

Mark Howard is an RN and cath lab manager as well as an EMT with the Oklahoma City Fire Department.

by Bobby Anderson, Staff Writer

Growing up in Purcell, Mark Howard figured one day he would be an economist out working in the financial world.

Fast forward 20 years and the Oklahoma City EMT, firefighter, and Oklahoma Heart Hospital

South registered nurse and cath lab manager is saving it instead.

Growing up in the quarter horse capital of the world, Howard had a head for finance and the stock market

But with a dad who was a local firefighter the family business came calling.



FAST FORWARD

"I guess it's always been the adrenaline rush," Howard said, unfolding the story of his fast-paced career options.

Quick. Fast-paced. Steep learning curve.

Howard doesn't shy away from challenges. Everything he chooses to do it's all fastforward

> For the past few years Howard has manned the cath lab at OHH South as manager. He transferred there OHH from an outpatient clinic just two months after the new hospital opened. He's been with

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Ashley Sims, RN, is part of the generous spirit shared by donors to The Children's Center Rehabilitation Hospital.

2016 Holiday Helpers Gift Drive benefits The Children's Center Rehabilitation Hospital

story and photo by James Coburn

Love is in the air.

The Children's Center Rehabilitation Hospital 2016 Holiday Helpers Gift Drive kicked-off the week of Thanksgiving to benefit children receiving services.

Children and their families gathered with staff to celebrate the season within the colorful lobby area of the hospital decorated with Christmas trees. Several local media personalities were on hand to dress up as Santa Claus, Mrs. Claus as well as Santa's Elves with gifts and cheer.

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A countdown was given before one of the patients lit a diaper tree which is one of the items in need by the children. Another patient used her adaptive technology to light a candy Christmas tree.

The kick off will extend to New Year's Day, said Danielle Dunn, hospital spokeswoman.

"This is when we invite people to donate to the hospital and there are several ways they can donate," Dunn continued.

Among needed items are those for personal care, clothing, baby items, art supplies, bedside needs and other items such as the wish list from the Pediatric Medical Rehabilitation Unit, said Ashley Sims, RN.

Amazon or Target.com offer specific lists the department needs for various therapies.

More than 250,000 Huggies and Pampers diapers are used each year at the hospital to meet the children's needs. The need for batteries, DVD players and Baby Einstein or Tiny Love-brand crib mobiles will increase when the new 100-square-foot building addition opens next summer with 40 new beds. This good will generated by the community says a lot about the generous spirit of holiday donors, Sims said.

"I think it's huge. Everything we have for the kids is donated by the community," Sims noted. "That says a lot about the people in the community and in Oklahoma that want to help."

Sims cannot recall a time when the community did not respond to the children's needs. Chapstick and batteries are not items the hospital necessarily orders but are filled by good Samaritans.

"We don't think about all those little things. We have all those toys, and if you're a parent like I am, children go through them like crazy and we have batteries for them that are donated by people just wanting to help throughout the year and not just specifically around the holiday time," Sims said.

Time and time again, people step up to fulfill the needs. And Sims can sense by the expressions of the children and their families what it means for them.

Some of the children stay at the hospital for a long time. New toys are cycled into their lives because they are kids with normal desires for new toys at the bedside. Sims watches

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the excitement the kids have when surprised with a new toy.

"It's awesome for me to watch because they get so excited by little things like stacking blocks," Sims said. "To receive new things they didn't have before shows we care about them."

The spirit of goodwill adds to the hospitals successful outcomes. When the children's emotional health is uplifted it helps with their physical health as well.

"That can go anywhere from a hygiene product. We have girls that have beautiful hair here. So a need we have is a de-entangler spray," Sims said. "They use a lot of it. Some of the kids want to feel pretty, feel like princesses and part of that is their beautiful hair."

Having their hair brushed is therapeutic, Sims said. As with everyone else, the children like to brush their teeth for their daily hygiene. It makes them feel good along with the toys and daily activities.

Coming to serve at The Children's Center Rehabilitation Hospital helped Sims cross a new horizon of awareness in life. She has two little girls at home. So her daughters' lives are now more about making gifts for the Children's Center residents.

"It's something fun that they get to do. So instead of it being about ourselves, it become more about giving for other people which I think is far more important. I think it makes you want to have a giving heart," Sims said.

Children were excited to see a Christmas tree shining brightly as the lobby was full of Christmas carols. The children never feel left out of a festivity. Festivities are tailored for them and their families to make them feel a part of the celebration.

