Disability



We Are Hiring

Rehab RN \$3000 SIGN ON BONUS
 \$3000 ADDITIONAL BONUS for CRRN
 (Certified Rehab RN)

7p-7a Job #10400

Apply Online at NormanRegional.com

or call Julia Burleson BSN RN CHCR at 405.307.1554 for more information

An Equal Opportunity Employer



NormanRegional.com

161 LICENSED PRACTICAL NURSING

ARE YOU an LICENSED PRACTICAL NURSE looking for a career change?

Golden Villa Adult Day Care is accepting applications for an Assistant Director for Monday-Friday schedule. Contact Ramona Lantz at Golden Villa for an interview at 1722 North 4th, Suite B Ponca City, OK 74601 or call 580-762-0264 for more information.

Licensed Practical Nurse, Nursing-Adult 7p-7a.

Administers nursing care to designated patients under the direction and supervision of a RN. Performs a variety of direct and indirect patient care duties. Responsibilities: Provide patients and their families/friends with excellent customer service and quality patient care. LPN license in good standing in the State of Oklahoma. Current BLS certification. Successful completion of an accredited LPN training program. Preferred: 1 year of successful work experience as a LPN. Pauls Valley General Hospital: 100 Valley Drive, Pauls Valley, OK 73075.

We are seeking a LICENSED PRACTICAL NURSE - WEEKEND SHIFTS to join our team!

You will be responsible for delivering high quality care to assigned patients. NEW ASSISTED LIVING OPENING IN BARTLESVILLE, OKLAHOMA! COMPETITIVE PAY RATES BASED OFF EXPERIENCE. MEDICAL INSURANCE. 4605 Price Rd Bartlesville, OK 74006

EOE



A Great Place to Work ~ Join Our TEAM Today

\$5,000 SIGN ON BONUS FOR FULL-TIME POSITION

We're hiring FT/PT/PRN RNs for

- Medical Surgical - RNs
- Emergency - RNs

Applicants should apply at www.alliancehealthseminole.com

204 REGISTERED NURSE

204 REGISTERED NURSE

Registered Nurse PRN positions available for qualified nursing candidates.

Day and night shifts available. 12 & 12, a comprehensive, community addiction recovery center for adults, offers competitive wages and a rewarding work environment. To apply for position please send resume with cover letter using apply feature. 6333 East Skelly Drive. Tulsa, OK, 74135

WE ARE CURRENTLY LOOKING FOR REGISTERED NURSE Great Benefits, flexible hours, plus the promise of an excellent work environment. Come Grow With Us!

Join our Ideal Home Care team, whose primary focus is patient care. 580-226-2323 Fax resume to (580) 226-2326, apply online at www.ideal-homecare.com/careers.php, or apply in person at 2417 Chickasaw Blvd., Ardmore

Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100

or email ads to advertising@okcnursingtimes.com

Oklahoma's NURSING TIMES

OMRF receives \$1.4 million to study DNA errors in birth defects, diseases

Oklahoma Medical Research Foundation scientist Roberto Pezza, Ph.D., has received a five-year grant from the National Institutes of Health to study cellular mechanisms that regulate DNA metabolism, particularly how damaged DNA is repaired.

The grant, awarded by the National Institute of General Medical Sciences, will provide Pezza with \$1.4 million to better understand how errors in DNA repair result in serious health consequences.

DNA repair errors are responsible for a variety of birth defects as well as conditions like Down syndrome or Turner syndrome that result from an incorrect number of chromosomes in an individual, also called aneuploidy. Every year an estimated 7.9 million children—6 percent of total births worldwide—are born with a serious birth defect of genetic or partially genetic origin.

Pezza's lab used reproductive cells from both male and female mice to study damage and repair of DNA.



Oklahoma Medical Research Foundation scientist Roberto Pezza, Ph.D.

Complete Tree Service

CTS

From Landscaping to Tree Removal & Everything in-Between!

HAZARDOUS REMOVAL SPECIALISTS



ITEX
The Membership Trading Community
405.524.4839
oklahomacity.itex.com

With 15 years experience and a A+ BBB rating you'll be glad you Called Ron!

