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A life of service, a life of achievement



Redlands Community College nursing professor Cherie Dyer recently returned to her Oklahoma roots, to help nurture students who wish to follow in her footsteps.

by Traci Chapman, Staff Writer

Redlands nursing educator Cherie Miller brings wealth of experience to role

No one could ever describe Cherie Dyer's life – or career – as boring. It's a life of service, dedication and achievement, 47 years that those who know her say has inspired them.

They are people like Reletta Kemp, who talked about Dyer's approach to nursing – her talent and skill with her patients, the depth and enthusiasm shown in her teaching.

The woman whose nursing and teaching career engendered these remarks has never been afraid to make a change, traveling far away from – and returning to – her Oklahoma roots more than once. After obtaining her associate of

Ok National Guard Nurses Take Part in Relief Efforts

story and photo by Traci Chapman, Staff Writer



Lt. Col. Carla Walker (left), 137th Special Operations Medical Group administration officer and Col. Keith Reed (right), 137th MDG commander, support airmen from the Medical Group as they head to Texas to assist in Hurricane Harvey relief efforts. (U.S. Air National Guard photo by Staff Sgt. Kasey Phipps/Released)

Ten nurses were part of a 41-member contingent of Oklahoma Air National Guard 137th Special Operations Wing airmen who last week traveled to Texas to assist in Hurricane Harvey relief efforts.

"What we're doing today is responding to an assistance agreement that we have with our brothers and sisters in Texas to bring aid to those in southeast Texas and southwest Louisiana," said Col. Devin R. Wooden, 137th Special Operations Wing Commander, as airmen boarded their flights. "We will be there as long as they need us."

Airmen were deployed to Texas after officials with Texas Emergency Management enacted the Emergency Assistance Compact, requesting assistance from any

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military and civilian units that could lend it, Wooden said. The 137th Special Operations Wing is partnering with Texas Air National Guard medical units while they help with hurricane relief efforts, said Col. Keith Reed, the 137th's Special Operations Medical Group Commander.

Among the medical personnel serving at the Will Rogers Oklahoma National Guard Base and assisting in the Texas relief efforts are advanced practice registered nurses and aerospace medical service specialists. APRNs in a sense provide the same kind of care as public health nurses – but, instead of caring for a specific population or group on a long-term basis, APRNs, along with aerospace medical service specialists, provide care to areas impacted by a natural disaster or other relatively short-term problem. This includes preventive care that could help save lives down the road, Reed said.

Also part of the effort and assigned to Will Rogers' 137th Strategic Wing Command are AMS specialists. These highly trained medical professionals are described as "medical jacks of all trades," airmen who performs a wide range of nursing duties – from things like delivering babies and prepping patients for surgery to drawing blood, taking vital signs and administering medication. AMS specialists also train for the National Registry of Emergency Medical Technician's examination.

Nurses and fellow medical professionals are assigned to two wings of the 137th Special Operations Wing – the 137th Special Operations Medical Group and the 137th Aeromedical Evacuation Squadron.

"The medical group will assist with hospital and nursing home patient evacuation from the Houston area," Reed said. "Our En Route Patient Staging System includes equipment and medical personnel specially trained to stage and prepare patients for military air transport to facilities outside the affected area."

SOMG airmen stabilize patients on the ground, ensuring they are able to physically withstand transport; once patients are on the plane, the aeromedical evacuation squadron takes over, Reed said, caring for patients during their transport to a hospital outside the hurricane zone. Officials were not yet sure whether all patients would be taken to facilities in north Texas, or if it would be necessary to fly some to other states because of

what they called the unprecedented number of people needing assistance.

"When in Texas, the two groups will work together," Reed said. "They will be split up into teams of five and help evacuate hospitals, nursing homes, VA hospitals and facilities where patients cannot fend for themselves – these are individuals who have been identified as having the most critical need for help, treatment and care."

Agencies and units cannot provide aid to another state until someone triggers an EMAC request, said Col. Hiram Tabler, OKARNG director of military support. It is a violation of both federal law and military regulations to self-deploy any unit outside the confines of its home state, he said. That doesn't mean OKARNG personnel weren't ready when the call came in, Tabler said. In fact, units across the country immediately went into watch mode as the hurricane became more deadly and dangerous – and as the need for assistance became increasingly evident, officials said.

"Anytime we have severe weather that impacts our state or neighboring states, our job is to be prepared to provide support," Tabler said.

