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Job well done Setting standards is key for DON



photo by James Coburn

Kim Selvey, RN, director of nursing at Meadow Lake Estates, says the staff takes ownership of the great work they do.

by James Coburn
Staff Writer

When Kim Selvey was a young teenager she started volunteering in nursing homes as part of a church activity. Selvey became a CNA at the young age of 16 after volunteering as a dishwasher.

"I thought it was really fun and those people always

had such appreciation for us when we came," Selvey said.

From that moment she never turned her back on nursing but set her sight forward and embraced nursing as a career.

"I always wanted to be a nurse," she Selvey, RN, director of nursing at Meadow Lake Estates in Oklahoma

City.

She worked in the oncology unit of then-Presbyterian Hospital (OU Medical Center) beginning in 1989. When she graduated from school she stayed in the oncology unit. During her career in long-term care, she has even earned a National Leadership Award in Nursing.

She earned her Bachelor of Science degree in Nursing at the University of Central Oklahoma in 1991 when it was known as Central State University.

She worked in hospice intermittently to broaden her experience.

See DON Page 3

St. Mary's RMC names new Chief Nursing Officer



Rachelle Burleson, DNP, APRN-CNS, Chief Nursing Officer (CNO) at St. Mary's Regional Medical Center in Enid.

Stan Tatum, CEO of St. Mary's Regional Medical Center is pleased to announce Rachelle Burleson, DNP, APRN-CNS, as the new Chief Nursing Officer (CNO) at St. Mary's Regional Medical Center.

See BURLESON Page 2

Forest Glade thaws winter cold with Dec. 28 blood drive

Cold weather can mean lower than usual blood supplies, prompting Bethany's Forest Glade Retirement Community to hold its first ever Winter Blood Drive.

"We know this is a time when blood supplies can be needed - it can be a difficult time to get them, and this was a way we could be active in the community," said Josephine "Jo" Henderson, Forest Glade leasing and marketing director. "This is a wonderful chance to do be active and help others at the same time."

The Dec. 28 blood drive was made possible through

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OKLAHOMA'S NURSING TIMES

BURLESON

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In her new position, Burleson will be responsible for providing the administrative direction of all hospital nursing personnel and ensuring the delivery of quality, compassionate care to the hospital's patients.

Burleson received her bachelor's degree from Northwestern Oklahoma State University and a master's degree from the University of Oklahoma, College of Nursing. She received her doctorate of nursing practice from Vanderbilt University.

Burleson most recently served as assistant professor of nursing at the University of Central Oklahoma, in Edmond, Okla. She previously held positions at Northwestern Oklahoma State University as adjunct faculty clinical instructor and also served as

critical care nurse manager at St. Mary's.

Burleson is a member of Sigma Theta Tau, Iota Chapter, Vanderbilt University; Oklahoma Hospice and Palliative Nurses Association; Hospice & Palliative Nurses Association; American Association of Critical Care Nurses, and National Association of Clinical Nurse Specialists.

Rachelle assumes this position after former Chief Nursing Officer, Doug Coffey, was selected to serve as CNO for Northwest Texas Healthcare System in Amarillo, Texas.

"We are excited to have Rachelle lead nursing services at St. Mary's," says Tatum. "Having lived and worked in northwest Oklahoma, she is knowledgeable about the challenges that rural hospitals face and shares St. Mary's passion for providing quality patient care."

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NRH fighting back against lung cancer



Norman Regional Nurse Lung Navigator Sherri Jo Johnson, RN and Phillip Mobbs, manager of diagnostic imaging services are helping people breathe a little easier with the health system offering a new, affordable, low-dose screening exam.

by Bobby Anderson, Staff Writer

Norman Regional Health System Lung Navigator Sherri Jo Johnson, RN, is a cancer survivor.

That trauma is permanently ingrained in her mind as well as her DNA.

So she wants to do everything possible to make sure that everyone she reaches has a fighting chance against cancer.

It's a major reason why she's involved in the health system's new low-dose CT lung scan program.

Phillip Dobbs is the manager of diagnostic imaging services and a key player in the new screening.

Dobbs explained that the screening tool reduces the amount of radiation to the patient versus a normal chest CT by 90 percent.

"But the protocol we use we are able to detect even the smallest nodules down to just a few millimeters," Dobbs said. "The radiologist can look at that and only about five percent of nodules end up being cancerous."