The goodwill in-turn radiated out into the community. Social media lets the metro know more about what the hospital is doing for children not only during holidays but throughout the year, Sims said.

"That reaches so many more people and people who wouldn't have thought to give before are now coming in," Sims said. "It really inspires everybody to get together."

Sunbeam Family Services and Catholic Charities Help Bring Christmas to Families

Sunbeam Family Services and Catholic Charities Oklahoma City are partnering to bring A Very Giving Christmas, a Christmas store, for local families in need, December 14-18, 2016.

The store, St. Nick's Shoppe, will be located at Sunbeam Family Services, 1100 NW 14th, Oklahoma City. Individuals selected through Sunbeam and Catholic Charities will have the opportunity to shop for new items for their families at no cost. Donors and volunteers will create a warm shopping experience and extend the season's joy and excitement to 600 families, families who otherwise would not be able buy presents for their children.

"Collaboration and cooperation among nonprofits is the key to having maximum effective impact and that's what we have achieved through our partnership with Catholic Charities and A Very Giving Christmas," said Jim Priest CEO of Sunbeam Family Services. "We receive lots of positive affirmation about the partnership from our terrific volunteers and donors and we receive lots of positive gratitude from the families we serve. We are proud to be able to serve the community through this partnership."

Patrick J. Raglow, Catholic Charities Executive Director said, "Our partnership with Sunbeam Family Services reflects the partnership we foster among our donors, volunteers and clients. A Very Giving Christmas is about relationship and participating fully in the spirit of the season. Working with Sunbeam Family Services expands the impact and reach of this program across the board. It's a great partnership for a great cause."

The community can help stock the store by making a donation or by purchasing new gift items for children of all ages and their parents and delivering them unwrapped and with tags attached to Sunbeam Family Services, December 4-6. Visit the wish list at www.AVeryGivingChristmas.org or call 405.609.8994. Additional drop off locations will also be available in Leadership Square and Valliance Bank Dec.8-9 from 9 a.m. to 6 p.m. Visit AveryGivingChristmas.org to see a full list of drop off locations.

Volunteer opportunities for individuals, families and groups are also available and will include decorating St. Nick's Shoppe, greeting families, helping families select their gifts or wrapping gifts. Visit www.AVeryGivingChristimas.org to sign up to volunteer, or call 405.609.1755.

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the OKC fire department even longer. For the past 20 years he's served Oklahoma City as an EMT.

Now at Station 35 he's a staple to the city's south side.

Just after getting married Howard became a tech working in mental health.

He fell in love all over.

"I just saw what the nurses got to do and what they got paid to do," Howard said.

But before anything Howard was a nurse. It was while he was attending nursing school at Oklahoma State University-Oklahoma City that a friend talked him into hiring on with the fire department after he finished his third semester.

Now he literally takes people door-to-door in the continuum of care.

"It helps you can see both sides," Howard said of the EMT and hospital role. "You can see the emergency side of it and you know what the patient can look forward to when they get to the hospital."

Howard still calls Purcell home. He and wife Stephanie have raised two kids, a daughter and a son.

His 26-year-old son just hired on 30 patients flow smoothly in and with the Norman Police Department after a career as a Marine and a bachelors in criminology.

The couples' 22-year-old daughter has her sights set on medical school and then a career in oncology.

Four years from now, Howard sees himself retired. Sort of

"I'll probably get into travel nursing," Howard said.

Why so?

"It's probably just finally going on vacation and getting paid for it,' he said.

Vacations are a rarity for Howard. Between the two jobs he estimates he works between 48 and 72 hours each week

Now and then he and Stephanie take the boat to Lake Texhoma just to hang out.

The cath lab is challenging, for a number of reasons.

"The hardest part is probably just working with the doctors," Howard laughed. "We have 25 different doctors and they all want to work at the same time."

The cath lab is where Howard controls chaos.

He runs a staff of about 20 each day who make sure between 25 and

out.

It's all about flow.

"We're busy here," Howard says. "We've got a really good group, lots of experience, flexible and hardworking."

Under Howard's tenure cath lab volume at OHH South has skyrocketed. Volume went from 10-15 patients per month when the facility first opened to between 600 and 700 each month.

Howard usually gets about one day a week off. He's already counting down retirement with three years and 10 months to go.

His wife doesn't seem to mind. Maybe that's because she works as the day patient manager at Oklahoma Heart Hospital South.

