

Oklahoma's NURSING TIMES

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Changing lives



The Veraden improves senior living care

photo by James Coburn

Tonya Hodges, LPN, director of The Veraden, and Anita Kelley, marketing director, feel blessed to work in a compassionate environment that makes positive change in life.

by James Coburn
Staff Writer

The Veraden is a new senior living center in Edmond offering independent living, assisted living and memory care,

said Anita Kelley, Veraden spokeswoman. Assisted living with memory care has a separate community.

Residents are offered opportunities to engage in healthy lifestyles through

nutrition and socializing with their peers. Residents particularly like the cityscape area of The Veraden that is among hills and trees.

"We have an underground tornado shelter with a theatre, cafe and activity room with a fitness center and a certified trainer," she said. The trainer leads exercises and demonstrates the proper use of equipment.

"We have fitness

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See VERADEN Page 3

A Leader of excellence RN shines as the face of rehab nursing



Amy Johnson, RN, is where she wants to be in life with a career at Bradford Village in Edmond, where she serves as director of clinical services.

story and photo by James Coburn

Amy Johnson was inspired to become a nurse after her grandfather had a stroke. He was in a hospital and had been mistreated, she said.

She and her grandmother had to clean her grandfather after his bedding had not been changed, Johnson said.

See JOHNSON Page 2

Nurses to rally at capitol

by Bobby Anderson, Staff Writer

Oklahoma nurses and nursing students are set to converge on the State Capitol this Tuesday, February 28 to make their collective voices heard.

Oklahoma Nurses Association Executive Director Jane Nelson said the annual event provides nurses the opportunity to learn, discuss and advocate about the nursing and health care legislative issues facing our state.

Nelson said the theme of the day will be "Nursing is your passion; Being a Nurse Advocate."

Consistently ranked as the most-trusted profession in the nation, nurses collectively carry a strong voice when it comes to health care issues, Nelson says.

"There are a couple of ways for nurses to get involved,"

See RALLY Page 2

JOHNSON

Continued from Page 1

"That just made me want to become a nurse," said Johnson, RN, and director of clinical services at Bradford Village, located in Edmond.

Her grandmother is now a resident of Bradford Village.

"I just pursued my nursing career whenever I was in high school. I went to votech and got my CNA."

Immediately out of high school Johnson worked at Grace Living Center for six years. Johnson has been a registered nurse for more than a year. She earned both her LPN and RN credentials at Platt College in Oklahoma City. She had been a CNA and a CMA for eight years.

She had worked at Valor Rehabilitation Hospital and loved it, she said. There she had been a traumatic spinal cord and brain injury nurse.

"That was a passion but I keep coming back to Bradford," said Johnson, who returned to Bradford Village more than a year ago. She is one of the restorative nurses at Bradford Village.

"We try to rehab them back to their maximum level of functioning," she said.

Nurses take new patients in skilled nursing under their wing and adopt them. They do their best to return them back to their homes so they can be

a functioning part of society again, Johnson said.

Her office is with the long-term care residents. She works with therapists assisting in building a therapy program for the long-term care residents while working with restorative aides. She shows them the programs they need to follow, she said.

"So if a patient goes out to the hospital, has the flu and come back, and they're weak and don't quite have the strength like they used to, I put them on a restorative program and build up that muscle strength," she said.

She has a lot of confidence in the nursing staff she assists on a daily basis.

"They are very knowledgeable and strong nurses," she said. "We're more like a family. They're not scared to tell me how they feel about something."

Bradford nurses are not afraid to stand up for themselves by making suggestions to the leadership team, she said. She likes that they are headstrong with the best consideration for their patients.

"I feel like they're family," she said of their patient advocacy.

Johnson recalled her first job as a nurse soon after she earned her LPN license. She admitted a resident at Bradford in 2008 who continues to live there today.

"I thought that was awesome. She

was on the deathbed a couple of times. When I came back here I saw her and her daughter works at Edmond Public Schools. Me and her are very close. I thought that was awesome that she was still here. It was like the queen bee of the facility."

At day's end Johnson is gratified she has been able to be a partner with her nursing staff. It takes a team approach, she said.

Johnson loves helping the staff be at their personal best. She offers a lot of encouragement to both residents and staff members. Residents are not treated as door numbers, but as human being with a life history.