The peace of mind that monitoring carries with it is worth its weight in goal.

"Six months after any scan I'm fantastic," Johnson says of her mindset while she's in remission.

The program has been under development for two years.

The screenings involve pathologists, radiologists, oncologists, a nurse navigator, and thoracic surgery.

"A lot of people have to be at the table," Mobbs said.

But the whole process can begin simply with a phone call to make an appointment to come in. No referrals are required. No insurance is billed with a cost of \$79.

After the test is done, the results go to Johnson. Based on a radiological assessment scale Johnson can determine if the patient needs to return at three months, six months, 12 months or needs to progress faster.

"I put it into my system and I'm virtually your reminder," Johnson said. "If you are intentionally coming

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DRIVE

Continued from Page 1

a partnership between Forest Glade and American Red Cross, Henderson said. According to Red Cross officials, the international non-profit handles about 40 percent of blood collection and processing nationwide – that means Red Cross must, on average, collect more than 15,000 pints of blood every day to meet the needs of hospitals and transfusion centers across the country.

Forest Glade has been a staple of senior residential care for about 25 years in Bethany, Henderson said. The family-owned facility houses about 155 residents, 38 in a smaller, secured building ideal for dementia and Alzheimer's patients, and the main complex, which accommodates about 115 seniors.

Comprised of one- and two-room units, Forest Glade offers residents staples like hot meals and fellowship in its dining room, as well as extensive activities like music and crafts. Employees also take seniors weekly to doctor's appointments and for shopping excursions, as well as special activities.

No novice to healthcare – having worked as a hospice marketing

representative – Henderson said she has found something special at Forest Glade. It's the facility's family of employees and residents who every day make life a uniquely positive experience for everyone involved, she said.

"This, to me, is very, very rewarding – it's like family," she said. "Everyone helps together, it's a home away from home and that's the way we choose to do it."

That family atmosphere was something Henderson said she wanted to share with the community and one reason she chose to sponsor a blood drive. It was a way to combine a positive activity aimed at helping others, while helping to introduce the facility to people in the surrounding area. That's why donors are welcome to take tours and meet with Henderson to discuss what Forest Glade is all about, she said.

"We've been around for so long, but unless they're in Bethany, a lot of people don't know about us," Henderson said. "I want the community to know we're here and that we're reaching out."

Forest Glade's Winter Blood Drive will be held from 9:30 a.m. until 3:30 p.m. Dec. 28 and

is open to the public. Donors can sign up online at <http://www.redcrossblood.org/rcbmobile/drive/chooseDonationTime.jsp> or at the front desk the day of the blood drive. More information is also available on Forest Glade's website, located at <http://www.forestgladeok.com/>, its Facebook

page (search "Forest Glade Retirement Community") or by calling Henderson at 405-495-7100 or 405-990-2790. Donors will be given a Red Cross long-sleeved t-shirt as a donation thank you gift, Henderson said.

Forest Glade is located at 2500 N. Glade Avenue in Bethany.

DON

Continued from Page 1

"I just wanted to get my hands in everything. I've kind of touched it all. I always had a heart for elderly people," Selvey said. After I got my feet wet in nursing and felt I got acclimated and grounded, I came back to long-term care."

Selvey will mark her one-year anniversary in January serving Meadow Lake Estates. She oversees the designated skilled nursing hall and long-term care comprising 124 beds, she said. Across the street is the assisted living area of Meadow Lake Estates.

"Right now we're pretty full. We don't even have any empty beds," Selvey said.

Long-term care inspires her to get out of bed every morning motivated for work.

"I get as much out of it as they do. As nurses we give and get," she said. "They give us a lot, too. Everybody says look at them as your mom or grandma. Well our generation is changing. That doesn't work anymore."

"So you have to look at them like they are someone's child. And that person is long-gone and you need someone to watch over them."

Meadow Lake Estates is one big family and everyone relates to it, Selvey continued. She has gotten to know the elders everywhere she has worked by seeing them almost every day. The stability of knowing each other and building relationships is long lasting, Selvey said. She found room for improvement when she came to the nursing department, just like anywhere else in the health care industry. But she loved finding the close relationships the nurses have with the residents and with each other. The staff embodies a close affinity. They bond for success in making a good team, Selvey said. She made efforts to fine-tune the team to build on the strong leadership potential they already had going.