Oklahoma Heart Hospital is Oklahoma's first dedicated heart hospital, and the first all-digital hospital in the nation.

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CAREERS IN NURSING CTIVITIES, FAMILY VISITS **CALLED TO SERVE: HEAVEN** by James Coburn - Writer/Photographer

There is something different about assisted living at the Heaven House, a state licensed group home for assisted living in Oklahoma City, said the owner, Diane Timmerman-O'Connor.

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O'Connor also serves as the administrator for all four Heaven House locations in OKC.

Heaven House began with one residential state licensed home for assisted living in 2010. The growth of the Heaven House locations is complimentary to the quality of O'Connor's legacy for senior living.

"They are all just the same. They offer all the same things. They're just located in different neighborhoods," said O'Connor, who was recently married.

Heaven House gives the elderly a choice as to where they might like to live, she said.

"This is more of a family atmosphere. It's in a home, it's in a lot smaller environment than the bigger places, the institutional places," she explained.

O'Connor cared for her mother at home for 13 years. Heaven House reflects the only type of environment she would have agreed to have her mother live if needed, she continued.

"But she ended up living with me until she passed away," O'Connor said.

Her mother was part of O'Connor's inspiration to create Heaven House. But it was really a calling.

"God just put it on my heart to do something for the elderly," O'Connor said.

So she proceeded to do all the necessary research needed for assisted living by visiting every group home in Oklahoma County. O'Connor began all the training needed to become a licensed administrator.

She purchased and remodeled a fine house not to far from Nichols Hills so that every resident there would have their own bedroom and private bathroom, she said. Each house has five and a half bathrooms.

Michelle Freeman, an advanced

medication aide and a supervisor, has been in her field for about 25 years. She said knowing that she makes a quality difference in the lives of the elderly keeps her intent on serving them.

"I love the elderly," she said. "I love taking care of them and make sure they are taken care of."

O'Connor said the residents have formed a close bond with Freeman. That attachment is common in all of the Heaven Houses. O'Connor is blessed to be able to retain her staff for a long time.

"At first I was doing at-home daycare," Freeman said of her career. "At first it took some getting used to. But when you feel like you are making a difference in somebody's life, it just keeps you coming back. I love it.'

Freeman said all the resident's have different personality traits that are endearing to her life. They make it easy for her.

going," she said of the continuum of care offered at Heaven House. "It's like when I come in, Ted says, 'Oh, you're so beautiful.' Everybody has their own different thing."

There is always a certified nurse aide at Heaven House or a trained and certified medication administration technician at Heaven House. All of the houses have two staff members present in the mornings for a five-totwo ratio.

O'Connor also provides a registered nurse, Vicki Bogartis, to serve residents at all of the houses. She has both scheduled hours and PRN hours and is in charge of all of the CNAs and ACMAs.

"She has certain duties during the month that only she can do," O'Connor said. "She does all of our assessments and all of our care plans."

Freeman was hand-picked by O'Connor for her staff when she met her at a funeral. O'Connor knew her sister and was getting ready to open Continued on next page

"Sometimes you've just got to keep





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Michelle Freeman, a Heaven House advanced medication aide and a supervisor, at left, and Heaven House owner and administrator Diane Timmerman-O'Connor, provide a beautiful and comfortable home for Heaven House assisted living residents.

her latest house.

"I went up to her at the funeral. Just talking to her at the funeral reception, you could just tell that she was intelligent. She was caring and sort of soft-spoken."

"And I didn't know anything about her organizational skills, but I was really ready for her to try. She came to work here and she has never ever disappointed me. She has stayed the course. She is organized and she is great with the residents. She's just a loving, caring person who also has some office type skills that are required in keeping the paperwork straight."

Each house has a supervisor similar to Freeman who is in charge of their staff. O'Connor and her son both serve as administrators of the four houses.

As for Bogartis, O'Connor said she is "straight-forward and tells it like it is." O'Connor likes that quality and needs it as part of the structured environment of Heaven House.

"The other night we had a bit of an emergency and she got out of her bed and pajamas and came to the emergency," O'Connor said. "She is just very dedicated."





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OKC Immigrant-Entrepreneur Earns National Honor, State Citation

Proving that hard work, perseverance and education are fundamental to success, an Oklahoma City man has been awarded a national home-care company's highest honor while being recognized by the state of Oklahoma.