405-842-4717

Accurate division and chromosome segregation in reproductive cells is essential to avoiding aneuploidy and maintaining stability of the genome—the complete set of genes or genetic material in an organism.

To study this process, Pezza looked at how chromatin affects repair of DNA. Chromatin is the material the material of which the chromosomes of several organisms are composed. It consists of protein, RNA and DNA.

“One essential function of the chromatin is to package DNA inside the nucleus of a cell. This creates a compacted environment that makes repair of DNA very difficult for the cell,” he said.

The cell seems to have evolved a mechanism that easy this problem allowing DNA repair by loosening

the compacted chromatin and allowing the original sequence of DNA to be restored. Pezza's lab is working to unravel how these helpful mechanisms—that involve protein complexes called chromatin remodeler complexes—control the function of DNA repair, and ultimately what role they play in maintaining chromosome stability and their correct number in male and female gametes.

“By better understanding how damage and repair of DNA occur in the context of the chromatin it could allow for the future development of therapeutic targets to help prevent disease conditions,” Pezza said.

The grant, R01 GM125803-01A1, is funded through the National Institute of General Medical Sciences, a part of the National Institutes of Health.

REACH OVER
20,000 RNs & LPNs
WITH A SINGLE AD

- PUBLICATION
- FACEBOOK
- JOB BOARD
- WEBSITE

Oklahoma's Nursing Times - One Stop Recruiting
405-631-5100

Oklahoma's Nursing Times College Nursing Guide (Abbreviated)

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

PRACTICAL NURSING PROGRAMS

Autry Technology Center
www.autrytech.com Enid, OK 73703 Ph: 580-242-2750 Ext 163

Caddo-Kiowa Tech. Center
www.caddokiowa.com Ft. Cobb Ph: 405-643-5511 Ext 263

Canadian Valley Tech. Center
www.cvtech.org
1. El Reno Campus Ph: 405-422-2341
2. Chickasha Campus Ph: 405-222-7592

Central Technology Center
www.ctechok.org
1. Drumright Campus Ph: 918-352-2551 Ext 288
2. Sapulpa Campus 918-224-9300

Chisholm Trail Tech. Center
www.chisholmtrail.com Ph: 405-729-8324

Francis Tuttle Tech. Center
www.francistuttle.com Oklahoma City Ph: 405-717-4382

Gordon Cooper Tech. Center
www.gctech.org
Shawnee Ph: 405-273-7493 Ext 291

Great Plains Technology Center
www.gptech.org
1. Lawton Campus Ph: 580-250-5595
2. Frederick Campus Ph: 580-335-5525

Green Country Technology
www.gctc.ok.com Okmulgee Ph: 918-758-0840 Ext 246

High Plains Technology Center
www.hptc.net Woodward Ph: 580-571-6159

Indian Capital Tech Center
www.icavts.tec.ok.us
1. Muskogee Campus Ph: 918-686-7565
2. Sallisaw Campus Ph: 918-775-9119 Ext 108
3. Stilwell Campus Ph: 918-696-3111
4. Tahlequah Campus Ph: 918-456-2594

Kiamichi Technology Center
www.okktc.org
1. Antlers Campus Ph: 580-298-6354
2. Atoka Campus Ph: 580-889-7321
3. Durant Campus Ph: 580-924-7081
4. Hugo Campus Ph: 580-326-6491
5. McAlester Campus Ph: 918-426-0940
6. Idabel Campus (McCurtain) Ph: 580-286-7555
7. Poteau Campus Ph: 918-647-4526
8. Stigler Campus Ph: 918-967-2801
9. Tahlequah Campus Ph: 918-567-2264

Meridian Technology Center
www.meridian-technology.com Stillwater, OK 74074
Ph: 405-377-3333 Ext 324

Metro Technology Center
www.metrotech.org Oklahoma City Ph: 405-605-4610

Mid-America Technology Center
www.matech.org
Wayne Ph: 405-449-3391 Ext 265

Mid-Del Lewis Eubanks Technology Center
www.mid-del.tec.ok.us Midwest City Ph: 405-739-1713

