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photo by Mike Lee

Melanie Garner, RN, works full-time at Norman Regional Health System and owns a restaurant on the side.

by Mike Lee  
Staff Writer

The Norman Regional Health System badge worn by Melanie Garner, RN, reads CDI.

That's healthcare speak for Clinical Documentation Improvement.

During the day, Garner is pouring over charts, doing reviews and making sure the documentation is specific and paints an accurate picture of

each patient.

It's a full eight hours but by the time Garner finishes her duties in Norman, her day isn't even half over.

With 13 years as a nurse - the last two at Norman Regional - Garner's life extends well beyond health care.

When she's not working in Norman she's at the pizza restaurant she owns with her husband in Newcastle.

When she's not there she

also serves on the board of an animal rescue. One year ago she began working with Friends of the Shelter Foundation and fosters animals at her home.

In her spare time she goes to school online pursuing her BSN and has three boys, all involved in sports.

"I don't sleep much," Garner deadpanned.

Life as a Garner is crazy. It's a combination of scheduling, c o m m i t m e n t , dedication, pizza and sports. And throw in a few dogs and homework for good measure.

The idea of running a restaurant was sort of a personal dream.

"I worked in the food industry when

# The Pages of Life



Melanie Hemry, retired nurse doesn't let anything slow her down as she continues to live life to the fullest.

story and photo by Vickie Jenkins

Meet Melanie Hemry, retired nurse from the medical field, spending 20 years at Baptist Hospital in Oklahoma City, OK. Being a nurse didn't stop at the hospital though. She used her nursing skills to do mission work in downtown OKC and on several occasions, joined others on a medical team to travel to Jamaica to take care of the less fortunate. "People would walk for miles to get medical care," Hemry said. Being a nurse was her first career.

Hemry has an interesting story of how she became a nurse. "When I was little, I was an avid reader. I loved to read and couldn't seem to get enough of it. I was in 7th grade at a skating rink in Duncan, OK when one of the skating instructors said she was going to go to college to be a writer. I had always wanted to be a writer. No one in my

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## HEMRY

Continued from Page 1

family had ever gone to college. We didn't have any college money. I had it figured out though. At the time, I was allowed to go to school half a day and work half a day. I would work and save enough money (fifty cents an hour) and go to college to be a writer. The only job available for me in Duncan, OK was a job at Duncan Regional Health Center, as a nurse's aide. The first day of my job was awful! I went home crying, wanting to quit. My mother told me to stick it out for 3 months and if I still didn't like it, then, I could quit. Things went well. After 3 months, I loved my job at the hospital!"

I still had a deep desire to be a writer. Every day, I would find a quiet place, sit under a shade tree with pencil and paper and write, write, write! One day, I heard a message from God, You will go into nursing and later, you will be a writer."

"To my surprise, I was offered a scholarship and went to Southwestern Oklahoma State University in Weatherford, OK to become a nurse. I graduated in 1970 and went to

Baptist Hospital and stayed there for my nursing career." Now, Hemry is a best-selling author and continues to write.

"What inspires you when you wake up every morning?" I ask Hemry. "I think it is the fact that I have never been bored and I know there are so many things that I haven't learned or experienced. I want to see what's new and what is waiting for me," she replies.

Describing herself, Hemry replies, "I think learning is so interesting and I can't wait to learn more." Her hobbies include reading, writing, traveling, cooking and spending time with her family. "It's kind of funny, I love to write all day and I read myself to sleep every night," she laughs.

Asking Hemry if it is true what they say about nurses, 'once a nurse, always a nurse,' she replies, "Yes, once you become a nurse, your nursing skills never leave you. Once, I was in a restaurant and heard someone choking. I jumped over several people, running across the restaurant to do CPR on the child," she said. "I am so glad I was there at that time. Those skills stay with you forever," she added.

"I always tell people that I enjoy

both of my careers, nursing and writing. I enjoy helping people. If I gave anyone advice on any job they set out to do, I would tell them to keep learning, try your hardest and don't be afraid to explore new adventures," Hemry comments. "My words to live by? Be true to God and be true to yourself."

Melanie Hemry continues to hold writing conferences, and is host for several writing groups. She has written 6 books under her own name. Those books are: A Healing Touch: The Power of Prayer and Hugs for Single Moms, Anointing for Protection, Anointing for Healing, Anointing for Children and Anointing for Salvation. She has also ghostwritten 48 books.

Melanie Hemry will be one of the main speakers at the Write Well, Sell Well, Writer's Conference on October 23-24, 2015 at Crossings Community in Oklahoma City, OK. For more information, go to [www.WriteWellSellWellokc.com](http://www.WriteWellSellWellokc.com)



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## ROLES

Continued from Page 1

I was younger. I've always enjoyed cooking and a couple years ago we discussed that Newcastle needed a small restaurant," she said. "We figured if we were going to do it now's the time."

When the Garners were ready to pull the trigger a small pizza restaurant opened overnight. Both thought it was a sign that maybe now wasn't the best time.