"I like to introduce myself to all the new residents when they come in and let them know who the management team is," she said.

Johnson checks on them throughout their stay at Bradford Village. She recalled a woman who had been in a car

accident prior to her admittance.

"She walked out of here and all of us clapped and cheered for her on her way out," she said. "We try to encourage them to participate in therapy - anything we can do to make them feel like they're human - not that they're just somebody whose sick."

Families will thank her and remember her for being the good nurse that she is. One family member recognized her in a coffee shop and began to cry. Her dad had passed away.

"I was gone from here at the time, but they recognized me for everything that I did," she said.

When not working, Johnson likes to exercise and doing sports with her children.

"Both of my sons play football and wrestle. So I'm always with them at their activities."

RALLY

Continued from Page 1

Nelson said. "One is to attend Nurses Day at the Capitol and the second is to stay in touch with ONA. Nurses can stay in touch by being a member."

"As a member they will receive emails about Legislative issues and what needs to be done, they can also serve on an ONA committee in addition to serving as Nurse of the Day."

ONA encourages all nurses and nursing students to get involved in the legislative process by attending Nurses Day at the Capitol.

The day begins with an informational session held at the National Cowboy and Western Heritage Museum in Oklahoma City, followed by an opportunity to go to the Capitol and talk with legislators.

Nelson said the day will provide nurses the opportunity to:

*Hear legislative experts, legislators and ONA's Lobbyist.

*Talk with legislators concerning the issues vital to ONA and the nursing profession.

*Increase your awareness of the role nurses play in the political arena.

*Voice your concerns regarding legislation affecting nursing practice, patient safety, preventive care and health education as well as Oklahoma's health status.

"We want to see nurses out there working on issues that relate to nurses. Whether it's an LPN, RN or advanced practice nurse, they tell those stories the best," Nelson said.

As a professional organization, the Oklahoma Nurses Association is a community of nurses from all specialties and practice settings that empowers nurses to improve health care.

Each year, the ONA organizes a single day to arm nurses with the necessary information and give them the opportunity to discuss those issues with policy makers along with legislative priorities.

Currently, the Oklahoma Legislature is considering legislation that will allow Oklahoma's nurse practitioners full practice authority.

House Bill 1013, by Rep. Josh Cockroft (R-Wanette) and Senate author A.J. Griffin (R-Guthrie), would grant Oklahoma nurse practitioners (NPs) the freedom to practice to the full extent of their education and training, enabling them to serve Oklahomans where care is most needed.

This is especially important in rural areas of the state that are medically underserved.

Toni Pratt-Reid, APRN, is president-elect of the Association of Oklahoma Nurse Practitioners and noted this month South Dakota became the 22nd state in the country to grant full practice authority.

Currently, advanced practice nurses in Oklahoma have full practice authority when it comes to diagnosis and treatment options but not full prescription authority.

A regulatory rule is in place that requires a supervising physician be available as needed for consultation.

Nursing is the largest group of healthcare providers; LPN, RN and APRN, each one with its own unique scope of practice.

"This is a great opportunity to learn about legislative issues affecting nursing practice as well as how to advocate for those issues," Nelson said.

For more information contact the ONA at 405-840-3476 or go online to www.oklahomanurses.org.



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VERADEN

Continued from Page 1

equipment accompanied by elliptical training, a treadmill and free weights," Kelley said.

Amenities at The Veraden include a heated swimming pool and hot tub. The second floor has a high-purpose room designed for snacks and a happy hour. Billiards and poker are available.

"In the assisted living, they can use those areas as well. They also have two activity areas," Kelley said. "But one thing that makes our assisted living unique is we even have two bedroom apartments. A lot of assisted livings don't have that."

Kelly said she loves that The Veraden hires according to what is needed for care.

"We don't say we've got five residents so we need one person. If we have five residents with a lot of needs and a lot of care, they we're going to hire more of a team."

"So our care associates help with bathing, dressing, and delivering medications. They are all certified nurse aides, certified med aides. Then we have an RN over the program and an LPN. So we're covered Sunday through Saturday."

Tonya Hodges serves as director of The Veraden. Hodges has been a licensed practical nurse for 10 years and began her career in senior communities.

"Once seniors are in your heart, you don't go anywhere," Hodges said. "It's your calling. People have asked me over the years, 'What is your dream job?' This is my dream job."