"Just getting our drive back to excellence is what I was hoping," she said. "And I'm a fairly competitive

person. I want to be the best wherever I'm at, whether it's nursing or playing softball. I feel like we're really making a great winning team now."

There is an active female resident team involved with the staff, working with them on different activities and things they want to achieve. Selvey loves this aspect of the elders. They have their own Bible study they have developed that they read themselves. The men are also becoming interested in the group.

"That to me is they're taking ownership for where they live," Selvey said. "This is their community and they want to help run it."

Selvey said the stories they can tell are reminiscent of wars. They've worked in the circus and have incredible stories to tell.

She sees her own family making their own stories of life. Her son is 21 years old and her daughter is 18. Both of them attend UCO where Selvey graduated from the university. She and her husband, Garry, have been married since 1991.

"We met in high school, dated for six years and got married," she said. "We just spend a lot of time together. We play games. We're just really family oriented. We do a lot of things together."

In 2017 Selvey will continue to work with her new administrator. Their drive together will continue to evolve the nursing center and skilled nursing hall to one of exemplary care, Selvey said.

They will get committees together so people will feel part of a spirit of unity. The community will draw closer to improve the care and outcomes.

"We had one of the best state surveys this building has ever had this year. They were followed by the federal surveyors. And we had a zero deficiency in the federal survey. We're really proud of that. They pointed out several things that we are efficient at, and it was just a huge compliment to know your work is recognized and that you're doing a good job, not just myself, but the team of nurses and the aides, the dietary staff and housekeeping staff," Selvey said.

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P.O. BOX 239 MUSTANG, OK 73064

Editor and Publisher, Steven R. Eldridge - News@oknursingtimes.com

Advertising Director, April Blakney - Ablakney@oknursingtimes.com

Advertising Services Lisa Weigel - Advertising@oknursingtimes.com

Writers: James Coburn, Bobby Anderson, Vickie Jenkins

Send all news, story requests, letters to the editor and press releases to news@oknursingtimes.com

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CAREERS IN NURSING

HIGH STANDARDS OF CARE: CNA ASSISTS RESIDENTS AT WARR ACRES

by James Coburn - Writer/Photographer

Leo Holley is relatively new to work as a CNA at Warr Acres Nursing Center.

He has served the residents for four months there, but has been a CNA for about seven years, he said. He earned his certification after attending OSU/OKC.

"The passion of taking care of the elderly is something I always wanted to do," he said. "It just keeps me going every day."

Holley had just moved to Warr Acres with his family. Warr Acres Nursing Center is only five minutes driving time away from his house, so he found it convenient for his career field.

Holley said his wife is a CMA while his aunt is a registered nurse at St. Anthony Hospital. His cousin is an assisted director of nursing at a nursing home located in Spencer.

As for himself, Holley was 20 years old when he decided to study to become a CNA. His wife inspired him to take the first step that would

lead to success.

"She was just telling me it's a laid-back loving environment. And I believed her and went and headed for it," he said. "I haven't looked back since."

The entire nursing staff works well at Warr Acres Nursing Center to assist elders in their daily activities while providing optimal comfort and care, Holley continued.

"It's good communication skills," Holley said. "All the nurses communicate and their aides communicate," he said. "The whole building really communicates even if a resident knows more information about another resident. The residents let you know what they like and what they don't like which all goes to the overall care."

The nursing staff is always willing to help one another whenever a need occurs, Holley said. The licensed practical nurses and registered nurses are always willing to get their hands into action, he

added.

"That's a big thing for me. And the aides will get off of their hall and come help you if you need it," Holley said.

Being an effective certified nurse aide mean the CNA should always have the willingness to learn and not be stuck in their ways, he said. Health care depends on it. Anyone who has the willingness to learn and a good heart can become a CNA, Holley said. Being a CNA has taught him a lot in seven years.

What he knows now that he didn't know seven years ago include medical terminology to learning about wheel chairs and all the essential plans of care put into place that he finds at Warr Acres Nursing Center.

"It's pretty awesome you know. That's what I'm learning now that I didn't know then," he said.

Holley said the CNAs always introduce themselves when meeting new residents coming to the nursing

center. Just be yourself, he said.

"Make a good warm feeling," Holley said. "A good first impression is everything. You've got to make the very first impression pretty good."

As he gets to know them, the seniors enjoy sharing memories of their lives. That's another big part of communication, he said. Warr Acres Nursing Center is a community.