That sign quickly changed when the for sale sign was hung up at the restaurant.

So the couple purchased Gizmo's and changed the name to the Racer Pit Stop.

Garner is there usually every day, checking in after her shift at the hospital to make sure everything is going OK.

"Everyone loves the pizza," she says. "It was already a great product so we didn't really change anything. We've added some new items to kind of help diversify."

Football, basketball and baseball keep her three boys busy.

"A lot of teamwork and skilful scheduling," Garner says with a laugh how she gets around to everything.

She will finish her BSN program soon, which will help. That one was a personal goal.

"I've had my associates for 12 years," she said.

So with all the free time she'll have once she finishes her program, will an advanced practice degree come next?

"I've thought about it," Garner said. "I'm not sure. It will depend because we are so busy."

So is cloning involved?

A typical day for Garner begins at 5:30 a.m. She gets the boys up and gets her two youngest to school. If she didn't go in the night before she heads to the restaurant for bookkeeping.

Then it's off to Norman where she works her eight-hour shift.

She leaves work and runs any errands that need to be done for the restaurant, including picking up any last-minute supplies.

From there she takes her boys to their various practices or to their games.

In the winter there's three basketball games per week, not including practices.

Then there's the matter of dinner.

"I try to get the boys something to eat that doesn't come from the restaurant," Garner said. "Usually it

"We're trying to make it a family business," she said. "They're very helpful. I'm working on the dishwashing but that's not quite gotten there yet."

Melanie Garner, RN

involves throwing something in the crockpot. I've gotten really good at Pinterest crockpot meals."

All three help at the restaurant. The youngest - who is 10 - likes to work the counter. The oldest wipes down tables.

"We're trying to make it a family business," she said. "They're very helpful. I'm working on the dishwashing but that's not quite gotten there yet."

With as busy as the Garner household stays the Norman Regional nurse has made sure there's a lengthy chore list for her boys to tackle at home.

"They have to do chores," Garner said.

Her boys are also the official welcome wagon for all new rescue puppies that come home with Garner.

"I spend a lot of time talking to my husband on the phone," she said. "It's dedication and commitment.

Before we make any decisions we ask each other."

Garner's husband also has a full-time job working IT at FAA. He also helps coach the Newcastle varsity basketball team.

It's a crazy life, but Garner wouldn't have it any other way.

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# CAREERS IN NURSING

## COMPASSIONATE, FRIENDLY AND TRUSTWORTHY DEFINE RN'S

by Vickie Jenkins - Writer/Photographer

Meet Bonnie Rainbow, RN and Jana Jennings, RN, both charge nurses in PPCU at Norman Regional HealthPlex, in Norman, OK. Rainbow has been a nurse since 1976 and has worked at Norman Regional since 2008. "After graduation, I just happen to see some programs about the medical field and nursing school and decided to check it out. It didn't take me long to fall in love with the idea. The next thing I knew, I was making it happen and I became a nurse," she says. "I love my profession and love helping patients and their families. I strongly believe that being a nurse was a God given direction that I took," she adds.

Working with Rainbow, is Jana Jennings, RN. Unlike Rainbow, Jennings grew up surrounded by people in the medical field. When she was a little girl, her family purchased a nursing home. From Administrator, Social Worker and

Secretary, her family seemed to do it all. "I always thought I would be a nurse or a teacher when I grew up. I worked at a hospital part-time and a daycare part-time. After working at the daycare for a while, I realized those kids, 'kicked my rear' so I went into nursing," she says with a laugh. "I have worked here since 2003 and I simply love my job. It is so rewarding! I know that I am helping others and I love it when patients come back to the hospital to tell me how much they appreciated their care from our staff."

Both Rainbow and Jennings agree that their typical day is busy. "We are so fast-paced around here," Rainbow says. "We are in charge of the placement of the patients and we oversee the care of the patients. We take care of folks in the waiting room, getting them taken care of as quickly as possible. I know that we have many patients in a crisis

and when those people come in, we are that comforting shoulder for the patients and their families and suddenly their fears go away when they realize they are in good hands."

"What qualities do you think make a good nurse?" I ask Rainbow. "I think a nurse should possess patience with her patients," she says with a laugh. "It's almost like we need to see the big picture and connect to every component of the family, whether it be emotional, financial or physiological, helping the patients, in every way that we can."

"The turnover for patients is a lot," says Jennings. "We just have to be ready and work together and that is why I am so proud of our teamwork," she replies. "Also, Bonnie and I help out anywhere and anyway that we can, whether it be helping with the aides or helping the nurses if they need help. It

makes it nice to work together."

Jennings enjoys her job as a nurse. "I have a real passion to help others. When I was little, my older sister was hit by a drunk driver. She was in the hospital for several months and we weren't sure if she was going to make it. She is fine now but through that experience, it helped me understand how the families of the patient feels. I have a strong desire to comfort the patients and their families."