Moore Norman Technology Center
www.mntechology.com Norman Ph: 405-364-5763 Ext 7349

Northeast Technology Centers
www.netechcenters.com
1. Pryor Division Ph: 918-825-5555
2. Afton Division Ph: 918-257-8324
3. Kansas Division Kansas, OK Ph: 918-868-3535
4. Claremore Division Ph: 918-342-8066

Northwest Technology Center
www.nwtech.edu
Alva Ph: 580-327-0344

Pioneer Technology Center
www.pioneertech.org
Ponca City Ph: 580-762-8336 Ext 251

Platt College www.plattcollege.org
(Conditional Approval)
1. Tulsa Campus Ph: 918-663-9000
2. Oklahoma City Campus Ph: 405-946-7799
3. Moore Campus Ph: 405-912-2777
4. Lawton Campus Ph: 580-355-4416

Pontotoc Technology Center
www.pontotoc.com Ada Ph: 580-310-2258

Red River Technology Center
www.redriver.tec.ok.us
Duncan Ph: 580-255-2903 Ext 237

Southern Okla. Tech. Center
www.sotc.org
Ardmore Ph: 580-223-2070 Ext 239

Southwest Technology Center
www.swtc.org
Altus Ph: 580-477-2250 Ext 257

Tri County Technology Center
www.tctc.org
Bartlesville Ph: 918-331-3223

Tulsa Tech, HSC www.tulsatech.com
Tulsa Ph: 918-828-5000/828-1043

Western Technology Center
www.wtc.tec.ok.us
Burns Flat Ph: 580-562-3181 Ext 2264

Wes Watkins Technology Center
www.wwtech.org
Wetumka Ph: 405-452-5500 Ext 277

REGISTERED NURSING PROGRAMS

Carl Albert State College
www.carlalbert.edu
1. Poteau Campus Phone: 918-647-1350-1355
2. Sallisaw Campus Phone: 918-775-6977

Connors State College
www.connorsstate.edu
Muskogee Campus Phone: 918-684-5436

Eastern Oklahoma State College
www.eosc.edu
1. Wilburton Campus Phone: 918-465-2361

ext. 796
2. Idabel Campus Phone: 580-286-9431
3. McAlester Campus Phone: 918-302-3607

Murray State College www.mscol.edu
1. Tishomingo Campus Phone: 580-371-2371 ext. 337
2. Internet-Based Campus Tishomingo Phone: 580-371-2371 ext. 337

Northeastern OK A&M College
www.neo.edu
Miami Phone: 918-540-6312

Northern Oklahoma College www.noc.edu
1. Tonkawa Campus Phone: 580-628-6679
2. Enid Campus Phone: 580-242-6300
3. Stillwater Campus Phone: 405-372-1480

Oklahoma City Community College
www.okc.cc.ok.us Oklahoma City Phone: 405-682-7507

Oklahoma State University
www.osuokc.edu
Oklahoma City Phone: 405-945-3295

OSU Institute of Technology Okmulgee
www.osuit.edu Phone: 918-293-5337

Redlands Community College
www.redlandsc.edu El Reno Phone: 405-422-1262

Rogers State University www.rsu.edu
1. Claremore Campus Phone: 918-343-7635
2. Bartlesville Campus Phone: 918-338-8000

Rose State College www.rose.edu
1. Midwest City Campus Phone: 405-733-7546
2. Internet-Based Campus Midwest City Phone: 405-733-7546

Seminole State College www.ssc.cc.ok.us
Phone: 405-382-9205

Tulsa Community College www.tulsacc.edu
1. Tulsa Campus Phone: 918-595-7188
2. Owasso Campus Satellite Site Phone: 580-595-7188

Western Oklahoma State College
www.wosc.edu
1. Altus Campus Phone: 580-477-7830
2. Lawton Campus Phone: 580-477-7830
3. Elk City Campus Phone: 580-477-7830
4. Internet-Based Campus Altus Phone: 580-477-7830

BACCALAUREATE DEGREE PROGRAMS

East Central University www.ecok.edu
1. Ada Campus Ph: 580-332-8000 Ext 433/434
2. Durant Campus Ph: 580-924-0121
3. Ardmore Campus Ph: 580-223-1441

