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photo by Bobby Anderson

OHH nurse a Fisher of Men

Oklahoma Heart Hospital South's Shawn Watts, RN, traveled to one of the most dangerous regions in Mexico during a November medical mission trip.

by Bobby Anderson, Staff Writer

The state of Guerrero, Mexico is a juxtaposition of two worlds.

The resort city of Acapulco, backed by the

Sierra Madre Del Sur mountains spills into the Pacific Ocean.

Cliff divers entertain throngs of sunbathing tourists daily plunging some 136 feet into the crashing waves

below. But travel a few miles in any direction and you run the risk of becoming entangled in the violence and death associated with what you might expect from Mexico's heroin capital.

Oklahoma Heart Hospital RN Shawn Watts walked that fine line a few weeks ago, going on a medical mission trip that provided help and hope for hundreds of families.

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Smiles work wonders RN enjoys playing with the kids at The Children's Center Rehabilitation Hospital, located in Bethany



Cassie Smith, RN, admires the resilience of the children she helps at The Children's Center Rehabilitation Hospital.

story and photo by James Coburn

Cassie Smith wears many hats as a registered nurse serving as nurse coordinator of the Pediatric Rehabilitation Unit at The Children's Center Rehabilitation Hospital, she said.

She meets with all of the parents in the unit if they have any struggles or concerns. If she does not know the answer, Smith will find someone who can help. She provides the information and education that they need about their child's progress.

"If there are any problems in the unit, I try to solve those and coordinate the care to make it best for the patient and

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SMITH

Continued from Page 1

family," she said.

She chose to work with pediatrics because as she said, "I get paid to be a giant goof. The kids that come in here depending on their age don't even know why they are here. And if I come in to the room with the thought that this child is here for such a sad incident, it doesn't do any good at all."

"If I walk in and I'm goofy and fun I kind of make their morning a little bit better. I get to be a goof and play with kids and I like playing with kids."

Children's bodies are amazing she said in their ability to recover. They can do a lot, she added. Smith also admires the children's families for their perseverance when life is not easy. The nurses become attached to the children and their families making her career more personal than she would find in a regular hospital setting, she said.

"We have a continuity of care. We have the same group of nurses making rounds through the rehab, and so those parents get to know us by name," Smith said.

The only way nurses succeed

working in the pediatric rehab is to help one another in a team effort. They are good about having each other's back and supporting the families, she continued.

A common trait among the staff at The Children's Center, Smith said, is they all have a huge heart for the children. Nurses are often asked why they work there.

"It goes back to what I said before. I don't walk in thinking that child was abused. I walk in thinking that's an adorable kid. I'm going to play," Smith explained. "Everybody has a good work ethic here. They just love being here. It's not work; you just enjoy it."

Her journey as a nurse began when an uncle was in a serious car accident. He was ejected from the vehicle resulting in a severe traumatic brain injury.

"He died multiple times and they recovered him," she said. "Watching him go through the process of a brain injury and coming out of that coma; it was intriguing to me having been with the doctor and hearing his prognosis, and then seeing what he did, it just told me a neuro surgeon and the brain doctors of that team can give you their best educated guess, but truly it's up to the body."

Even then the doctors explained to her that children's bodies are more capable, especially their brain, when it comes to recovering after such a severe injury.

Her experience sparked her interest to serve at The Children's Center. Smith earned her nursing degree at OSU/OKC and started working at The Children's Center two weeks before beginning nursing school eight years ago. She worked there as a CNA and a nurse tech.

"It helped a lot to learn for sure in nursing school being here," she said.

She had met with a former head of the human resources department who persuaded her to come to the hospital. There she met a nurse who became a friend. The nurse said, "Come with me. This group is really fun."

The nurse told her how much The Children's Center needs nursing assistants. Smith felt the call to serve there.

"I literally fell on the job and got hired," Smith continued. "I've been here ever since and loved it."

Not everything is perfect all the time in any profession. Everyone needs their leisure time to relax and rejuvenate.

Smith has two young girls, ages 4 and 18 months. Being a mother naturally takes a lot of her time.

She and her husband have a camper and go on weekend trips. Anything that involves the outdoors is good for her family.