Asking Rainbow if she has any hobbies, she replies. "I like to read, and I like swimming and walking but most of all, I like to spend time with my family and my church family."

Jennings hobbies include spending time with her husband (who is also a nurse) and their 2 daughters, ages 4 and 8. "I like to go swimming and we like to go on vacation whenever we get the chance," Jennings states.



Our daughter, Geni, was born with a heart defect. She had her first open heart surgery 5 days after her birth and stayed in the hospital for three months. After we finally got her home, another crisis developed and she went back to the Children's ICU, where they didn't give us many options. They said we could list her for a transplant or let her go. We wanted Geni to have a chance at life, so we chose the transplant waiting list. Geni crashed again when we got to the transplant center, so they put her on a heart-lung machine, but gave us little hope. Two days later, we were actually preparing for her funeral when we got an amazing call that they had a heart. Geni is now 10 years old and in the 5th grade. She is doing so well. She is in advanced gymnastics and loves to read and design new fashion. She is smart, fun, energetic and loves to sing and dance. We don't know much about Geni's donor, except that it was another child. What a selfless sacrifice...what a gift!

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Bonnie Rainbow, RN and Jana Jennings, RN, are charge nurses in PPCU at Norman Regional HealthPlex in Norman, OK.

"What are your words to live by?" I ask Rainbow. "Oh, that would be my favorite passage from the Bible," she says. "It has a lot of truth and honesty to it and it has gotten me through a lot of hard times. It is Philippians 4:8 Finally Brothers, whatever is true, whatever is noble, whatever is right, whatever

is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things."

Between the two nurses, they describe themselves as compassionate, friendly and trustworthy and they both love being a nurse. Kudos to Norman Regional HealthPlex.

## Medical Center Now Offering More Comfortable Quieter MRI Scans

INTEGRIS Radiology Services at Southwest Medical Center is now offering more comfortable MRI exams thanks to the delivery of a new piece of state of the art equipment.

The Discovery MR750w 3.0T MR System with GEM Suite coil technology is designed to meet the needs of both clinicians and patients.

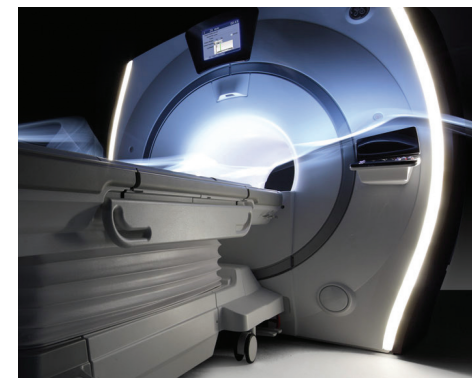
The integrated system combines high-density surface coils and innovative software technologies to provide uncompromised image quality, improved workflow and increased patient comfort to help minimize anxiety and motion.

The new machine utilizes Silent Scan, a revolutionary neuro acquisition technique that makes the sound of an MR scan as silent as a whisper.

"Typical MR scans can reach over 100 decibels. That's roughly equivalent to the sound of a jackhammer, a speeding freight train or what you'd hear sitting in the front row of a rock concert. As you can imagine, this level of noise can add to patient anxiety," says Katee Hale, operations manager of INTEGRIS Radiology Services at Southwest Medical Center. "We are proud to be the only facility in the state to have Silent Scan capabilities. We hope this will help make our patients feel as comfortable as possible during a scan."

Other key features include feet-first imaging for all anatomies, flexible designs that comfortably embrace the patient, comfort tilt to improve brain and neck exam form, reduced exam times through fewer coil exchanges, and comfortable variable density padding designed to help minimize pressure points. Another added luxury that is also available with the system are CinemaVision Goggles. With CinemaVision, patients are able to watch a DVD movie, cable TV, IPAD video or listen to music during their exam.

The new device is now up and running at INTEGRIS Southwest Medical Center.



## Nursing Organizations Enlist Nurse Leaders In National Effort for Care Coordination

It's not easy for patients to navigate through today's health care system. Too often, the experience is fraught with confusion and frustration. Enter care coordination and transition management (CCTM), a key nursing role that many experts now believe is the answer to a puzzling, fragmented — and often costly — journey to health.

To make that journey smoother, two of the country's influential nursing organizations have joined forces to mobilize and guide nurse leaders in a national effort for better care through CCTM.

The American Academy of Ambulatory Care Nursing (AAACN) and the American Organization of

Nurse Executives (AONE) recently issued a joint statement defining how nurse leaders can help their facilities and clinicians achieve the "Triple Aim" of health care: improving the quality of patient care, improving the health of communities, and reducing health care costs.

"Registered nurses are the largest group of frontline health care professionals. That's why it is crucial for nurse leaders to take initiative and prepare their delivery systems and nursing staff for CCTM," said AONE CEO and American Hospital Association Senior Vice President for Nursing Pamela Thompson, MS, RN, CENP, FAAN. "The principles in the joint statement will help guide

leaders in acute and outpatient settings to achieve the best patient experience and outcomes."