"I wake up every day looking forward to changing their lives."

Enriching the lives of residents is the staff's goal at The Veraden. In doing so, the residents change the lives of The Veraden staff for the better, Hodges said.

"I love that we're taking care of history," Hodges continued. "We have war veterans and folks who have made a difference in this community."

A heart for caring is a hallmark of the care staff, Hodges said. That is a quality The Veraden looks for when hiring for senior care, she said.

The Veraden offers 142 apartments, but they already have a lot of residents. When coming to The Veraden, prospective residents have needs to be met.

Some of them have found it

more difficult to cook for one person at home or to go pick up groceries. They may have begun skipping meals.

"So with nutrition they want activity. They know they're sitting too much. They haven't been getting up and moving enough," Kelley said.

Some of the people looking for a retirement community realize they have been watching television more than they once did.

Socialization at The Veraden is helpful when having a friend to share a cup of coffee or attend a poetry class.

Kelley said she is impressed by the extra mile the care team has gone to please the residents.

"One lady loves spaghetti so we went and got spaghetti for her," Kelley said. "They went for an assessment in a different community and found that her apartment, especially around her chair in her apartment was real dirty, so they cleaned the carpet for her around the chair so it would be more comfortable for her and she could move here."

"They just see things that we don't always see and spot things. I really appreciate that about them."

On a recent weekend when an ice storm was in the forecast, the care team spent the night at The Veraden to make sure people received their medicine. The director of memory care spent the entire weekend with residents.

"That's really going above and beyond," she said.

One of the residents told Kelly she had made a lot of promises before he moved to The Veraden.

"He said, 'I just want you to know you have gone above and beyond my expectations,'" Kelley said. "I thought that was the best compliment. 'Another lady said, 'This is the best business decision I have ever made.'"

Hodges said if they can change the lives of one senior every day, success has been made.

"Memory care is my passion, and it's changing the moments, not the days, of our memory care residents," she said. "I feel that we do that here. Our program is top-notch."

"I just got off the phone with a family. She said, 'You've exceeded everything I ever thought you would be doing for my sister.' It's just changing their lives and changing the lives of their families."

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Russell was born with a condition which caused him to go into liver failure. The doctors discovered there was only one cure for his condition – a transplant. Russell received a new liver, but because of complications he was placed back on the waiting list in hopes that he would receive a lifesaving transplant. Ultimately, his organ failure lead to irreparable brain damage and Russell died waiting for a transplant that would save his life.

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CAREERS IN NURSING

WELLNESS MINDED APPROACH: PUBLIC HEALTH NURSING

by Bobby Anderson - Writer/Photographer

Public Health nursing is a far ranging career attracting more nurses to the field.

Ashton Glover Gatewood, RN, is studying to earn her Masters of Public Health with a focus on Health Administration and Policy at the University of Oklahoma College of Public Health.

"It's a new thing that nurses are starting to do this," said Gatewood, who earned her Bachelor of Science in Nursing degree at the Kramer School of Nursing at Oklahoma City University.

At first she wanted to go into medicine and research. She worked for a couple of small clinics. Gatewood cherishes her experience at the Oklahoma City Indian Clinic, a private nonprofit. All federal recognized tribes come together from many backgrounds.

"It is so focused on health promotion and disease prevention in everything we do," she said. A lifestyle coach helps people with diabetes with

fitness activities at no charge. Clients are asked about their diets.

"They'll say, 'Well I eat this fried food at the gas station for dinner half the week because I'm too busy,'" Gatewood said.

They will be referred to a nutritionist who offers cooking classes. An onsite pharmacy is available to adjust insulin dosage. Private counseling rooms are used to educate clients about medication.

"It's not, 'Here's the medication. See you back in a month.' It's a whole lifestyle. We address the health side of illness. I don't know if anyone else is doing that."

Public health embodies a wellness minded approach in nursing, she said. A wellness mindset promotes health and disease prevention, she said.

Primary and secondary interventions involve education screening. If the job is well done then people never have to enter tertiary care, said Gatewood, who is Choctaw and Chickasha.

"If we can teach someone about diet and exercise and then promote colon rectal screening, and they do the screening and work on having more roughage in their diet, then they might even never develop colon cancer," Gatewood explained. "We totally prevented that whole scenario."