Experts are calling Hurricane Harvey one of the worst – if not the worst – storm to ever hit the United States. Leaving in its wake 35 dead and thousands injured and/or homeless, the hurricane posed so many difficulties because of how long it stalled over Houston and other Texas coastal areas. To make matters worse, it created more havoc after it was downgraded to a tropical storm – and once again made landfall.

Beyond the sheer amount of water – and victims – confronting rescuers, efforts have been hampered by a series of related issues, the most recent a Houston chemical plant damaged after 40 inches of water flooded the facility. Officials on Friday were concerned the plant might catch fire or explode. Refineries in the area were also flooded, impacting about 4.2 million barrels of oil, pushing up gasoline prices about 16 percent, officials said.

"There is so much to this – and while all of these difficulties continue, it looks like we may see another storm, this time possibly a cyclone, come in and bring more rain," National Hurricane Center officials said Friday.

Airmen from the 137th SOW last deployed domestically in the aftermath of the May 20, 2013 Oklahoma tornadoes, Tabler said. It was not known as of press time how long airmen would remain in Texas assisting in relief efforts.



Lt. Col. Darcy Tate, 137th Aeromedical Evacuation Squadron commander, says goodbye to her squadron members as they board a C-130 Hercules as they take part in relief efforts following Hurricane Harvey. (U.S. Air National Guard photo by Staff Sgt. Kasey Phipps/Released)

INTEGRIS to remain in BCBSOK networks

Blue Cross and Blue Shield of Oklahoma (BCBSOK) and INTEGRIS have reached a new contract agreement. The timely agreement comes just days prior to the current contract's expiration – good news for the thousands of BCBSOK members who depend on INTEGRIS facilities and doctors across Oklahoma.

"Reaching an agreement was always our goal," said Bruce Lawrence, president and chief executive officer of INTEGRIS. "Both INTEGRIS and Blue Cross and Blue Shield want what is best for our patients – and that is to continue offering high-quality, convenient and affordable medical care and coverage to the people of Oklahoma." The two-year agreement means BCBSOK members can seek services at INTEGRIS facilities throughout the state, including: Oklahoma City, Edmond, Enid, Grove, Miami and Yukon. BCBSOK members in the Blue TraditionalSM, Blue Choice PPOSM, Blue Preferred PPOSM, BlueLincs HMOSM, Medicare AdvantageSM and Medicare Supplemental plan provider networks will receive in-network benefits at INTEGRIS facilities as well as with more than 600 INTEGRIS doctors. As part of the agreement, INTEGRIS hospitals and employed physicians will also participate in BCBSOK's exchange product Blue Advantage. That effective date will be announced soon.

"We are pleased to reach a new agreement that allows our members to continue receiving care at INTEGRIS at in-network rates and benefit levels," said Ted Haynes, president of BCBSOK. "We take very seriously our role as steward of our members' health care coverage dollars. This agreement underscores our commitment to provide our members access to quality, cost-effective health care and ensures members are treated by in-network health care providers when going to an in-network facility. We look forward to continuing our long-term relationship with INTEGRIS."

Blue Cross and Blue Shield of Oklahoma and INTEGRIS thank the people in all the communities where INTEGRIS operates for their patience and support during this negotiation. BCBSOK and INTEGRIS worked diligently behind the scenes to resolve contractual issues and to prevent any lapse in coverage for BCBSOK members.

DYER

Continued from Page 1

applied science in nursing degree from Oklahoma City Community College, Dyer attended University of South Florida. There, in Tampa, the U.S. Grant High School graduate earned her bachelor of science degree, before returning to Oklahoma to complete her master's degree at University of Oklahoma Health Sciences Center.

After college, Dyer worked in arguably the most difficult of locations, serving as a United States Air Force Guard and Reserve medic and flight nurse. That position took the Oklahoma woman more than 7,000 miles from her home – serving in Desert Shield and Desert Storm.

Dyer treated many traumatic injuries in the sands and skies of Saudi Arabia.

But, it was an attack in the most unlikely of places that might have struck the deepest chord, a day when Dyer would give of herself in the wake of an unspeakable act – when Timothy McVeigh parked a truck full of explosives outside the Alfred P. Murrah Federal Building in downtown Oklahoma City. The April 19, 1995 act would kill 168 people and

injure hundreds more.

Dyer was there, working as part of the disaster relief team, a group assigned to the aftermath of what remains the largest act of domestic terrorism the United States has ever known.