"Care coordination is a role that synchronizes all aspects of patient care, from admission to discharge home or to another care setting, and follow up with other care providers," said AAACN CEO Cynthia Nowicki Hnatiuk, EdD, RN, CAE, FAAN. "The goal is to ensure people don't struggle through the system or fall through the cracks."

Getting nurse leaders

on board is a critical step in the process, Hnatiuk said, adding that the collaboration with AONE "is an historic one because it bridges the traditional silos between acute care and ambulatory care nursing, thereby forging ground on a seamless patient experience throughout their continuum of care."

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**We are accepting resumes for Licensed or Licensed Candidate MHPs**  
CREOKS Behavioral Health Services is accepting resumes for Licensed or Licensed Candidate MHPs for our Sallisaw clinic. 1108 N. Wheeler. Sallisaw, OK 74955

**We are now hiring an Licensed Practical Nurse for the 3-11 shift and Certified Nurse Assistant's on the 11-7 shift.**  
Please apply in person at The United Methodist Health Care at 2316 W. Modelle, Clinton, OK



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Minimum of 1 year of continuous experience in a telemetry or related cardiac clinical setting preferred. Able to provide direct patient care to patients in both the stable and acute care settings.

**To apply go to:**

**[www.OKHeart.com/careers](http://www.OKHeart.com/careers)**

Oklahoma Heart Hospital considers all qualified applicants including protected veteran or disability status. AA/EOE



#### 140 GENERAL NURSING

**We are Taking Applications For Immediate Employment For: Dietary Aid And Weekend Registered Nurse.**  
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424 N Date Ave, Broken Arrow, OK 74012

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**WE ARE SEEKING LICENSED PRACTICAL NURSE OR CERTIFIED MEDICAL ASSISTANT**  
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580-536-2427. 5610 SW Lee Blvd, Lawton, OK 73505

#### 140 GENERAL NURSING

**Licensed Practical Nurses Full-time/Days Licensed Practical Nurses Part-time/ Days & Nights Certified Nurse Assistants Full-time/ Nights (with shift differential)**

Summers Health Services seeking to fill the following positions: LPNs FT/Days LPNs PT/ Days & Nights CNAs FT/ Nights (with shift differential) Apply in person at 119 N 6th, Okeene, OK or call Cindy at 580-822-4441 We offer competitive wages.

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Springs Inc., 222 N Main St Sand Springs, OK 74063. 918-241-0236  
TAKING APPLICATIONS FOR CNA's. Immediate openings. Apply in person: Broken Arrow Nursing Home 424 N Date Ave, Broken Arrow, OK 74012

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Gentiva Health Services is seeking caring and dependable people to work in the homes of elderly and disabled clients in Lawton, Fletcher, Apache, Elgin, Randett, Devol, Frederick, & Walters area. Will assist with preparing meals, shopping, personal care, errands, light housekeeping, and other assigned duties. We offer flexible day, evening, and weekend shifts. Must be at least 18 years of age with a clean criminal background. MUST have reliable transportation. No certifications or prior experience required. Fax resume to 580-248-9995. Please contact us by phone at (580) 248-9998 for any questions. To apply in person please visit us at 2210 W. Gore Blvd, Suite 3, Lawton, OK, 73501. E.O.E. M/F/D/V

#### 140 GENERAL NURSING

**We are taking applications for Licensed Practical Nurses and Certified Nurse Assistants.**

Heavener Manor is taking applications for LPNs and CNAs. Come by and talk to Wyvonne Wright, DON. 204 W. 1st Street, Heavener, OK. No phone calls please.

**Medical Practice Seeks Licensed Practical Nurse To Join Our Fast-growing Owasso, Oklahoma Team. Clinical And Triage Experience Preferred.**

COMPETITIVE WAGES, SALARY AND BENEFITS. FAX RESUME TO 918-307-2454 ATTN: TRACY. 9311 SOUTH MINGO ROAD TULSA, OK 74133-5702

#### 140 GENERAL NURSING

**We are looking for hardworking weekend Certified Nurse Assistants, Certified Medical Assistants, and Licensed Practical Nurses to come and join our team.**

TEN OAKS We are looking for hardworking weekend CNAs, CMAs, and LPNs to come and join our team. Please apply at the community at 3610 SE Huntington Circle, Lawton, OK. No phone calls. EOE.