Public health changes lifestyles and the way people interact with each other in their environment.

"I go home and tell my husband this is why I'm doing what I'm doing," she said.

One day at work an expert came to explain changes in Medicaid. The next day in class the topic was Medicare and Medicaid. The teacher had the class in small groups. Questions were asked such as does health and illness drive insurance or does insurance drive health and illness? The coverage of Medicare and Medicaid was examined regarding federal and state mandates.

"At work the day before I literally had that whole conversation," she said.


Gatewood said she admires her professors for practicing what they teach. She is able to interact as a student and as a professional with her teachers.

"Sometimes when people get up to the point in their career that they are professors, they're kind of out of the active role of their career," she said. "And what I really like about the professors here is I will see them at the Susan G. Koman meeting."

Her life is enriched by where she is in her nursing career. Native Americans for the first time are beginning to show declines in morbidity rates, she said statistics reveal. Whether it is tobacco use, diabetes or hypertension, Native Americans are still one of the top racial groups for those diseases, Gatewood said.

"We're showing a decrease. So it makes me feel like I'm in my community. My community is a community in need and I'm helping them to reach what they need to do

Continued on next page



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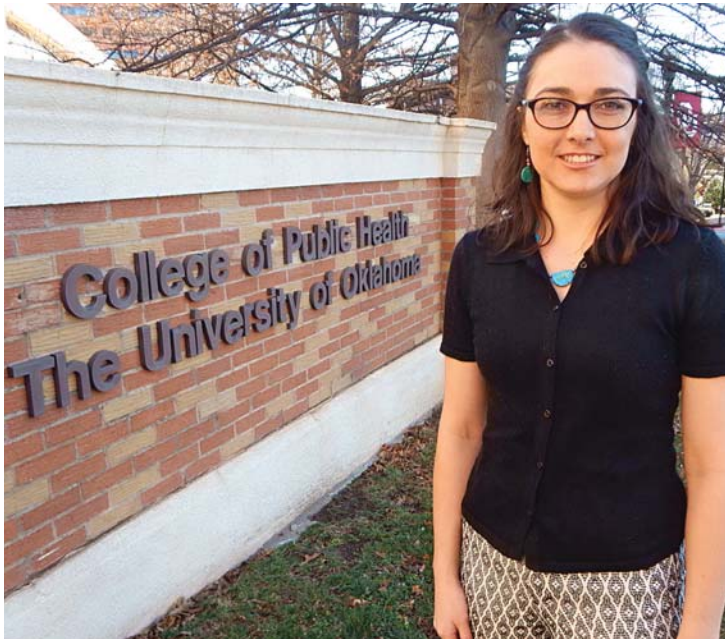
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Ashton Glover Gatewood, RN is earning her Masters of Public Health degree at OU in order to best serve the American Indian population.

to get to the next level," she said. "I would love to not see American Indian on the list."

The college has a huge amount

of funding specifically focused on the native population. Gatewood could hardly pick a better school, she said.

Only two or three schools in the

country have Indian American study electives, she added. South Dakota University has an online program.

"I was weighing to pros and cons of online and coming to class," she said. "I decided to go to OU because I'm learning how to be a public health professional here in my community. We have the American Indian Research Center here."

For nurses who are interested in their community in public health, there is not a better fit than OU, she said.

Going after a dream with passion is what drives her to push hard for education. "This is our family. This is our people," she said.

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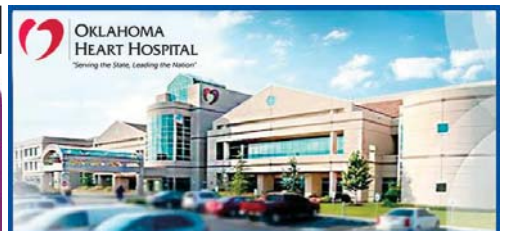
*Will administer medications to residents as ordered by physician under supervision of nurse ensuring professional, compassionate & quality care. **REQUIREMENTS:** High school diploma or equivalent. Complete 12 hours of continued education courses annually - provided through community in-services. Must be fluent in English, have the ability to read & interpret documents & ability to write reports/correspondence. For complete benefit & position details or to apply visit careers.autumnleaves.com EOE

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St. Anthony Launches Minimally Invasive Cardiac Procedure

To help patients who suffer from aortic stenosis, St. Anthony Hospital is now offering Transcatheter Aortic Valve Replacement (TAVR), a minimally invasive cardiac procedure.