While such assignments might be a striking part of her resume, Dyer said her love of nursing has been consistent, no matter the circumstance. Dyer began her nursing career in the intensive care and outpatient surgery units of Deaconess Hospital; she worked in St. Anthony Hospital's operating room and as a *pro re nata* – PRN – nurse in cardiac catheterization at OU Medical; she helped children who had been abused and those with behavioral problems while working at Highpointe Mental Health Facility and Integrus Mental Health facility.

Dyer then took her nursing knowledge and turned to teaching. She received her Certified Nursing Educator Certificate in 2008; her teaching positions over the years included Rose State College and more than five years at University of Central Oklahoma.

"I then moved to the Houston area and worked at San Jacinto College in Houston for five years,"

she said.

Along the way, Dyer received her share of honors – achievements like her listings in *Who's Who Among America's Teachers* and *America's Business Women* and designation as an ambassador of National League of Nursing. While those were certainly important, it's the people she met along the way that mattered most, Dyer said.

"Nursing gave me the opportunity of job security, but it also offers a vast amount of opportunities and genres to work in," she said. "I have met some incredible people, extremely brave individuals, as well as those who have given me encouragement and support throughout my journey as a nurse and educator."

Just recently, Dyer made yet another change, this time taking the journey home and returning to the Oklahoma City area, where she accepted a position as a Redlands Community College professor of nursing.

The job was appealing to Dyer because of a philosophy and feeling at the school that made the program special, she said.

"I was attracted to Redlands due to the size of the college, all of those who work at this college – it's like

one big family," Dyer said. "People matter and, most importantly, the students are made a top priority."

Dyer's current position is as a second-year educator in complex issues. It's an area she knows and enjoys, she said.

"I have taught simulation labs, health assessment, pediatrics, fundamental nursing, leadership in nursing, community health, gerontology and mental health nursing, along with the clinicals for those courses," she said.

Whether it's at Redlands or somewhere else in her long career, there is something – someone – who surpasses all the rest, the most personal of her relationships that best define her, she said.

"I adopted a son from Guatemala almost 12 years ago, and people always tell me how I saved his life but, in reality, he is the one who saved me," Dyer said. "The best title I have earned is that of mom to this young man."



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LifeShare

Stein career encompasses nursing, care and knowledge

by Traci Chapman - Writer/Photographer

For Stein, nursing has always equated to knowledge – before she realized she wanted to be a nurse, she knew she wanted to teach. Her 36-year nursing career has incorporated both, a path set in a way by her grandmother, who at one time was dean of women at Oklahoma City University.

Graduating first from Duke University, Stein then moved on to earn her master's in nursing at Marymount University in Arlington, Virginia. While there, Stein taught and worked as a pediatric nurse before the family decided to make a move – to Oklahoma, where her husband studied to be a physician's assistant, himself totally reinventing his career.

The move was a positive one for Stein, as well, who forged strong ties through work with Oklahoma Nurse's Association, an association that would lead her to one of her greatest passions – Oklahoma Medical Reserve Corps.

In June, Stein was honored for 12

years of service to OKMRC, where she worked as education coordinator for a decade and nurse volunteer unit coordinator even longer. Also a member of OKMRC's Stress Response Team's executive board, Stein was recently named the first-ever recipient of the Marci Widmann Spirit of OKMRC Award.

Ironically, it was an award which Stein herself suggested creating, a way to honor her long-time friend and fellow OKMRC volunteer, Marci Widmann, who died last fall after an illness.

"We thought, 'what can we do to keep her (Widmann's) memory alive,'" Stein said. "There are so many things she did for the Medical Reserve Corps – Marci would do anything, no matter what it was, she just did what was needed without question or complaint."

The Widmann spirit award was not the first Stein received as a result of her OKMRC work. In 2016, Stein received OKMRC mentor's award; that year she was also one

of 20 nurses honored by Oklahoma March of Dimes and given the organization's public health and ambulatory care award.

"Loren Stein, like the others who won these awards, is a testament to the caliber of nursing professionals across Oklahoma," said Laurie Applekamp, Central Oklahoma March of Dimes market development executive director. "All nurses can make a difference; these have gone far beyond any regular professional expectations."

Stein received the March of Dimes honor, to a great extent, because of a program she started at OU's nursing college, one associated with the work of the Medical Reserve Corps, she said.