Langston University www.lunet.edu
1. Langston Campus Ph: 405-466-3411
2. Tulsa Campus Ph: 918-594-8070

Northwestern OK State Univ.
www.nwosu.edu
1. Alva Campus Ph: 580-327-8489
2. Enid Campus Ph: 580-233-3101
3. Woodward Campus Ph: 580-327-8489
4. Ponca City Campus Ph: 580-718-5600

Oklahoma Baptist University
www.okbu.edu
Shawnee Ph: 405-878-2081

Oklahoma Christian University
www.oc.edu
Oklahoma City Ph: 405-425-5000

Oklahoma City University Kramer School of Nursing
www.okcu.edu
1. Oklahoma City Campus Ph: 405-208-5900
2. Duncan Campus Ph: 405-208-5900

Oklahoma Wesleyan University
www.okwu.edu
Bartlesville Ph: 918-335-6276

Oral Roberts University www.oru.edu
Tulsa Ph: 918-495-6198

Rogers State University www.rsu.edu
1. Claremore Campus Phone: 918-343-7635
2. Bartlesville Campus Phone: 918-338-8000

Southern Nazarene University
www.snu.edu
Bethany Ph: 405-491-6610

Southwestern OK State Univ.
www.swosu.edu
Weatherford Ph: 580-774-3261

University of Central Oklahoma
www.uco.edu
Edmond Ph: 405-974-5000

University of Oklahoma www.ouhsc.edu
1. Oklahoma City Campus Ph: 405-271-2428
2. Tulsa Campus Ph: 918-660-3950
3. Lawton Campus Ph: 580-591-8094

The University of Tulsa
www.cab.utulsa.edu
Ph: 918-631-2619

The following programs admit only Registered Nurses to Upper Division Courses and Grant a Baccalaureate Degree in Nursing.

Information on these programs is provided here as a service to the public; however, approval by the Oklahoma Board of Nursing is not required for RN-BSN programs. Please check with the Accreditation Commission for Education in Nursing (ACEN) or the Commission on Collegiate Nursing Education (CCNE) for information on the accreditation status of the programs.

Bacone College www.bacone.edu Muskogee Ph: 918-781-7325

Northeastern State Univ. www.nsuok.edu
Muskogee Ph: 918-781-5410

Oklahoma Panhandle State Univ.
www.opsu.edu Goodwell Ph: 580-349-2611 Ext 269

Oklahoma State University
www.okstate.edu Stillwater, OK Ph: 405-744-1998

University of Phoenix www.phoenix.edu
1. Tulsa Campus Ph: 918-622-4981
2. Oklahoma City Campus Ph: 888-888-8166
3. Norman Campus Ph: 405-842-8007

Local Hospital Receives Pathway to Excellence Designation

The American Nurses Credentialing Center has designated INTEGRIS Canadian Valley Hospital as a Pathway to Excellence® hospital for the second consecutive four-year term.

The Pathway to Excellence designation identifies elements of work environments where nurses can flourish. This distinction substantiates the professional satisfaction of INTEGRIS Canadian Valley nurses and identifies it as one of the best places to work.

"This national designation showcases the accomplishments of the INTEGRIS Canadian Valley Nursing department," says Teresa Gray, vice president of Patient Care Services, chief nursing officer at INTEGRIS Canadian Valley. "Our hospital could not have been awarded this honor without our nurses' dedication and commitment to our patients, their families, their colleagues and to the nursing profession. Achieving the Pathway to Excellence accreditation reflects our nursing team's commitment to our INTEGRIS mission of improving the health of the people and communities we serve."

The designation is granted based on the confirmed presence of characteristics known as Pathway to Excellence Criteria. To be named as a Pathway to Excellence organization, a hospital must undergo successfully a thorough review process that documents foundational quality initiatives in creating a positive work environment, as defined by

nurses and supported by research. These initiatives must be present in the facility's practices, policies and culture. Nurses in the organization verify the presence of the criteria in the organization through participation in a completely confidential online survey.