"When I was young my mom took us backpacking," she said. "When they're old enough to go to Colorado and Arkansas we'll start doing some of those things."

Faith Community Nursing spring conference "Collecting the Wisdom" set

Collecting the Wisdom: Harnessing the Power of Faith Community Nursing will be the title of an early spring conference for nurses, health professionals, health ministers, clergy and anyone interested in gaining skills in a caring ministry in their faith community. The 10th annual Faith Community Nurses Association 2017 Conference is scheduled for Friday, March 3, 2017 at Crossings Community Center, 10255 North Pennsylvania Ave, Oklahoma City OK.

This conference will explore the progression of Faith Community Nursing, use the Book of Esther to examine the role of Faith Community Nursing, encourage Faith Community Nurses to discuss their own individual ministry activities, and examine a pastor's perspective of implementation of health initiatives in a congregation. Nationally known, Susan Dyess, is certified in Advanced Holistic Nursing and as a Nurse Executive. In her early career as a registered nurse, she worked in a critical care unit, on an oncology unit and as an adjunct faculty member. She currently works in her community as a member of the Strategic Nursing Advancement Committee and as a Board Member the Delray Medical Center. She is very involved in research and has many peer-reviewed publications and

presentations.

This conference will provide the opportunity for participants to network, build relationships with nurses and health ministers interested in Faith Community Nursing. The purpose of the conference to is to increase awareness of Faith Community Nursing in Oklahoma, provide tools to enhance ministry of caring in a congregation, and open doors to networking among clergy, nurses and community services.

Registration for the one-day conference prior to February 18 is \$60 for FCNA OK members. Non-member fees are \$90. Nursing students fees are \$60 and clergy fees are \$65. Between February 19 and 28, add \$25. Registration March 1-3, add \$45. Refunds before 2/18 less \$20 deposit. No refunds after February 18. FCNA OK is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course is approved for 6.2 contact hours applicable for APRN, RN, LPN, or LMHT relicensure. Kansas State Board of Nursing provider number "LT0298-0316, KAR 60-7-107 (b)(3)(C).

For registration and brochure, see the FCNA website, downloads page: www.fcnaok.org. or contact Brenda Rice at 405-642-1512, brenda@rice.net.

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WATTS

Continued from Page 1

Watts realized the world is a very different place outside the walls of Oklahoma Heart Hospital South.

An outdoor covered basketball court served as the mission trip's staging ground surrounded by a dense urban population eager to seek medical care.

Watts served as triage nurse sending patients to either a dentist, optometrist, pharmacist, family practice doctor or pediatrician based on their needs.

"They're so worry about their kids staying healthy they wanted their kids to get vitamin shots and even antibiotics when it wasn't appropriate," Watts said.

At OHH all Watts has to do is walk into a supply room to get whatever he needs to take care of patients.

"They gave me a box of IV catheters, tubing and medication," Watts said. "It's field medicine. That's exactly what it is."

Fifteen minutes away was storied Acapulco.

"You hear that and think 'Oh, how nice.' It's not," Watts said. "In Mexico they develop a resort

community and you go two miles beyond and it's gone. That whole culture is gone. You have true Mexico. They have chickens hanging for sale gutted in the streets. They burn their trash in the streets at night.

"Fish are laying out all day long for sale not even iced in the market. You drive whatever direction you want to. It's just the culture."

So Watts assumed when he arrived he'd bunk up in a corner in someone's house on the floor.

Little did he know he would find a resort hotel room for \$43 a night.

People from all over would line up early in the morning to catch the clinic as it opened. Some rushed out the door without even taking their morning medication.

"I would check their blood pressure and it would be 180/110," said Watts, who traveled with the medical-based Fishers of Men. "We couldn't tell if their medicine was working for them."

Multivitamin IV solutions, or banana bags, flowed freely for most of the day as the group did what it could for whomever showed up.

Despite residents not always having access to medical care or

the medicines they needed, Watts said the culture had a few things working for it.