"You have to listen because they will talk and just need somebody to talk to," Holley said. "They will tell you all their stories from childhood to young adulthood. Just listen and pay attention to them."

He complimented the residents for their hospitality.

"It's their house really. So just them being gracious enough to let us come in and work with them says a lot," Holley said.

He assists with their dressing and giving them daily reminders at times. There are activities and parties he assists the residents to

Continued on next page



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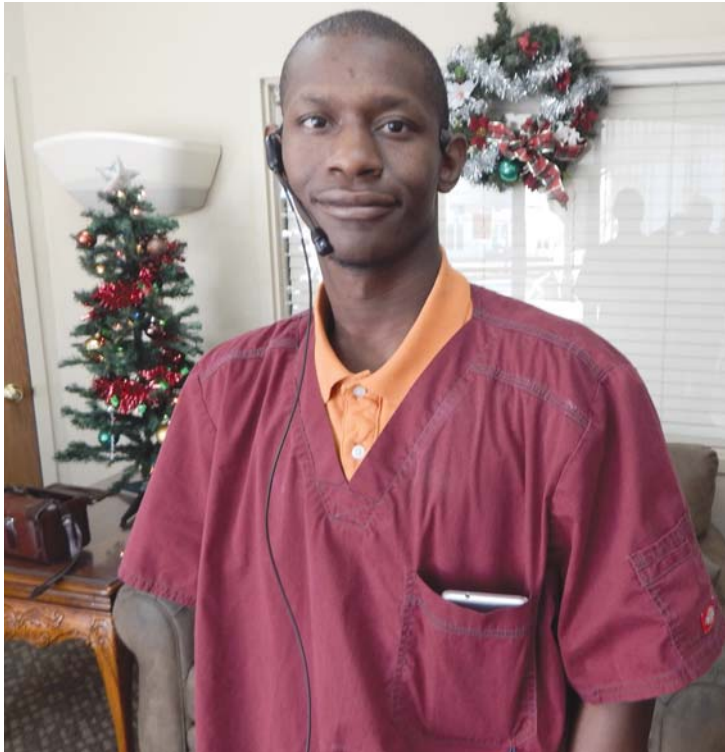
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Being effective as a certified nurse aide means being a good listener with a willingness to learn, says Leo Holley, CNA, Warr Acres Nursing Center.

attend.

"There are games and Bingo, all kinds of good things," he said.

Some of the residents have had hobbies such as fishing, and Holley enjoys fishing, too, he said.

When asked where he likes to go fishing, Holley said everywhere.

"If there's a body of water, I'm going to go throw a fishing pole in it," he said. "Crystal Lake, Lake Overholser, Hefner, Sooner, another lake off of Reno."

He said he likes using lures to catch Largemouth Bass. Fishing is a waste of gas some days according to

his wife, he said.

"I won't bring back nothing. I'll be there for hours."

Holley and his wife have three children including son Sequan, 9; a daughter, Kanyah, 9; and their youngest son, Leo, who will be 8 months old on Dec. 29.

He said it's usually his wife the children run to when having a cut or bruise from falling. He's more of a tough love kind of a guy, he said.

Holley is currently attending Oklahoma City Community College where he expects to earn a degree in computer technology.

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Autumn Wood is searching for a dedicated individual to join our Memory Care team. We are a 60 bed LTC/Skilled Specialized Alzheimer's and Dementia Care Community. Our community is divided into 5 neighborhoods, in which, staff get to work with approximately 12 residents & 2 staff members at a time. We are currently hiring an LPN for 3P-11P Monday - Friday. We have a friendly work team, and nice, clean work environment! We welcome you to call, email, or stop by and fill out an application Monday-Friday, 9am-3pm. Please call with any questions. We hope to see you soon! 918-283-4949. 2700 NORTH Hickory Street. Claremore, OK 74017

161 LICENSED PRACTICAL NURSING



LPNs


We are seeking LPNs 2nd Shift 1-9pm or 2-10pm located in El Reno, OK. ALSO seeking PRN/LPNs for all shifts including weekends. Interested applicants please visit www.nitelinesusa.com for complete job details and benefits package.