"We've worked to build a culture of trust and respect," notes Gray. "By meeting the ANCC's goals, we're inspired to continue building on that foundation to give our nurses the tools and resources to provide the best possible patient care."

"I am honored to work with such a dedicated group of individuals who are committed to our healing culture of not only caring for our patients, but for one another," says hospital president Rex Van Meter. "To receive the Pathway to Excellence designation consecutively is a testament to our hospital, our nurses and to our medical staff whose support during this process is as appreciated as it is invaluable."

As a Pathway to Excellence designated organization, INTEGRIS Canadian Valley is committed to nurses, to what nurses identify as important to their practice, and to valuing nurses' workplace contributions. This designation confirms to the public that nurses working at INTEGRIS Canadian Valley know their efforts are supported. The honor encourages other nurses to join their colleagues in this desirable and nurturing environment.



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. I am single, not currently dating and enjoying my life. It would be great to find a healthy man to have a relationship with and I hope that is in my future. What I find so sad are some of my friends who are in relationships that are not healthy, in fact two of them are down right toxic, but they won't leave because they don't want to be alone. They are already alone!! What is wrong with them?

A. I think "being alone" is such a difficult "situation" to treat. It casts such a spell on the person that it almost shuts down their cognitive processes and creates an illusion that becomes their reality.

An illusion of "I am not alone because I have John sitting on the sofa with me." Never mind that John rarely communicates in a loving dialogue unless he wants something or that he belittles you in front of his friends or that he shows you no affection in public to the point that others don't even know you are a couple.

If you leave John and this abusive relationship you will be alone. That means "without John." Why is alone worse than being with abusive John? You are now free to be with others.

When women NEED a man, or men NEED a woman, that is a bad start to the connection and will prevent you from taking action when you read "the writing on the wall."

When I was working with Sharon all she could focus on was "wanting to be married." It was not about the quality of the man as much as not wanting to be alone (and also wanting financial security.) She found her man. In the beginning she pointed out some negatives, i.e., he was overweight and drank more than she liked. (She had been married twice before, both alcoholics).

As the relationship progressed she talked more about his money than his drinking or his weight. She also had concerns because their politics were at opposite ends of the spectrum. He also was controlling of her time. But he had money and she didn't want to be alone.

They married almost a year later. When I saw her a few months after the wedding, her spirit seemed subdued. Her vibrant energy channeled differently.

But she was not alone; she was married, she had her man!!

There are certainly no guarantees about the sustainability of relationships. I think it is healthy for people to be able to "be without an intimate/partner relationship" and be comfortable. That does not mean it is "forever." Perhaps the less we think about it and just live our lives, who knows who the Universe will put in our path.

In the mean time, get a dog, cat, bird, plant; something you can nurture and love until "your person" comes along. Read some good books. Learn to like being with you.

MUSTANG TAX SERVICE
 45 W Armstrong Dr. Ste A, Mustang, OK 73064
 • Bookkeeping • Payroll
 • Personal & Business Tax Return

BRING IN THIS COUPON FOR
25% OFF NEW CUSTOMER DISCOUNT

(405) 376-5456 | mustangtax@aol.com



NURSE + TALK

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

Would you rather spend the rest of your life living in the mountains or on the beach? Brookdale Home Health

The mountains!



Courtney Eldridge,
CSR

Definitely the mountains!



Kathy Lambert,
Scheduler

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts
Email:
news@okcnursingtimes.com
or mail to
Oklahoma's Nursing Times
P.O. Box 239
Mustang, Ok. 73064

The mountains, of course!



Crystal Jackson,
Director of CS

The beach!



Heather Park, Home
Health Director

OAHCR OKLAHOMA ASSOCIATION OF HEALTHCARE RECRUITERS



OAHCR is a statewide organization of professionals who have joined together to:

- 1) promote and exchange sound and ethical principles and values of recruitment
- 2) network/share pertinent information on recruitment and retention of healthcare professionals.