Oklahoma City resident Fabrice Dingbulla, an employee of Comfort Keepers® of Oklahoma City, has been chosen from among close to 100 nominees out of a pool of 27,000 care givers, or Comfort Keepers®, as a 2016 Comfort Keeper of the Year. In addition to this distinction, Dingbulla, a 27-year-old Cameroonian immigrant, has also been recognized with a citation for service to Oklahoma seniors by Gov. Mary Fallin.

"In the two short years that Fabrice has worked with Comfort Keepers, he has proven – time and again – that he is the embodiment of our philosophy," said Sherrie Childers, general manager at Comfort Keepers of Oklahoma City. "Fabrice treats every client with dignity and respect and truly sees them as a member of his family. It is music to an administrator's ears when a client says, 'My Comfort Keeper is like a member of our family,' and that's what Fabrice's clients tell us."

Comfort Keepers is a leading franchise network in the in-home care market for seniors and other adults needing care. It has grown to more than 700 locations around the world by staying true to its founders' goal of providing quality, caring in-home care services that allow clients the opportunity to age in place. The Comfort Keepers of the Year Award is a national recognition for the men and women in the organization who provide loving and respectful care to their clients while going above and beyond in their roles as Comfort Keepers.

From Cameroon to OKC

Born in the West African nation of Cameroon, Dingbulla learned the power of caring for others at an early age. When he was just 8-years-old, he saw a doctor treat his mother's lifethreatening injuries and decided that he too wanted to work in medicine and help care for others.

At age 10, Dingbulla's family recognized his potential and sent him to live with his grandfather in order to study at a bi-lingual school. It was difficult, especially because his family's limited resources meant they were unable to see or communicate with each other on a regular basis. But Dingbulla persevered in school and exceled, eventually earning national recognition for his academic achievements.

After graduating high school, Dingbulla found himself at a crossroads, dreaming of going to medical school but without the funds to get there. Instead of becoming discouraged, he began working at a mechanic's shop to save money. With the help of an uncle already living in the United States, Dingublla emigrated to Oklahoma City in 2009. While the transition wasn't easy, he worked hard to integrate into his new community. Dingbulla began studying at a community college and transferred to the University of Central Oklahoma, where in 2013, he graduated with a degree in biology and a minor in foreign languages. While pursuing his degree, Dingbulla began working at Comfort Keepers of Oklahoma City and became a Certified Home Health Aide.

"I'm a people person and I like that you really get to know your clients and enjoy them," Dingbulla said. "You're helping them but you're also learning from them."

His desire to know his clients, become their friend and help them through difficulties is what makes him a stand out Comfort Keeper, Childers said.

"There was no doubt in my mind that Fabrice was worthy of this recognition," said Childers, who was at the ceremony in Las Vegas where Dingbulla accepted his national award, along with the State of Oklahoma citation signed by Gov. Fallin.

Making People's Lives Better In addition to his studies and

his work with Comfort Keepers, Dingbulla is an entrepreneur who has started several businesses and charitable organizations, including a tax preparation firm that caters to immigrants; a car dealership he co-owns with friends that sells affordable, reliable used cars; an organization that works with Cameroonian youths to promote selfempowerment and leadership through community service; and the local chapter of the Bali Cultural Association, a group that represents the social, cultural and educational well-being of the Chamba people in Cameroon. His success in these ventures allowed him to send several of his siblings to

school, as well as help pay for a home for his mother in Camaroon, who had been living in a single bedroom with two of his sisters.

Today, he is enrolled in an MBA program and is studying toward his degree in Healthcare Management. In the future, Dingbulla hopes to continue caring for Oklahomans and making a positive difference in peoples' lives.

"In the next year or two I want to apply to medical school and become a doctor, which is my ultimate goal," Dingbulla said. "But I also want to keep my options open, and maybe someday own a Comfort Keepers franchise."

OMRF biorepository receives national accreditation



Oklahoma Medical Research Foundation scientist Joel Guthridge, Ph.D., serves as the scientific director of the biorepository.

The College of American Pathologists (CAP) has awarded accreditation to the biorepository at the Oklahoma Medical Research Foundation. OMRF's biorepository is one of fewer than 50 such facilities to receive this distinction.