Qualified applicants should apply via fax 844-243-7813 or email sherris@nitelinesusa.com

204 REGISTERED NURSE

We are seeking Licensed Practical Nurses and Registered Nurses

Fourseason Nursing Center in Durant, OK provides customized and high quality care to our residents in this skilled nursing environment. We are seeking LPN's and RN's to join our team of dedicated health care professionals. Fourseason Nursing Center 1212 4 Seasons Dr, Durant, OK 74701



PUBLIC HEALTH NURSE

Public Health Nurse will work in the OCCHD Immunization, STD, Family Planning, and TB integrated clinics under the direct supervision of a Clinical Supervisor and the general direction of the Administrator with possible rotation of clinic site location.

- Clinic hours Monday-Friday 8 am - 4:30 pm
- Paid holidays - Annual leave
- Sick leave - Retirement plan
- Medical, Dental, Vision and Life insurance

Apply online at www.occhd.org

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

204 REGISTERED NURSE

We are seeking a Registered Nurse Margaret Hudson Program is seeking a Registered Nurse with extensive and comprehensive experience in maternal-child nursing. Administrative skills required. Bachelor's Degree in nursing preferred. Position operates on a 10 month basis with summers off and all BAPS approved holidays with pay. 751 W Knoxville St, Broken Arrow, OK 74012

We are seeking an Registered Nurse. Part Time to join our team! You will be responsible for the assessment, diagnosis, and treatment of assigned patients. Autumn Wood Memory Care 2700 North Hickory Street, Claremore, Oklahoma 74017



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IT'S TWO, TWO, TWO SURGERIES IN ONE!



Ed Brandt, III, credits the two-in-one surgical approach by surgeons at the Dean McGee Eye Institute with restoring his vision and getting him back more quickly to the things he loves most - like reading to his grandchildren.

You've heard of a two-for-one sale, but what about a two-for-one eye surgery?

It takes critical coordination and two skilled surgeons, but doctors at Dean McGee Eye Institute are combining cataract and retina surgeries into one combined procedure. It's an approach that is easier on the patient, more cost effective and can improve outcomes, too. In the end, it is helping restore patients' vision so that they can more quickly get back to the things in life they love most. For Ed Brandt III, that was reading to his grandkids.

"My four-year-old granddaughter was over, and we were sitting in the back. She brought a book over, sat in my lap and said, 'Grampy, can you read this for me?' I opened the book and I just couldn't read it," Brandt said.

A trip to the Dean McGee Eye Institute revealed why. Brandt had a detached retina.

"If you think of the eye like a camera, your lens is the lens of the camera and the retina is kind of like the film," said Dr. Vinay Shah, a retina specialist with Dean McGee. "When you have a retinal

detachment that means the film of the camera has come loose and we have to put it back in place surgically."

For Brandt, who had undergone procedures on his eyes before, that might have meant another three surgeries; the first to re-attach the retina and place a tiny oil bubble to hold the retina in place while it heals; a second surgery to remove the oil bubble; and then, since it is common for a cataract to form after retina surgery, he would need a third surgery to address that issue. Brandt was pleased to learn that two of those surgeries could be combined into one. Not only was it more convenient for him, but he also learned that the procedure could enhance his overall outcome.

"A large percentage of patients who have retina surgery will develop a cataract. So six months later, they are looking at surgery again. So if we can go ahead and take out the natural lens, replacing it with an implant lens and do the retina surgery at the same time, it is much easier on the patient and his or her family," said Dr. Ralph Hester, a cataract surgeon with Dean McGee. "More importantly, though,

the retina surgeon wants the clearest possible view to visualize the finer details of the retina."

"The retina is a less-than-one-millimeter-thin membrane in the back of your eye. So to work on that, you want optimal visibility," Shah explained.

Accomplishing the combined cataract-retina surgery requires a lot of coordination. Two surgeons and their teams as well as two sets of surgical equipment must all be in place.

"The patient does not move. We move," Shah said. "So it has to be carefully orchestrated. At the Dean McGee Eye Institute, we have set aside particular times of the week just for these types of combination procedures."

With one trip to the operating room, patient safety is improved and there also are cost savings with the added bonus of less time away from work.

"It's not about the money,

though. It's about the patient," Hester explained. "For the patient, this is a big deal. If you can package this into one operation, they are not scheduling time off work multiple times and getting their loved ones to transport them to and from the surgery center multiple times. It makes a big difference."

Ultimately, Hester and Shah added, it is about changing somebody's life, restoring their vision and helping them get back to the things they love doing most, like reading to grandchildren.