#### 161 LICENSED PRACTICAL NURSING

**Licensed Practical Nurse Sign on BONUS \$1,000.00! 3/11 & 11/7.**

Parks Edge Nursing and Rehab. 5115 E. 51st St. Tulsa, OK 74135

#### 204 REGISTERED NURSE

**Are you a licensed RN and interested in a rewarding career with a great team? You should come talk with us! We are currently seeking qualified candidates for a Hospice RN Case Manager.**

We are also taking applications for certified HHA's / Aides. We offer a competitive salary and great benefits. Send your resume to fax #918-551-6890. 1515 E 71st St SUITE 100. Tulsa, OK 74136. EOE

**We are seeking a Registered Nurse who wants to experience a difference in their life while making a difference in the lives of others.**

Must be a team player and demonstrate autonomy, organizational, assertiveness, strong interpersonal and written/verbal skills. Great Salary! Great Benefits! Apply at 2520 Arlington, Ada, OK. Tel # 580-332-4351 or fax resume to 580-371-2262. EOE/drug Free Workplace

# Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100  
or email ads to [advertising@oknursingtimes.com](mailto:advertising@oknursingtimes.com)

# Oklahoma's NURSING TIMES



# Knitters Needed to Support 'Click for Babies' Project

Frustration with infant crying is the number one trigger for a person to shake or harm a baby. The result of this action can be abusive head trauma – the leading cause of child abuse deaths in the United States. The Oklahoma State Department of Health (OSDH) advises that nearly all victims suffer serious health consequences and at least one of every four babies who are violently shaken dies from this form of child abuse. This is why educating caregivers is so important. They need to know what to expect from newborns and how to handle this stressful time.

"This form of abusive head trauma is completely preventable and research has shown that this program works," said Amy Terry, adolescent health coordinator.

"Click for Babies" is a grassroots campaign that seeks knitters and crocheters to make purple colored baby caps to be delivered to families in local hospitals during the months of November and December along with the Period of PURPLE Crying® program. The program is evidence-based, and educates parents about normal infant crying, ways to cope with the crying, and the dangers

that can result from shaking an infant.

Currently, 39 birthing hospitals in Oklahoma participate in the program. Volunteers are needed to knit or crochet purple baby caps and to help spread the word.

"We need as many volunteers, knitting groups, and community champions as possible to participate in this worthy effort," said Lisa Rhoades, program manager for the Child Death Review Board. Rhoades helps lead the Injury Prevention Workgroup of Oklahoma's Preparing for a Lifetime, It's Everyone's Responsibility initiative to reduce infant deaths in the state.

Purple-knitted infant caps will be collected through the end of September and can be mailed to the following locations:

Oklahoma Child Death Review Board, 1111 N. Lee, Ste. 500, Oklahoma City, OK 73103 and at the Parent Child Center of Tulsa, 1421 S. Boston Avenue in Tulsa, OK 74119.

For a list of participating drop off sites close to your area or call Amy Terry at (405) 271-4471, or email AmyT@health.ok.gov.

For information about Oklahoma's "Preparing for a Lifetime, It's Everyone's Responsibility" initiative, visit <http://iio.health.ok.gov>.



## THIS CHILDHOOD CANCER AWARENESS MONTH, BE AWARE OF BENEFITS AVAILABLE

By Jose M Olivero  
Social Security Public Affairs Specialist in Oklahoma City

Cancer can affect any one of us, at any time. Sadly, thousands of people under the age of 20 are diagnosed with cancer every year, and it remains the leading cause of disease-related death for children. In September, we honor the strength and courage of children who are battling the many forms of cancer, as well as the young Americans who have lost their lives to these terrible diseases.

Social Security provides benefits for children who suffer from many disabling diseases, including some forms of cancer. These benefits could help with the additional costs of caring for an ill child. The Supplemental Security Income (SSI) program pays benefits to disabled children who have limited income and resources.

If you wish to apply for benefits for your child, you'll need to complete both an application for SSI and a Child Disability Report. The report collects information about your child's disabling condition, and about how it affects his or her ability to function.

Here are the steps to apply.

- Review the Child Disability Starter Kit. This kit answers common questions about applying for SSI benefits for children, and includes a worksheet that will help you gather the information you need. You can view the starter kit at [www.ssa.gov/disability/disability\\_starter\\_kits\\_child\\_eng.htm](http://www.ssa.gov/disability/disability_starter_kits_child_eng.htm).

- The SSI program is a "needs-based" program for people who have low family income and resources. SSI has strict limits on the amount of income and assets you can have and still be eligible for SSI. Contact Social Security right away to find out if the income and resources of the parents and the child are within the allowed limits, and to start the SSI application process.

- Fill out the online Child Disability Report. At the end of the report, we'll ask you to sign a form that gives the child's doctor(s) permission to give us information about his or her disability. We need this information to make a decision on your child's claim. You can access the Child Disability Report at [secure.ssa.gov/apps6z/i3820/main.html](http://secure.ssa.gov/apps6z/i3820/main.html).

Social Security also has an obligation to provide benefits quickly to applicants whose medical conditions are so serious that they obviously meet our strict disability standards.

Social Security's Compassionate Allowances program enables us to identify diseases and other medical conditions quickly that invariably qualify under the Listing of Impairments based on minimal objective medical information. The Compassionate Allowances list allows Social Security to identify the most seriously disabled people for allowances based on objective medical information that we can obtain quickly. Compassionate Allowances is not a separate program from the Supplemental Security Income program. You can learn more about Compassionate Allowances at [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

No matter what month it is, Social Security is here to provide benefits to those with severe disabilities. If you or anyone in your family needs assistance, visit <http://www.socialsecurity.gov/disability>.