OMRF's biorepository houses more than 1 million biological samples

gathered from research subjects over the past three decades. The facility has 2,500 cubic feet of minus-80 Celsius (minus 112 degrees Fahrenheit) and 7,000 cubic feet of minus 20 Celsius (minus 4 degrees Fahrenheit), making it one of the largest of its kind in the U.S. OMRF collects and stores **See OMRF page 9**

Oklahoma's Nursing Times Hospice Directory

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Autumn Bridge Hospice: 405-440-2440

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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

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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

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

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

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Russell Murray Hospice: Tambi Urias, Vol. Coordinator, 405-262-3088; Kingfihser 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

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

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samples from patients suffering with conditions including lupus, rheumatoid arthritis, fibromyalgia, sarcoidosis and multiple sclerosis, among others.

"Patient and control samples are the critical foundation for all of our clinical research. The OMRF Biorepository serves as the sample processing, management and storage resource for many clinical studies, as well as for NIH and industry sponsored trials," said OMRF Arthritis and Clinical Immunology Program Chair Judith James, M.D., Ph.D. "We want to make sure the samples are processed appropriately and are all of the highest possible quality so they are ready to generate important data."

Joel Guthridge, Ph.D., who serves as the scientific director for the biorepository, said this accreditation serves as a testament to the diligent work OMRF has done to expand and develop the infrastructure of the facility, consolidating the data and samples across multiple research programs.

"This certification shows that we've been independently assessed and validated for all of our processes," said Guthridge, Director of Translational Informatics and Core Resources at OMRF. "It gives assurance to our investigators about the high quality of work we do, the systems we have in place to ensure data reproducibility, and the rigor in our processes. This has become important for any sort of federally funded research, clinical trials and so forth."

Guthridge said this accreditation also provides peace of mind to the patients who donate samples that are stored in the facility. "It ensures that OMRF uses those samples as they are intended, maintains the integrity of the samples and values patient privacy," he said.

The U.S. federal government recognizes the CAP Laboratory Accreditation Program, begun in the early 1960s, as equal to or more stringent than the government's own inspection program.

During the CAP accreditation process, inspectors conduct an onsite inspection and examine the laboratory's records and quality control of procedures for the preceding two years. CAP inspectors also examine laboratory staff qualifications, equipment, facilities, safety program and record, and overall management.



Our son, Patrick, was a compassionate and caring young man. He loved to fish and hunt, enjoyed construction work and was considering a career in graphic design. Patrick smoked ribs and grilled steaks outdoors and liked to cook for us. We were thrilled when he fell in love with a very special young lady. Patrick was involved in a car accident, and his injuries were extensive. We spent 36 hours in the hospital and were devastated when the neurologist confirmed brain death. Shortly after that, we learned that Patrick had checked the box on his driver's license to become an organ and tissue donor. Patrick was described by his dad as a 'mighty, young

man at the age of 20'. We are so proud of Patrick's decision to help others through his donation.

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.





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. What would you do if your legs were amputated bilaterally below the knee, both your kidneys were removed and you were only 19 years old? You wake up and half your legs and feet are gone. Can you even imagine?

A. During a recent yoga class the teacher told the story of Amy Purdy. When Amy was 19 she contracted bacterial meningitis. The bacteria spread quickly and she became septic, resulting in the loss of her legs (below the knee) and both kidneys. The odds were only 2% that she would survive.

Amy started snowboarding 7 months after receiving her leg prosthetics. (Two years after losing her kidneys her father donated one of his kidneys). One year after her amputations she competed in her first snowboarding competition.

"Our borders and our obstacles can only do two things. Stop us in our tracks or force us to get creative."

Over the next 18 years Amy would compete in several more snowboarding competitions and continue her preamputee profession as a massage therapist. She has been involved in modeling, acting and competition in The Amazing Race and Dancing With the Stars.

What would you do if you had both legs amputated?

Many people face life altering events. On a daily basis we hear their stories. How do some conquer these obstacles and find their way down a different but adventurous fulfilling path and others cannot.

It has been said that optimistic people recover faster from surgery. Their attitude is positive; they follow their post surgery instructions because they are anxious to return to their life.

It has also been said that pessimistic, negative people are not as able to see the light at the end of the tunnel and therefore interference with healing and recovery occurs.

Our thoughts shape our behavior. Amy could have given up; depression could have taken her down a very dark path and a pity party could have gone on forever......but it didn't.

"Borders are where the actual ends, but also where the imagination and the story begins."