"It's an externship – 10 weeks, 10 hours a week – that gives nursing students the chance to study emergency preparedness, response and recovery," she said.

In 2015, Stein started the pilot program; over the next two years, interest in the externship exploded,

this year gathering 23 participants from OU, University of Central Oklahoma, Southwestern Oklahoma University and Northwestern Oklahoma University.

OKMRC was far from her only professional love, though. Her desire to teach led her not once, but twice, to University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing. After first working there when her children were young – from 1998 to 2003 – Stein would return to OU's nursing school in 2009, as project director for NIP-IT – Nursing Initiative Promoting Immunization Training.

Made possible by a collaboration between OU College of Nursing and the Centers for Disease Control and Prevention, NIP-IT is a web-based immunization and vaccine prevention curriculum designed specifically for nursing schools. At OU, the program was made available thanks to a two-

Continued on next page


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Loren Stein has celebrated success in her dual positions as Professor of Nursing at University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing and Oklahoma Medical Reserve Corps.

year grant, Stein said – something that made a difference to students and patients alike.

"We felt it was very necessary, we felt it was very successful," she said.

Currently an OU nursing professor, Stein teaches juniors psychomotor skills - essentials like hand washing, taking vital signs, administering injections, drawing blood, inserting IVs, catheters and gastric tubs and much more.

"It's basically all the clinical skills needed," Stein said. "It's a chance to show how much nursing has to offer, how it has so much

you can do across the lifespan and across the continuum of wellness."

Through it all, Stein's happy professional experiences mirrored the same contentment in her personal life, she said – her husband and three adult children, and her smallest "children," new canine adoptees Molly and Norm.

"I think if you do something you love it gives you everything you need to make your life happy and fulfilling," Stein said. "It always comes back to people – both personally and professionally – and what a difference they can make in your life and you in theirs."

GIFTED Healthcare Announces the Hiring of Tulsa Division

GIFTED Healthcare is pleased to announce Donna Bowers, MBA, BSN, RN has joined the Tulsa, OK office as the Division Director. At GIFTED Donna will lead client relations, business growth and play a key role in the ongoing development of a top-notch nursing team in Tulsa. Prior to joining GIFTED, Donna served as a Nurse Navigator at Cancer Treatment Centers of America, where she developed the organization's Nurse Navigator program. Also, Donna has worked at Saint Francis Health System in a variety of roles, including her last position as an Administrative Supervisor. While in the role of Administrative Supervisor Donna supported and mentored nursing and other clinical staff.

"Donna has extensive experience in managing patient care and elevating the overall patient experience. These skills coupled with her background in business administration and management make her the perfect fit to continue the momentum of GIFTED's expansion in the Tulsa market. We are privileged to have her on our growing team," says Kay Cowling, President and Chief Operating Officer of GIFTED Healthcare.

"The opportunity to combine my nursing and business experience is very exciting for me," said Donna. "Working for a company who takes an individualized approach to the provision of creative nursing talent solutions to clients' aligns perfectly with my experience as a Nurse Navigator and Administrative Supervisor. As Gifted Healthcare's goal is increasing patient safety, satisfaction and experience, I am pleased to be joining their team, as is I can closely identify with this."

Donna attended Langston University where she earned her BSN. She later went on to earn her Master's in Business Administration, Finance and Nursing Management from Oklahoma Wesleyan University.



Donna Bowers, MBA, BSN, RN has joined the Tulsa, OK office as the Division Director at GIFTED Healthcare.

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**We are looking for
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Licensed Practical
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Pediatric practice.**

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

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204 REGISTERED NURSE**We are seeking
a Full-time
Registered Nurse.**

MacArthur Park Home Health, Shawnee, OK, is seeking a **Full-time Registered Nurse.** Responsibilities include direct patient care, provide treatments, follow plan of care, and work collaboratively with members of the team to meet positive home care outcomes of our patients. Must be currently licensed as an RN in the State. One year nursing experience in community health/home health/hospice experience, preferred. Salary is commensurate with education and experience. 120 W MacArthur St #130, Shawnee, OK 74804

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Oklahoma's NURSING TIMES

Can you control your family's genetic destiny?

As the parent of two children, Courtney Griffin, Ph.D., is well aware that the choices she and her husband make will have a profound impact on their daughters' lives.