Adults over the age of 60 are at most risk for aortic stenosis, the most common and serious heart valve disease. Aortic stenosis is the narrowing of the aortic valve opening. The valve controls the flow of blood out of the heart into the whole body through the aorta and its branches. As the valve narrows down over a period of years due to degeneration, calcification, and various other reasons, patients develop symptoms such as difficulty breathing, chest pains and fainting. Often these symptoms will not appear until 10 or 20 years following the onset of the disease. The minimally invasive TAVR procedure repairs the valve without removing the damaged one. Instead, it wedges a replacement valve into the diseased aortic valve's place. When the new valve is expanded, it forces out the damaged valve leaflets, allowing the tissue in the new replacement to take over the regulating of blood flow. "We are very excited to provide this new state of the art procedure at Saints. The procedure will immensely benefit elderly patients who otherwise cannot undergo open heart surgery for valve replacement, as well as patients who have medical conditions which put them at medium or high risk for open heart surgery for valve replacement," said Vinodh Jeevanantham, M.D., MPH, board-certified interventional cardiologist at St. Anthony Hospital.

Development of the TAVR program involves a multidisciplinary approach that includes cardiologists, cardiothoracic surgeons, radiologists, echo sonographers, dedicated valve clinic co-coordinators, expert support staff from catheterization laboratory and the surgery department. "Over the past year, a team of St. Anthony physicians and administrators have developed the TAVR program. With the launch of the TAVR program and other cardiovascular service lines, we are expanding our capabilities to care for cardiovascular patients with more complex conditions," stated Scott Lucas, M.D., board-certified cardiothoracic surgeon at St. Anthony Hospital.

A case of the curiosities: Solving the mysteries of aging, one question at a time



Oklahoma Medical Research Foundation scientist Holly Van Remmen, Ph.D.

Dr. Holly Van Remmen asks lots of head-scratchers. Like why do some diseases only happen when we get older? And what can we do to slow the aging process?

As head of the Oklahoma Medical Research Foundation's Aging and Metabolism Research Program, she's well served by her inquisitiveness. Indeed, it's a trait that comes naturally to her.

As a child, Van Remmen loved to figure out how things work. Even her little sister's supposedly indestructible Fisher-Price transistor radio couldn't escape her inquiring mind. "I used butter knives, screwdrivers and all kinds of things to get inside it," said Van Remmen. "I just had to know what made the music play."

In college, a part-time job in a nursing home again stoked the fires of her curiosity. What, she wondered, was driving the biological changes she saw in the elderly men and women she helped care for? She decided to

figure out for herself by enrolling in a graduate program focused on physiology and aging. After earning her doctorate, she spent more than two decades as an aging researcher at the University of Texas Health Sciences Center in San Antonio, then joined OMRF's scientific faculty in 2013.

Van Remmen's work focuses on age-related muscle loss and amyotrophic lateral sclerosis, also known as Lou Gehrig's disease. During her career, she has made a series of important insights on muscle degeneration, and this past year she led a study that found new links between traumatic brain injuries and neurodegenerative conditions. "The ultimate goal of this work," said Van Remmen, "is to help people to be stronger for longer."

In June, the American Aging Association recognized her work with its highest honor, the Denham Harman Award. Established in 1978, the prize

See AGING page 9

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- 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

AGING

Continued from Page 8

is a lifetime achievement award that recognizes scientists who have made significant contributions to the field of research in aging.

"This is such a nice honor for me personally," said Van Remmen. "But it also says that our colleagues across the country now recognize Oklahoma as a force in research on aging."

Dr. Arlan Richardson, Van Remmen's former mentor and now a professor at the University of Oklahoma Health Sciences Center, agrees.

"Holly is a tremendously hard worker and has a gift for fostering collaboration," he said. "She has grown into a noted leader in aging research and is one of the top women of her generation in the field. Her selection for this award symbolizes that growth, and having her here draws more attention to Oklahoma and helps all of us, both at OMRF and OU."