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# INTEGRIS Medical Group Welcomes Jennifer Semore, M.D. Family Medicine

Jennifer Semore, M.D., is a board certified family medicine physician. She graduated from the University of Oklahoma College of Medicine, and completed her residency at the Charlton Methodist Family Practice Residency in Dallas.

"I'm passionate about empowering patients to take control of their health through providing educational tools and evidenced based medicine. It is important at each visit, that my patients feel they were heard, respected and their time is valuable. My hope is that all patients walk away feeling

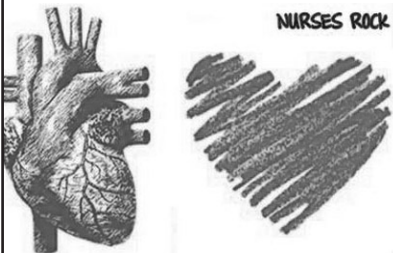
better and more encouraged than before our visit."

Dr. Semore has special interests in: newborn care and pediatrics, women's health, preventative medicine, office procedures (joint injections, skin biopsies, sutures), diabetes management, hypertension, hyperlipidemia

In her spare time, Dr. Semore enjoys spending time with family, church activities, cooking, sewing and crafting. She also loves traveling and experiencing new cultures.

Dr. Semore joins INTEGRIS Family Care in Mustang.

## FACEBOOK FUNNIES - SHARED - JOIN US!



TO BE A GREAT NURSE,  
YOU MUST UNDERSTAND  
BOTH THESE HEARTS

I WAS FULLY VACCINATED  
ALONG WITH MILLIONS OF PEOPLE  
AND GUESS WHO'S PERFECTLY FINE



No matter  
how old  
my  
daughter  
gets,  
she'll  
always be  
my baby  
girl.

MY DENTIST SAID  
I NEED A CROWN  
I WAS LIKE  
I KNOW, RIGHT?