But Griffin is also a scientist at the Oklahoma Medical Research Foundation who studies the emerging field of epigenetics. And through her research in this area, she is learning that the decisions we make as parents—what we feed our children, how much attention we give them as infants—may impact more than just our children, but also the genetic destinies of our descendants for generations to come.

Epigenetics are chemical changes to the genome that affect how DNA is packaged and expressed without affecting the underlying genetic sequence.

"Epigenetics works like a watermark on top of genes," said Griffin. "If you imagine your genetic makeup as a well-oiled machine, epigenetics are like the rust that settles on it and leaves a surface coating. This can muck things up, suppressing genes that need to work or turning on genes that are meant to be quiet."

Scientists have determined that these marks can form as a result of the foods we eat, the toxins we ingest or even the stressful events we experience. And that they can persist for generations in some species.

"The real news with epigenetics is that these actions can theoretically

affect more than just you and your children, but also your great grandchildren, great-grandchildren and beyond," said Griffin.

A geneticist by trade, Griffin has spent her career manipulating DNA, the encyclopedia of genetic information that is inside of each of our cells. Griffin edits DNA of laboratory mice so that she can understand the development and function of blood vessels in these animals. She said her experience has shown her that epigenetic marks really can serve to reprogram genes' behavior.

"Anything that genetics controls, which is essentially everything about us, can be altered," said Griffin. "It comes back to how the marks are read by proteins in the cell. Any extra variable changes what they read, and these variables can be introduced by bad lifestyle habits."

Luckily, said Griffin, research suggests these epigenetic marks don't have to be permanently etched onto your DNA. "It appears these marks are quite malleable in humans, and making healthy choices like eating a better diet or reducing stress can make a difference," she said.

"To me, it's profound and empowering that we can influence how our genes work through the choices we make," she said. "It gives us yet another reason to live a healthy life and make smart choices, because it doesn't just affect us."



Oklahoma Medical Research Foundation scientist Courtney Griffin, Ph.D., studies the emerging field of epigenetics.

Compelling evidence of epigenetic marks have been shown in mice, but the research in humans is still in its infancy.

The Fountains at Canterbury Welcomes Two New Associates

The Fountains at Canterbury, a continuum of care senior living community in Oklahoma City, welcomes Dustin Thomasson as the assistant director of nurses in rehabilitation and skilled nursing at The Springs and Heather Justice as the program director for assisted living at The Inn and memory care at The Gardens at The Fountains of Canterbury. Thomasson brings more than 22 years of nursing experience to the position, and Justice adds 16 years of experience to her position.

"The Fountains at Canterbury relies on exceptional associates to provide quality care that allows our residents to thrive," said Cody Erikson, executive director of The Fountains at Canterbury. "Dustin and Heather bring valuable experience and compassion to these positions. They will be vital to the future of The Fountains of Canterbury."

Thomasson became a registered nurse in 2002 and has worked for The Fountains at Canterbury for three years in other capacities. He was previously the director of nurses at Meadowlake Estates in Oklahoma City and a clinical director at Brookdale Bradford Village in



Heather Justice



Dustin Thomasson



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See WELCOMES page 9

Oklahoma's Nursing Times Hospice Directory

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

Alpha Hospice: 7512 N Broadway Ext., suite 312
Okc, 405-463-5695 Keith Ruminer/volunteer
coordinator/chaplain

Autumn Bridge Hospice: 405-440-2440

Autumn Light Hospice: 580-252-1266

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

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

Choice Home Health & Hospice:
405-879-3470

Comforting Hands Hospice: Bartlesville:
918-331-0003

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

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

Cornerstone Hospice: Vicky Herrington, Vol.
Coordinator, 918-641-5192

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

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

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

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

Frontier Hospice: Amber Cerney, Vol.
Coordinator, 405-789-2913

Golden Age Hospice: 405-735-5121

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

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

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

Horizon Hospice: LaDonna Rhodes, Vol.
Coordinator, 918-473-0505

Heartland Hospice: Shawnee: Vol. Coord. Karen
Cleveland, 405-214-6442; OKC: Vol. Coord. Tricia
Woodward, 405-579-8565

Heavenly Hospice: Julie Myers, Coordinator
405-701-2536

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

Hospice by Loving Care: Connie McDivitt,
Vol. Coordinator, 405-872-1515

Hospice of Green Country: Tulsa:
918-747-2273, Claremore: 918-342-1222, Sapulpa:
918-224-7403