OAHCR meets bimonthly. For more info, please contact Shawna Feezor, Healthcare Recruiter at 918-599-5228 | shawnafeezer@aol.com

follow us on **facebook** OKLAHOMA ASSOCIATION OF HEALTHCARE RECRUITERS

Oklahoma City UNIVERSITY

PROFESSIONAL ADVANCEMENT OPPORTUNITIES!

RN-BSN

- 9 months to completion
- No nursing exams
- No additional math or science courses
- Portfolio credit for certifications, nursing experience, and CE
- 1/2 day per week
- Competitive Price

MSN

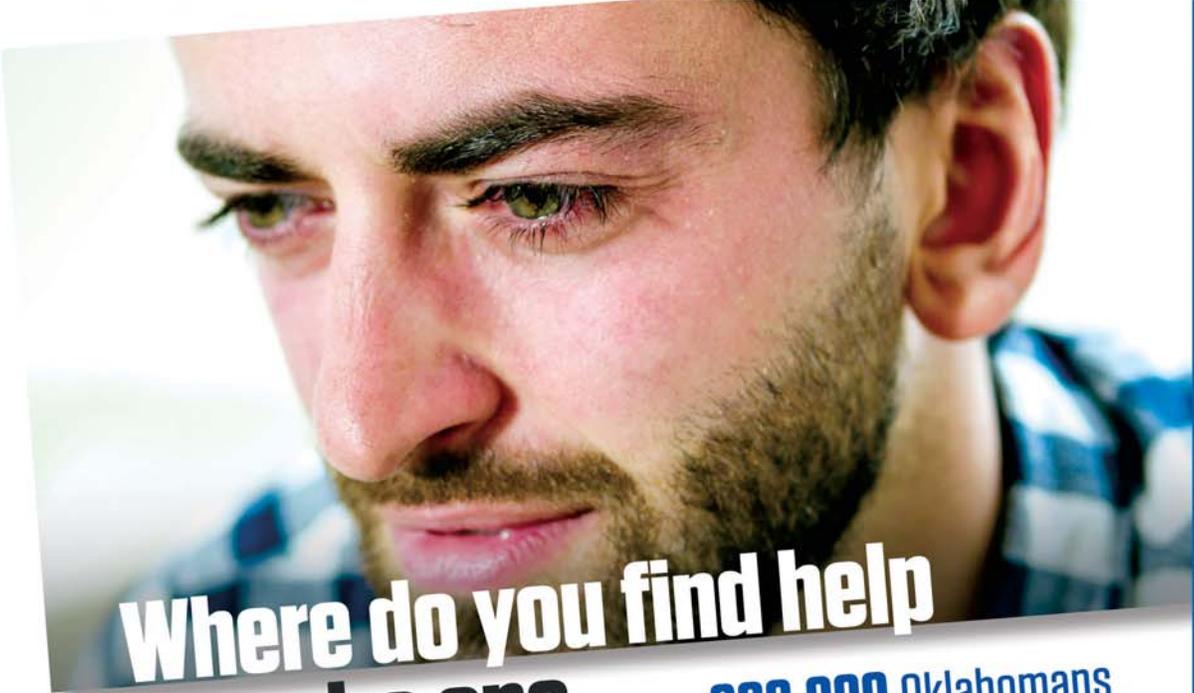
- Education
- Leadership
- Clinical Nurse Leader (CNL)
- Post-Master's Certificates: Education and Leadership
- Post-Master's Certificates: FNP and AGACNP
- Live Streaming available

Doctoral

- Doctor of Nursing Practice (DNP)
- BSN-DNP: Family Nurse Practitioner (FNP)
- BSN-DNP: Adult Gerontology Acute Care Nurse Practitioner (AGACNP)
- PhD and BSN-PhD - new price!

www.okcu.edu/nursing

OCU pledges to recruit, select, and promote diversity by providing equality of opportunity for all persons



**Where do you find help
when you're one
in a million?**

900,000 Oklahomans
are in need of
MENTAL HEALTH
services.

Doing what's right isn't always what's easiest.
But as part of the United Way of Central Oklahoma,
you're not afraid of these questions.
You're part of the answer. Raise your hand and
stand with us. Give today at
StandUnitedOKC.com

**United
Way**