## Oklahoma's Nursing Times

# Hospice Directory

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

### Alpha Hospice:

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

### Autumn Bridge Hospice:

405-440-2440

### Autumn Light Hospice:

580-252-1266

### Carter Healthcare & Hospice:

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

### Centennial Hospice:

Becky Johnson, Bereavement  
Coordinator 405-562-1211

### Chisholm Trail Hospice:

Tiffany Thorne, Vol. Coordinator,  
580-251-8764

### Choice Home Health & Hospice:

405-879-3470

### City Hospice:

Beth Huntley, Vol. Coordinator,  
405-942-8999

### Comforting Hands Hospice:

Bartlesville: 918-331-0003

### Companion Hospice:

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

### Compassionate Care Hospice:

Amy Legare, Bereavement/Vol.  
Coordinator, 405-948-4357

### Cornerstone Hospice:

Vicky Herrington, Vol. Coordinator,

918-641-5192

### Hometown Hospice:

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

### Crossroads Hospice:

Elizabeth Horn, Vol. Coordinator,  
405-632-9631

### Cross Timbers Hospice:

Ardmore-800-498-0655  
Davis-580-369-5335 Volunteer  
Coordinator-Shelly Murray

### Excell Hospice:

Toni K. Cameron, Vol. Coordinator  
405-631-0521

### Faith Hospice of OKC:

Charlene Kilgore, Vol. Coordinator,  
405-840-8915

### Freedom Hospice:

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

### Frontier Hospice:

Kelly Morris, Vol.  
Coordinator, 405-789-2913

### Full Life Hospice:

Vicki Barnhart, Vol. Coordinator,  
405-418-2659

### Golden Age Hospice:

405-735-5121

### Good Shepherd Hospice:

4350 Will Rogers Parkway Suite 400  
OKC OK 73108 405-943-0903

### Grace Hospice Foundation:

Sharon Doty, Dir of Spec. Projects -  
Tulsa 918-744-7223

### Harbor Light Hospice:

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

### Horizon Hospice:

LaDonna Rhodes, Vol. Coordinator,  
918-473-0505

### Heartland Hospice:

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

### Heavenly Hospice:

Julie Myers, Coordinator 405-701-2536

### Hope Hospice:

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

### Hospice by Loving Care:

Connie McDivitt, Vol. Coordinator,  
405-872-1515

### Hospice of Green Country:

Tulsa: 918-747-2273, Claremore:  
918-342-1222, Sapulpa: 918-224-7403

### INTEGRIS Hospice, Inc. & the

INTEGRIS Hospice House Ruth Ann  
Frick, Vol. Coordinator, 405-848-8884

### Hospice of Owasso, Inc.:

Todd A. Robertson, Dir. of Marketing,  
877-274-0333

### Hospice of the Cherokee:

918-458-5080

### Humanity Hospice:

Kay Cole, Vol. Coordinator  
405-418-2530

### InFINITY Care of Tulsa:

Spencer Brazeal, Vol. Director,  
918-392-0800

### Indian Territory Home Health & Hospice:

1-866-279-3975

### Interim Healthcare Hospice:

405-848-3555

### Image HealthCare :

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

### LifeChoice Hospice:

Christy Coppenbarger, RN, Executive  
Director. 405-842-0171

### LifeSpring In-Home Care Network:

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

### LifeLine Hospice:

April Moon, RN Clinical Coordinator  
405-222-2051

### Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,  
405-273-1940

### McCortney Family Hospice

OKC/Norman metro 405-360-2400  
Ada, 580-332-6900 Staci Elder Hensley,  
volunteer coordinator

### Mercy Hospice:

Sandy Schuler, Vol. Coordinator,  
405-486-8600

### Mission Hospice L.L.C.:

2525 NW Expressway, Ste. 312  
OKC, OK 73112 405-848-3779

### Oklahoma Hospice Care

405-418-2659 Jennifer Forrester,  
Community Relations Director

### One Health Home

Health in Tulsa: 918-412-7200

### Palliative Hospice:

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

### Physician's Choice Hospice:

Tim Clausing, Vol. Coordinator  
405-936-9433

### Professional Home Hospice:

Sallisaw: 877-418-1815; Muskogee:

866-683-9400; Poteau: 888-647-1378

### PromiseCare Hospice:

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

### Quality Life Hospice:

405 486-1357

### RoseRock Healthcare:

Audrey McCraw, Admin. 918-236-4866

### Ross Health Care:

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

### Russell Murray Hospice:

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

### Seasons Hospice:

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

### Sequoyah Memorial Hospice:

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

### Sojourn Hospice:

Tammy Harvey, Vol. Manager  
918-492-8799

### Sooner Hospice, LLC:

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

### Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator  
Tulsa : 918-592-2273

### Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:  
405.609.3636 Chandler  
Shawnee/Cushing: 405.258.2333 Toll  
Free: 888.901.6334

### Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director





**Vicki L Mayfield, M.Ed., R.N.,  
LMFT Marriage and Family  
Therapy Oklahoma City**

*If you would like to send a  
question to Vicki, email us at  
news@okcnursingtimes.com*

***Q. My husband and I are in counseling to learn how to be better communicators. Why does this sound so easy yet so hard to do? Do you have some "Communication for Dummies" lists that might be helpful?***

**A. "First lets talk about the obvious:**

1. Don't talk about important issues while watching TV, looking at your phone or sitting in front of the computer. 2. Look at each other. (eye contact is almost harder than communicating) 3. Don't bring up important issues if you are not in the same room. 4. Don't talk about important topics if you are hungry, tired, sick or distracted. (so you are sitting there thinking, "when am I not tired or distracted?)

**Tips for women:**

1. When you ask a question, give him a few seconds to answer. (Men usually take longer to think about their answer). 2. Don't talk for him. Do not tell him what you think "he thinks." 3. Don't interrupt him. Let him talk. Patience!! 4. Practice the 24 hour rule. If he does something/says something that you are still thinking/feeling 24 hours after it happens, tell him. Do not store it!! Stored feelings result in resentments and they are VERY hard to move past. 5. When your husband tells you something you have done that bothered him; you also listen. Men can store feelings too.

**Tips for men:**

1. When she asks you a question, take a few seconds, not all day. (If you don't have an answer, tell her you don't. If you sit there long enough without responding, she will ask again). 2. Give her a response or she may "think for you." (And it could be wrong.) 3. Tell her that you will not be talking if she continues to interrupt you. 4. When she tells you something you have said/done that bothered her, do not roll your eyes or look away, listen to her, look at her. I promise, this will benefit you in the long run. 5. Don't me the man who says, "I never really get angry, that stuff just rolls off my back." Trust me, it can roll right into the resentment file and pop out during your next argument.

One of the most common presenting issues in counseling is women who have been trying to tell their husband's something that really bothers them and their husband don't take it seriously.

You are right, communication sounds easy but takes ongoing practice.

# OU Researcher Targets Neuromuscular Disease with New Grant

With a new \$300,000 grant from the Muscular Dystrophy Association, a researcher with the University of Oklahoma Health Sciences Center hopes to advance the understanding and treatment of a neuromuscular disease called Friedrich ataxia.

With ataxia, parts of the nervous system that control movement and balance are affected, triggering problems with movement and coordination. Friedrich ataxia is the most prevalent inherited ataxia. It typically starts in the early adolescent years with unsteadiness in limb movement and walking. It then progresses to a point where the muscles are so severely uncoordinated that patients must depend upon a wheelchair to get around.

"There is no effective therapy currently available for Friedrich ataxia, and it often results in premature death, usually when the patient is in his or her 30s or 40s," said principal researcher Dr. Sanjay Bidichandani, who is the CMRI Claire Gordon Duncan Chair in Genetics and a professor of Pediatrics at the OU College of Medicine.