"You have no choice but cardiac health there because everything was uphill and you walk to everything," Watts said. "These little old ladies their blood pressure was well controlled just on basic medicines. They didn't use medications like we do. They used medicines that were more basic, been around for years and didn't require monitoring afterwards. Long-term they weren't the best but they were the most practical for that area."

Diabetes, malnourishment and dehydration were all issues.

In the hot Mexico sunshine, Watts would go through 6-7 bottles of water daily with no access to a restroom.

"We left there at 6 p.m. and we all went to the restroom after that," Watts said.

The days flowed for Watts.

"I triaged them so fast that I made the doctors and the dentists mad because I set up extra lines," Watts laughed. "I had a couple CNAs with me and we did blood pressure, scales, temperatures, measurement. I started slotting them so fast the director of the mission board said

'You come back. You organize. You're good. You get everything done. You come back.'"

That's no surprise. ER, ICU and now CCU at Oklahoma Heart Hospital have been Watts' sandbox for the past 17 years.

His first calling was in applied ministry as a youth minister in an inner city.

He started doing home health on the side.

"It flowed," Watts said. "I became an aide and did home health for four years and went to nursing school and worked three jobs during that."

He would go to class for three hours and see patients on his lunch break before repeating the cycle in the afternoon.

"I love it. It just fits," Watts said. "I've tried to slow down and thought about an office job since I'm 50. I just don't have the gears for it."

That's a good thing not only for the people of Oklahoma City but the residents of Guerrero as well.



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CAREERS IN NURSING

FAST TRACK: ST. ANTHONY NURSE ON ADVANCED PRACTICE COURSE

by Bobby Anderson - Writer/Photographer

It was her eighth grade year in Fairview that Ashley Wilder, RN, had her first introduction to the field of healthcare.

A health fair afforded Wilder her first look into a world she didn't even know existed.

"I liked the pharmacists because I loved math and I knew they would get to do a lot of math," Wilder recalled. "I liked the doctors because of the science. I knew I would get to help people."

Wilder thought she had it all figured out, enrolling at the University of Oklahoma four short years later and opting for the pre-med route.

A doctor she would be.

To get her feet wet she worked as a nursing assistant in Norman. She saw how the doctors interacted with the patients.

And she saw how the nurses cared for them.

"I liked the time with the patients," Wilder said, emphasizing

what prompted a switch in studies and schools.

That's why a few years later Wilder is now a nurse herself, working in the St. Anthony Healthplex East ER.

It's been a year-and-a-half since she graduated from nursing school at Oklahoma City University.

Those five years working on the floor with oncology patients were impactful for Wilder.

They were the reason she went to nursing school.

"I loved it. It was a lot of hard work but it was over material I enjoyed learning so I didn't mind studying," Wilder said.

She studied a lot of different specialties but it was her clinical rotations that brought everything into focus.

"I always thought I would like the ER and the fast-pace but it wasn't until I did my ER clinicals that I knew I would love it," Wilder said.

St. Anthony Hospital in downtown Oklahoma City was where it all became clear.

It was her favorite clinical and her favorite hospital.

"I felt like nurses get more say-so in the ER," she said. "It's so quick we have to react quickly, we don't always have time to wait for the doctor so watching my preceptor (at St. Anthony) downtown when we had a critical patient and how quick he just reacted and jumped on it I knew that was something I wanted to be able to do."

So it was no surprise that she went looking for an ER job when she graduated and not a shock she wanted one in the St. Anthony system.

The journey to nursing has been one Wilder says really hasn't changed her as much as brought out who she really is.

"I've gained a lot of confidence," Wilder says. "As a new nurse I didn't believe I was going to be able

to do the stuff I do today. I know now when I walk into my patient's room I can take care of them."

Wilder has barely taken a moment to breathe. Soon after finishing up at OCU she enrolled in nurse practitioner school.

She admits she's on the fast track but it doesn't seem too quick.

"I knew that's what I wanted to do. It's something I've prayed on and I knew that's where I was being led," she said.

Soon after she gets her advanced practice license she wants to go into public health, giving back to the community. Whether that will be a big or small community isn't quite clear yet.

But she has time to figure it out.

"It's challenging. I'm still in the beginning stages so it's not awful yet," she jokes.