In 2015, working with a team that included Richardson, other OU and OMRF scientists, and researchers at the VA Medical Center, she helped secure a federal grant to establish a Nathan Shock Center of Excellence in the Biology of Aging in Oklahoma City. She and Richardson now serve as co-directors of that Shock Center, one of only six nationwide. Work at the Shock Center focuses on geroscience, the study of how aging impacts disease and how changes that occur in aging predispose people to disease.

The Oklahoma scientists hope their work will provide clues to understanding conditions ranging from Alzheimer's to age-related muscle loss, a topic of particular interest to Van Remmen. But regardless of what she finds, Van Remmen pledges to keep pushing ahead.

"Research is a journey," she said. "As you put together more pieces of the puzzle, more questions arise, and you have to follow where they lead."

UCO NURSING DEPARTMENT HOSTS OPEN HOUSE FOR PROSPECTIVE STUDENTS

The University of Central Oklahoma Department of Nursing will host an open house for those interested in pursuing a nursing degree from 4-6 p.m. Feb. 27 in the Coyner Health Sciences Building, Room 128, on Central's campus.

During the come-and-go event, department faculty and an academic advisor will be available to answer questions and discuss the process of working toward a degree in nursing, including information regarding support courses and the application process for the spring. No registration is necessary to attend the open house.

UCO's nursing department offers programs for individuals who are obtaining their first degree and beyond. New this academic year, registered nurses with associate degrees are eligible to apply for an accelerated bachelor's and master's plan, which awards both Bachelor of Science and Master of Science degrees with nine less credit hours than needed to obtain the two degrees separately. Registered nurses with a Bachelor of Science degree also are eligible for entry into the Master of Science degree

program.

Central nursing alumna Meryl Ugalde entered the nursing master's program after working a year in an operating room.

"Not once did I regret going back to school for my Master's of Science in nursing," Ugalde said.

Since graduation, Ugalde earned the opportunity to increase her income by using the knowledge she gained in management and education. She now serves as an adjunct instructor in UCO's undergraduate nursing program, while keeping her full-time career, serving as interim manager of an otolaryngology division's operating room.

The application deadline for fall entry to the master's degree nursing program is April 1. Applications received after that time will be considered on a space-available basis.

The application deadline for students interested in the registered nurse to Bachelor of Science and the registered nurse to Master of Science programs is March 31.

For more information about the nursing program, visit www.uco.edu/cms/nursing or call (405) 974-5000.

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. I am a 43 year old female who experienced trauma as a child. I am looking at my life and wonder how much of that trauma is still affecting me. I have just started counseling for the first time to see if my failed relationships are somehow connected. Can I ever move past the damage from my childhood?

-- Janie

A. The good news Janie, you can move past the emotional damage from the traumatic events that occurred in your childhood. The fact that you have made a connection is a positive start. Unfortunately early childhood trauma does not magically disappear when we turn 18, leave home or start college. We may realize how we have been affected or we might not have a clue.

Everybody has had a little trauma and some have had a lot. Trauma can be physical assaults against our bodies; it can be chronic chaos or witnessing abuse against others; it can be abandonment or as seemingly innocuous as being teased on the playground.

Here's what happens in the brain: The brain tries to protect us from the trauma happening again. The part of us that got wounded doesn't know its over with, even though the intellectual part knows it is. The amygdala stores the traumatic memory along with the most subtle or circumstantial and environmental stimuli, e.g., smell, tones of voice, heartbeat, absence of something.

When the amygdala recognizes anything remotely like the original memory it sets off the alarm, dumps adrenalin and cortisol and dominates the decision making prefrontal cortex. The person then is in reaction mode. In reaction mode we are in flight, fight or freeze. This ability for the brain to do this was installed to help us survive back in the day when we were on the take out menu. Those who did not have it didn't survive. Those who went into the calm of rational decision-making were lunch.

This is the essence of PTSD. It is a wound. It is not crazy. It is not mental illness. The amygdala doesn't think and it, by degree, shuts down the thinking part. The reactivity of PTSD can destroy perfectly good relationships. And its harsh on the health of the body too.

When triggered the amygdala doesn't know the difference between the one you love and the enemy that needs destroying or running from. The good news is that the amygdala can be discharged of its dormant voltage and CAN BE REPROCESSED. That is where therapy comes in.

You have made a very positive decision to start therapy and challenge your belief systems, grow your self esteem and as you reprocess your amygdala, healthier relationships will be possible.