With the new three-year grant, Bidichandani plans to evaluate the effectiveness of a promising new class of drugs known as HDAC inhibitors in the treatment of Friedrich ataxia. HDAC inhibitors essentially help genes that are packaged too tightly to loosen up.

"It's been 20 years since we



**Dr. Sanjay Bidichandani, CMRI Claire Gordon Duncan Chair in Genetics and a professor of Pediatrics at the OU College of Medicine.**

helped find the gene for Friedrich ataxia, and now we recognize that the gene is packaged too tightly in the cell in people with this condition," he said. "It's what we geneticists call an epigenetic defect."

As a result, the gene cannot be read effectively, and a key protein is not produced in sufficient quantities. This eventually leads to neurodegeneration and cardiac dysfunction. HDAC inhibitors help reverse this cell "packaging" problem.

**See GRANT next page**



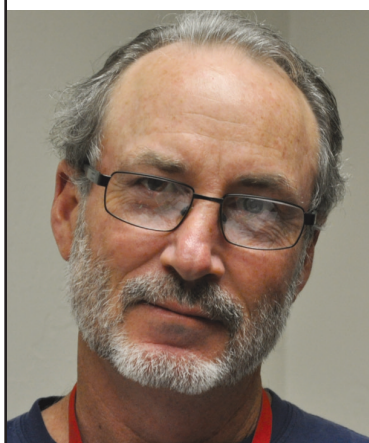


# NURSE + TALK

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

*If you weren't a nurse what would you be doing? Oklahoma Heart Hospital, Outpatient Cath lab*

*Really I don't know. I don't know what else I could do. I have hobbies but nothing else I'd like to do to make a living.*



Stacey Taylor, RN

*I would have to be a doctor, but I'm really glad I'm a nurse.*



Alyssa Guild, RN

*Each week we visit with health care professionals throughout the Metro*



*Please Let us know Your Thoughts*

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news@okcnursingtimes.com  
or mail to  
Oklahoma's Nursing Times  
P.O. Box 239  
Mustang, Ok. 73064

*I felt a calling to go into this profession. Nothing else interests me.*



Ilo Cox, RN

*I would be a veterinarian.*



Carla Bensinger, RN

## GRANT

Continued from Page 10

"More efficient versions of the currently available HDAC inhibitors are being developed by our collaborators. So we are in the process of testing these, as well as existing HDAC inhibitors, to identify which are most efficient at reversing the specific epigenetic defect in Friedreich ataxia," Bidichandani said, adding that they hope to identify one or several drugs that might eventually become an approved therapy for the disease in the near future.

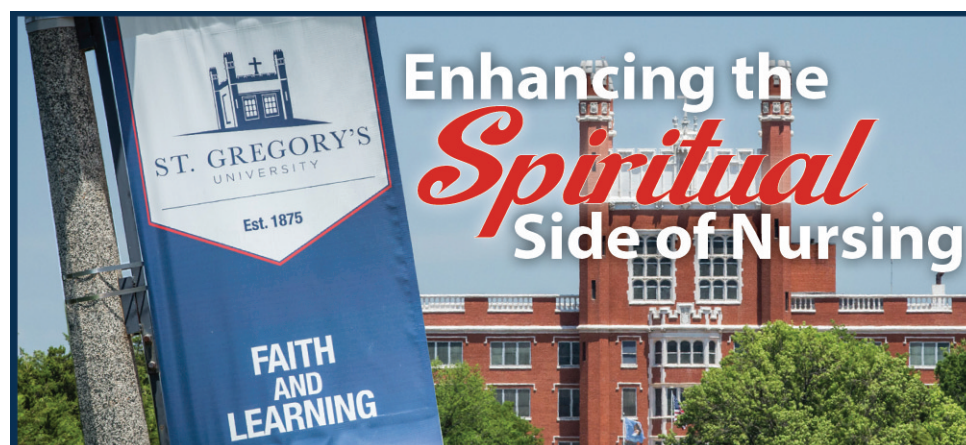
This year, the Muscular Dystrophy Association received 350 grant applications, the largest number in its 65-year history of funding basic, translation and clinical neuromuscular research. Bidichandani's grant was one of only 36 new grants funded this year and the only one in Oklahoma.

"We are extremely proud to be part of the effort to help find a cure for Friedreich ataxia," Bidichandani said.

Powered by its big-picture perspective to accelerate treatments and cures across the broad spectrum of neuromuscular diseases, the Muscular Dystrophy Association recently awarded \$10 million in new research grants to researchers worldwide.

"These new grants are potential game-changers, a signal of our passionate resolve to helping kids and adults fighting neuromuscular diseases live longer and grow stronger," said Valerie Cwik, M.D., MDA's Executive Vice President and Chief Medical & Scientific Officer. "There's more new drug discovery underway than ever before, and we're determined to double the number of promising human clinical trials in the next five years."

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