United Way of Central Oklahoma launches holiday stocking program

The United Way of Central Oklahoma is well known for helping central Oklahomans in times of need. This year that assistance will have some holiday spirit, as the organization is launching the inaugural year of its Stockings of Joy program. With the help of volunteers and donations, more than 5,000 stuffed stockings will be distributed to children 10 and under and seniors who are served by our United Way Partner Agencies.

"A Partner Agency coordinated a similar holiday program in the past and they were not able to continue to fund the program this year," said Debby Hampton, president and CEO, United Way of Central Oklahoma. "The United Way identified this gap need and stepped in to coordinate a new program that will reach many of our community's most vulnerable citizens. We believe Stockings of Joy will bring hope and happiness to those in need during the holidays."

Last year's stocking project touched more than 10,000 lives, directly aligning with United Way's vision of creating a stronger, healthier and more compassionate community.

"We are incredibly grateful to have so many generous community partners that are providing support in the inaugural year of Stockings of Joy, providing fellow central Oklahomans with the happiness we all deserve during tough times. Due to increasing needs in our community, we anticipate this program will become a holiday tradition," Hampton said.

Stockings filled with personal hygiene products, holiday candy and toys will be distributed to a handful of United Way of Central Oklahoma's 58 Partner Agencies. Donations and volunteers are needed to ensure the success of this program. If you would like to donate items or volunteer to stuff stockings, please contact United Way at 236-8441 or email volunteer@unitedwayokc.org.

About United Way of Central Oklahoma

United Way of Central Oklahoma researches human needs within the communities of central Oklahoma and directs resources to accountable health and human services agencies to meet those needs by improving the health, safety, education and economic well-being of its most vulnerable citizens. The organization received the 2016 Charles Schusterman Award for Excellence from the Center for Nonprofits as the state's top nonprofit organization. For more information about United Way of Central Oklahoma, please visit www.unitedwayokc.org or call (405) 236-8441.

Scott de la Garza, M.D. Honored with St. Luke Award

St. Anthony has named Scott de la Garza, M.D., board certified orthopedic surgeon, as the recipient of the 2016 St. Luke Award. This award is given each year by St. Anthony Hospital Administrative Council to the physician who most exemplifies the life of St. Luke, The Patron Saint of Physicians and Surgeons. Specifically, administration recognizes Dr. de la Garza for his commitment to the mission and values of St. Anthony Hospital.

Dr. de la Garza has served on the St. Anthony and Bone and Joint Hospital at St. Anthony medical staff for 10 years, and is the Musculoskeletal Surgery Department Chair for St. Anthony.



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

What do you think about the change of the seasons? OU Medical Center Edmond

"I absolutely love it. The fall is my favorite season. I love the leaves and the new splash of color."

Kimberly Van

Buskirk, RN

"I love it. It's football weather and I'm ready for some football."



Angela Brown,RN

Each week we visit with health care professionals throughout the Metro



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

"I like summer. I am a summer person. I don't like fall at all or winter."



Lawanda Doake Jackson, RN "I love the change of the seasons. I love the cool weather. It's more comfortable."



Tracy Galyon, RN

INTEGRIS Baptist Medical Center Wins Consumer Choice Award For 21st Consecutive Year

INTEGRIS Baptist Medical Center is the hospital of choice in the Oklahoma City area. The health care system was recently named a Consumer Choice Award winner by the people of the community.

Consumers in the Oklahoma City market ranked INTEGRIS Baptist Medical Center at the top of the list based on four essential consumer metrics: Best Overall Quality, Best Image/Reputation, Best Doctors and Best Nurses.

Each year, National Research Corporation recognizes hospitals whose consumers rate them as having the best quality and image in their area. This is the 21st year NRC has given the awards and it is the 21st year INTEGRIS Baptist Medical Center has received the honor. INTEGRIS Baptist is one of only a handful of hospitals in the country to have earned the distinction every year since the award was founded.

Winners are determined by consumer perceptions on multiple quality and image ratings collected in the company's Market Insights survey, the largest online consumer health care survey in the country. National Research surveys more than 300,000 households in the contiguous 48 states and the District of Columbia.

Hospitals named by consumers are analyzed and ranked based on Core Based Statistical Areas defined by the U.S. Census Bureau, with winning facilities being ranked the highest.

A complete list of winners can be found at national research.com/ $\ensuremath{\mathsf{ConsumerChoice}}$. "My son said to me, 'I'm scared." A single father. A gravely ill child. When he was at the end of his rope, United Way support lent a hand that's changed two lives

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