INTEGRIS honored for PARTNERSHIPS TO Improve local community HEALTH

Recently, the Public Health Foundation (PHF) announced the inaugural winners of the Future of Population Health Award, which recognizes exemplary practice by hospitals and health systems that are collaborating with public health departments and other community partners on health improvement strategies and implementation efforts. The awardees for the 2016 program are INTEGRIS Health in Oklahoma and WellSpan Health in Pennsylvania.

These organizations are engaged in innovative and ambitious local partnerships to improve access to mental health services in the communities that they serve. "These hospitals and their partners are building on one another's strengths as they take on tough, longstanding community health problems," said PHF President Ron Bialek.

The Future of Population Health Award, established by PHF in 2016, encourages hospitals and health systems to address the upstream causes of health challenges outside the hospital walls effectively. The Award highlights these achievements and the brilliant leaders and organizations that are transforming the health of their communities for a better tomorrow.

INTEGRIS Health, based in Oklahoma City, OK, has long collaborated with the Oklahoma City-County Health Department (OCCHD) on achieving a variety of local health improvement goals. OCCHD's Mental Health Coalition includes INTEGRIS Health and numerous non-profit agencies in the community. Together, they trained members of the community to recognize the signs of mental illness in children, young adults, and the elderly using the Mental Health First Aid curriculum, and to ensure those in need knew how to access services.

"Our mission at INTEGRIS is to improve the health of the communities we serve," said Bruce Lawrence, President and Chief Executive Officer of INTEGRIS.

INTEGRIS Health.

"In order to make a meaningful difference in today's health care environment we have to change behaviors, and the only way to do that is through collaboration."

The other award recipient, WellSpan Health, headquartered in York, PA, serving central Pennsylvania and northern Maryland, also focused on improving screening and management of individuals needing behavioral health services. The initiative standardized use of a screening tool across numerous points of entry in the community. This has simplified provider communications and helped to ensure that those with depression are promptly referred to appropriate professionals.

"We are honored to be selected as an inaugural recipient of the Future of Population Health Award," said Maria Royce, senior vice president, strategy and market development and chief strategy officer, WellSpan Health. "Our Behavioral Health Driver Diagram demonstration project is just another example of how WellSpan is working to increase access to behavioral health care in the communities we serve. From creating a new behavioral health organization, WellSpan Philhaven, to incorporating behavioral health care into primary and specialty care practices and emergency departments, our mission is to treat the whole person - body, mind and spirit. That starts with eliminating misconceptions and reducing stigmas associated with seeking mental health care. We are committed to this work, which is a critical community health need in central Pennsylvania and in cities and towns all across our nation."

Beyond their ties to mental health screening and services, both organizations also integrated interventions from the Guide to

See INTEGRIS next page



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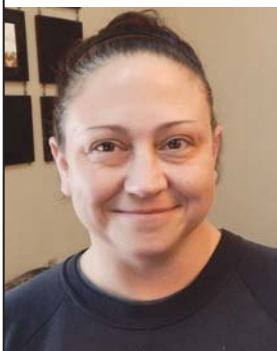
What do you love about the residents at Ranchwood Nursing Center? Ranchwood Nursing Center

"We have a variety of them, but they're all very sweet. They're all our grandparents."



Shawn Taylor, LPN

"They're like our family. They call us honey and sweetie, daughter and tell us they'll be our grandparents."



Heather Moxley, RN

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"I've been here 18 years. They're just like my family. I have nobody here in Oklahoma. My family is in Michigan."



Monica Stoneham, CMA

"I love it whenever they like to share their stories. Anytime they have a problem they come to me."



Jessica Peters, LPN

INTEGRIS

Continued from Page 10

Community Preventive Services (the Community Guide) into their program work. The Community Guide is a collection of evidence-based findings and recommendations from the Community Preventive Services Task Force for what works to improve health.

Awardees from both INTEGRIS Health and WellSpan Health will be recognized for their accomplishments and presented with awards in front

of professionals in healthcare, public health, and population health at the Association for Community Health 2017 National Conference, March 9-11, 2017, in Denver, CO.

The Future of Population Health Award program is now accepting applications from hospitals and health systems for 2017 through April 21, 2017. Eligibility and submission information is located on the Public Health Foundation's website at www.phf.org.



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