"There are Braille books and audio books, but there is no way that I could ever replace having a grandchild sitting in my lap and being able to read to him or her. I can do that now. I can see, and I can read. It makes a world of difference to me," Brandt said.

To learn more about the combination cataract-retina surgery, visit www.DMEI.org

McKay Joins Mercy in Edmond

According to Dale McKay, everyone has a story to tell. McKay found hers at a young age, after the sudden death of her father.

"Watching my mother deal with the loss and the strength she had in how she coped with it is something that has always stayed with me," said McKay. "She taught me to make peace, and to use even the saddest times in your life as a source of strength and wisdom for the journey that lies ahead."

Now a licensed clinical social worker at Mercy Clinic Behavioral Health - Edmond I-35, McKay says she uses that same advice to help her own patients.

"I provide them a safe place for them to express their hopes and emotions and for them to tell me what's happening in their life story, because everybody has one," she said. "I help my patients realize their strengths and abilities so that they can accomplish more than even they may realize they are capable of."

In addition to counseling, McKay uses her three decades of experience in hospital social work to provide education, prevention and treatment services.

"I really think of my time with my patients as a collaborative process," she said. "I want to



Dale McKay, licensed clinical social worker at Mercy Clinic Behavioral Health

evoke strength and wisdom for my patients, just as my mother did for me all those years ago."

Mercy Clinic Behavioral Health - Edmond I-35 is located at 2017 West I-35 Frontage Road in Suite 230 and offers free, confidential evaluations for anyone who has a concern about a psychiatric or behavioral disorder. To set up an appointment with McKay, patients do not need a physician referral. For more information, call 405-757-3720.

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: Kelly Morris, 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: 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

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

NRH

Continued from Page 2

in to get it done you're a lot easier to track because you're actually wanting us to watch this for you."

Monitoring is power, especially when dealing with lung cancer.

"Most cancers are found in Stages III and IV when we don't have very many opportunities to do anything about it."

Johnson said often cancers that are found in the later stages are accompanied by previous CT scans when the patient or provider failed to follow up on nodules that were noted.

"Whenever it's brought to them in a nonchalant way it doesn't have the same importance," Johnson said.

Johnson says anyone who is a previous smoker, spouse of a smoker or anyone who has been around second-hand smoke for an extended period of time needs to have a scan done.

Lung cancer is by far the leading cause of cancer death among both men and women; about 1 out of 4 cancer deaths are from lung cancer.

According to the American Cancer Society, each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.

Lung cancer mainly occurs in older people. About 2 out of 3 people diagnosed with lung cancer are 65 or older, while less than 2% are younger than 45. The average age at the time of diagnosis is about 70.

Overall, the chance that a man will develop lung cancer in his lifetime is about 1 in 14; for a woman, the risk is about 1 in 17. These numbers include both smokers and non-smokers. For smokers the risk is much higher,

Black men are about 20% more likely to develop lung cancer than white men. The rate is about 10% lower in black women than in white women. Both black and white women have lower rates than men, but the gap is closing.

The lung cancer rate has been dropping among men over the past few decades, but only for about the last decade in women.

Statistics on survival in people with lung cancer vary depending on the stage (extent) of the cancer when it is diagnosed.

Despite the very serious prognosis of lung cancer, some people with earlier stage cancers are cured. More than 430,000 people alive today have been diagnosed with lung cancer at some point. The American Lung Association is trying to draw more attention to early screening because one reason why lung cancer is so serious is because by the time you have symptoms, it may already have spread and become more difficult to treat.

The Association cites a study that between a chest x-ray, sputum cytology and low-dose CT scans, only the low-dose CT (LDCT) scan reduced the risk of dying from lung cancer in high-risk populations.

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The screenshot shows the website's interface with a navigation bar including 'Home', 'My Account', 'Find Jobs', 'Post Resume', 'Register', and 'Employer'. A 'Quick Search' section on the left allows users to enter keywords, select job types, countries, and states. A 'Featured Positions' section on the right lists various roles like 'Licensed Practical Nurse' and 'Nurse Manager'. A starburst graphic at the bottom left reads 'IPHONE FRIENDLY! Easy To Use!'.

IPHONE FRIENDLY! Easy To Use!

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



**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. Is it possible to be intelligent, hard working, financially secure; find "Mr. Right" and now after two years of marriage find myself in debt, losing interest in everything I once enjoyed and miserable? It must be possible because this is my life. What can I do?