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

Hospice of Owasso, Inc.: Todd A. Robertson,
Dir. of Marketing, 877-274-0333

Humanity Hospice: Sala Caldwell, Vol.
Coordinator 405-418-2530

InFinity Care of Tulsa: Spencer Brazeal, Vol.
Director, 918-392-0800

Indian Territory Home Health & Hospice:
1-866-279-3975

Interim Healthcare Hospice: 405-848-3555

Image HealthCare : 6116 S. Memorial Tulsa,
Ok. 74133 (918) 622-4799

LifeChoice Hospice: Christy Coppenbarger,
RN, Executive Director. 405-842-0171

LifeSpring In-Home Care Network: Terry
Boston, Volunteer and Bereavement Coordinator
405-801-3768

LifeLine Hospice: April Moon, RN Clinical
Coordinator 405-222-2051

Mercy Hospice: Sandy Schuler, Vol.
Coordinator, 405-486-8600

Mission Hospice L.L.C.: 2525 NW Expressway,
Ste. 312 OKC, OK 73112 405-848-3779

Oklahoma Hospice Care: 405-418-2659
Jennifer Forrester, Community Relations Director

One Health Home Health in Tulsa:
918-412-7200

Palliative Hospice: Janet Lowder, Seminole, &
Sabrina Johnson, Durant, 800-648-1655

Physician's Choice Hospice: Tim Clausing,
Vol. Coordinator 405-936-9433

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

PromiseCare Hospice: Angela Shelton, LPN -
Hospice Coordinator, Lawton: (580) 248-1405

Quality Life Hospice: 405 486-1357

RoseRock Healthcare: Audrey McCraw,
Admin. 918-236-4866

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

Russell Murray Hospice: Tambi Urias,
Vol. Coordinator, 405-262-3088; Kingfisher
405-375-5015; Weatherford-580-774-2661

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

Sequoyah Memorial Hospice:
Vernon Stone, D. Min. Chaplin, Vol. Coordinator,
918-774-1171

Sooner Hospice, LLC:
Matt Ottis, Vol. Coordinator, 405-608-0555

WELCOMES

Continued from Page 8

Edmond, Oklahoma.

"I hope that the work I do each day better the life of people both living and working in the community," said Thomasson.

Justice has been a registered nurse since 2011 with experience at Quail Ridge Senior Living in Oklahoma City as the director of nurses and was previously a registered nurse care manager at Providence Home Care in Oklahoma

City.

The Fountains at Canterbury is dedicated to being the first choice in senior living, providing a continuum of care including independent living, assisted living, memory care, innovative rehabilitation therapies and skilled care. The Fountains at Canterbury is managed by Watermark Retirement Communities and is committed to creating an extraordinary community where people thrive. To learn more, please call (405) 381-8165 or go online to www.watermarkcommunities.com.

OU NURSING RECEIVES GRANT TO IMPROVE HEALTH FOR OLDER ADULTS

The University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing has received a Donald W. Reynolds Foundation grant for \$3.9 million to continue geriatric care initiatives. The grant will allow OU Nursing to recruit Ph.D. doctoral students with a geriatric focus committed to academic careers; provide evidence-based programming in older adult care by helping them age-in-place; and collaborate with clinical and other community systems.

"We are extremely pleased to receive this grant from the Donald W. Reynolds Foundation," said OU Nursing Interim Dean Gary Loving. "The Reynolds Center of Geriatric Nursing Excellence is making a difference in the lives of older Oklahomans by developing expert clinician leaders, educators and researchers to support health in aging."

Lazelle Benefield, Ph.D., R.N., director of the Reynolds Center and this award at OU Nursing, said this four-year grant will address the critical need for highly qualified nurses prepared to work toward improving the health of older adults in the state and nation. "We know that older age can be a vibrant time of life and that each year 3.5 million Baby Boomers turn 55. We also know that there are many negative myths about aging that need

to be corrected. With this Donald W. Reynolds Foundation award, the College will be able to continue to educate healthcare providers and fully prepare them to implement the complex and innovative services needed to support this population group," said Benefield. "With the Donald W. Reynolds Foundation, we are proud to acknowledge the value of science and research as a means to improve the health of our citizens. Through this significant funding we are actually bridging science, research and training to improve the quality of life for older adults."