--- Kellie

A. It is so important that you do not continue to lose yourself, your energy and your ability to make some changes before you literally cannot get out of bed.

What have you done so far to work on the problems? For example:

---- Have you and your husband discussed couple counseling?

---- Are you currently in counseling?

---- Have you taken the time to journal questions like, "What has happened to me since marriage?" "What have I gained, what have I lost?" "Why am I drinking more on a daily basis?"

The one thing that is almost written in stone is our inability to change someone who doesn't want to be changed. Maybe you didn't see some of your differences or maybe you thought the way he managed (or didn't) manage money would not be a problem. Or maybe you were just too giving because you wanted to please him.

The loss of ourselves is insidious. We usually don't know the day we started reaching for other things to escape our reality but it really is very much a snowball affect. The snowball rarely stays baseball size. So as the snowball begins to take up more of your space, ask yourself why you are not moving out of range. Who is keeping you in this situation?

"Well I know it wasn't you who held me down

Heaven knows it wasn't you who set me free

So oftentimes it happens that we live our lives in chains

That we never even know we have the key'

You have the key. The last thing you can afford to do is continue down this path. You have way to much to lose. Perhaps you chose the wrong man. Perhaps you chose the wrong reason. You are describing a slow emotional death, perhaps leading to a physical death if you don't take action.

When you reach for the Vodka tonight, stop for a minute (if you can) and ask yourself if this will fix your problems. It won't!!

"Me, I'm already gone, and I'm feeling strong

I will sing this victory song, coz I'm already gone."

The Eagles, Already Gone

Watonga Hospital Earns National Honor



A national rural health organization has chosen Mercy Hospital Watonga as a "Community Star" for its commitment to area residents.

The National Organization of State Offices of Rural Health (NOSORH) selected 50 rural hospitals across the nation, and Mercy Hospital Watonga was the only hospital in Oklahoma to make the list.

"It is an honor," said Bobby Stitt, who has served as administrator at Mercy Hospital Watonga since 2012. "In the face of what has been a difficult economy for rural health care, this shows our long-standing commitment to the community and our willingness to serve the people of Watonga."

Each year, the hospital organizes a holiday season basket drive and collects food, clothes and toys for area families in need. In the summer, Mercy Hospital Watonga hosts a neighborhood block party, complete with a bouncy house, food and games. But it is the hospital's work with local middle school students that received the attention of the NOSORH. Through a program called "Life Wise," volunteers help students develop life skills such as better decision-making, communications and relationship-building.

"We've really tried to create a space in the community where kids feel safe contacting somebody from the hospital and using our

resources," said Robert Pearson, a native of Watonga who serves as Mercy's emergency preparedness and safety officer. "We want to help them identify healthy choices in their lives to steer them away from the typical things that get kids in trouble."

The program meets weekly at the hospital for six weeks in the fall and spring. Since starting two years ago, Stitt estimates hundreds of middle school students have been helped.

"The kids love it and they continually ask to come back," Stitt said. "It's a great way to make an impact in our community and with our children."

The honor caps off a year of awards for Mercy Hospital Watonga.

In August, the hospital earned "Excellence Recognition" for reaching the highest standards in health and prevention for their employees, and the "Gold Apple" award for nutritional food options for co-workers and patients. Both awards were given by WorkHealthy Hospitals, an Oklahoma Hospital Association (OHA) initiative. The hospital was also recognized by the OHA for providing more than 96-percent of co-workers with the influenza vaccine during last year's flu season.



NURSE + TALK

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

How do you like spending your time off? Valir PACE

"Lot's of arts and crafts and painting. I have a 10-year-old grandson that I'm raising."



Andrea Arnold, RN

"All of my time goes to my children and usually on basketball trips."



Kim Johnson, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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

"I like to read. It doesn't matter, sci-fi, history and things like that."



Carmen Felix, LPN

"Spend time with my kids, going out with them and reading to them."



Selina Mensah, LPN



Faye & Carl Miller

Faye was a loving and devoted mother and grandmother. She loved to laugh and always had a sparkle in her eye. Faye spent many years of her life delivering emergency communications to the members of the Armed Forces. Generosity was a part of her life, so it was no surprise she was a registered organ donor.

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. You may also call 800-826-LIFE (5433) and request a donor registration card.

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