The Fran and Earl Ziegler College of Nursing is nationally recognized, offering bachelor's, master's and doctoral level programs to those interested in starting or advancing a career in the profession of nursing. With locations in Oklahoma City, Tulsa and Lawton, the College is the state's largest nursing program and is dedicated to continuing the leadership and academic excellence that have become synonymous with the University of Oklahoma. The College of Nursing is a part of the OU Health Sciences Center, a leader in education, research and patient care and one of only four comprehensive academic health centers in the nation with seven professional colleges. To find out more, visit <http://nursing.ouhsc.edu/>.

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



**The UNIVERSITY of OKLAHOMA
Health Sciences Center**

Special Event: December 1st

LET THE HEALING BEGIN

WHEN CAREGIVING HURTS

This event will be held at the OU Schusterman Center, Learning Library 4502 E. 41st Street, Tulsa, OK 74135 December 1st, 2017 9:00 a.m. to 4:00 p.m. (Check in/registration will start at 7:30 a.m. **Session Topics:** Violence in the workplace, Preventing Injuries at Work, Humor Amongst Healthcare, The Grieving Professional and Drug Use/Abuse Pre-registration \$120 until November 24th, after that date \$150 Lunch & CEU's included Register at www.ohai.org. For more information call 1-888-616-8161.

Special Event: September 19

POLST INITIATIVE

PHYSICIAN ORDERS FOR LIFE SUSTAINING TREATMENT

The event will be held at the Oklahoma City University Kramer School of Nursing Rooms 135 & 136, 2501 N. Blackwelder Ave., Oklahoma City, OK 73106 September 19, 2017 from 6:30 – 8:00 PM. Jan Slater JD, MBA, Faculty Bioethics Center Oklahoma University School of Community Medicine will speak about this national and Oklahoma initiative.

No charge or registration required and one CE available from ONA and one CE available for LCSW/LMSW. Hosted by the Oklahoma Chapter of the Hospice and Palliative Nurses Association.

Special Event: September 29

The Health Care Professional's Role When Faced With Human Trafficking

The event will be held at the OU Fran and Earl Ziegler College of Nursing, 1100 N. Stonewall Ave, Room 138, Oklahoma City, OK 73117 Friday, September 29, 2017 from 8:00 am - 1:20 pm. Registration will be 7:30 am - 8:00 am.

\$50.00 per/person (complimentary to consortium employees) For more information contact: Patrice Brown patrice-brown@ouhsc.edu 405-271-1491, ext. 49206.



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 have not dated in several months. One of the reasons is I am scared to death about what I could find. I did not choose well before and I have friends who missed the mark too. Could you give me more information on "How to spot a narcissist" because my radar needs more training. ---- Diane

A. Spotting the narcissist and quickly retreating takes experience, education and more experience and education.

A friend of mine who is a psychology professor explains it like this: Narcissists often have a demonstrable lack of emotional development, stemming from their missing interest in the concerns of others. This explains their childlike responses to matters that require nuanced understanding of relationship dynamics, and their tendency to objectify and use others as tools.

There is NO WAY you can have a healthy relationship with a narcissist. It just isn't possible.

If you meet a narcissist look for some of the following behavior dynamics:

- monopolizing the conversation.....it is all about them.
- never or rarely asking you questions about yourself or showing little interest when you answer.
- showing too much interest in other women while you are with them, then minimizing it or making you look stupid if you point it out.
- extreme jealousy.....your behavior is highly scrutinized (remember these men are highly insecure and immature in relationships)
- they lie very easily.
- its never their fault.....never!!! Don't wait around for them to apologize. If they do it may be to neutralize the situation and restore their reality.
- your gut goes crazy.....even if you do not have a lot of knowledge about narcissists, you have gut feelings when something is not right. DO NOT IGNORE THIS FEELING!!!

A very good and healthy rule for dating should look like this: Start (and proceed) very slowly. When you are with your date, really listen to what he is verbally saying, what his body language is saying. Notice if you ever get that griping gut feeling. These personalities are the master manipulators, it may take several dates before you decide if you want to continue dating. Another helpful tip is to talk to your trusted friends about your new guy. Maybe introduce him to a friend. See what vibe they get.

Keep this handy:

The Narcissist's Prayer

That didn't happen.

And if it did happen, it wasn't that bad.

If it was that bad, it's not my fault.

And if it was my fault, I didn't mean to do it.

And if I did mean to do it, you deserved it.

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"Everything. It's very family oriented. The residents mainly."



"I believe it's a good place to work. It's a good place to do what I love to do."



Latasha Kariuki,
LPN, charge nurse

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