Hailing from Fairview, Wilder learned that her freshman class

Continued on next page



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It was her eighth grade year in Fairview that Ashley Wilder, RN, had her first introduction to the field of healthcare.

at OU was twice as large as the population of her hometown.

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Usually between 80 and 120 people come in and out of the ER on a typical day.

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my own family."

Patients come from as far east as Shawnee and Choctaw routinely to seek care at St. Anthony.

It's the season for school health fairs all over the state. Wilder remembers how impactful one was on her and she has a message to those eighth graders.

"(I'd tell them) if they like math and science (nursing) would be something that would intrigue them and they would get to use that in their job to help people," Wilder said. "They would get to see where they could make a difference rather than just hoping to."

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We are seeking Part-time RN. No weekends. Great Work Environment. Part time position for a registered nurse at our South Tulsa office location. Must be able to start 1.V.s. No weekends. Great work environment. Background check and drug testing before hiring. Kelly Medical Building, 6565 South Yale Avenue, Tulsa, OK 74136

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We are seeking an exceptional Registered Nurse leader.

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Oklahoma City's **NURSING TIMES**

OMRF dedicates Masonic Charity Foundation of Oklahoma laboratory

At a ceremony on last Tuesday, the Oklahoma Medical Research Foundation dedicated its Masonic Charity Foundation of Oklahoma Aging and Alzheimer's Research Laboratory.

Masonic Charity Foundation of Oklahoma Board President Elwood Isaacs, Executive Director John Logan, and other Masonic representatives attended a luncheon and dedication ceremony at the foundation.

A \$1 million gift to OMRF in 2009 initially established a Masonic Charity Foundation Laboratory, which was home to Alzheimer's researcher Jordan Tang, Ph.D. With Tang's recent retirement, OMRF officials relocated the Masonic name to a lab in its Aging and Metabolism Research Program.

"We wanted to continue to recognize the Masonic Charity Foundation for its generous contribution, and we feel that dedicating this lab in honor of the Masons is an appropriate way to do that," said OMRF Vice President of Development Penny Voss. "The Masons deserve all of our thanks for their continued support of Oklahoma's aging population."

Since closing its Oklahoma Masonic Home in Guthrie in 2000, the Masonic Charity Foundation has continued to find new ways to aid Oklahoma's aging community with their support of research at OMRF serving as an example of one of their many fruitful endeavors.

"The oldest Masonic document we have, dating from about the year 1380, speaks of the importance of care for the elderly," said Isaacs. "The Freemasons are happy to have the opportunity to support the work of the Oklahoma Medical Research Foundation, which holds so much promise for the future. It is the dedicated work of researchers and scientists like Dr. Van Remmen which shines such a bright light on the future we all share."

The new Masonic Fraternity laboratory will be home to Holly Van Remmen, Ph.D., chair of OMRF's Aging and Metabolism Research Program. Van Remmen's research focuses on diseases of aging, with an emphasis on loss of muscle as people grow older.

In 2016, Van Remmen received the prestigious Denham Harman Award from the American Aging Association for her contributions to aging research. She was also critical in the establishment of Oklahoma's first Nathan Shock Center of Excellence in Basic Biology of Aging, teaming OMRF with researchers at the University of Oklahoma Health Sciences Center and the Veterans Affairs Medical Center to investigate what predisposes older people to diseases like Alzheimer's. It is one of just six Shock Centers in the United States.

"With the length of our lives steadily growing, these issues are becoming more and more important," said OMRF President Stephen Prescott, M.D. "Dr. Van Remmen is making important contributions to our quest to stay healthier as we age, and the Masonic Charity Foundation is our valued partner in this effort."



Members of the Masonic Fraternity are given a tour of the Masonic Charity Foundation of Oklahoma Aging and Alzheimer's Research Laboratory by OMRF scientist Holly Van Remmen, Ph.D.

PSYCHOLOGIST JOINS PEDIATRIC PRACTICE

Psychologist Rebecca M. Wallace, Psy.D., has established her practice with OU Children's Physicians. She has also been named a clinical assistant professor with the University of Oklahoma College of Medicine.

Wallace provides inpatient pediatric consultation and assists with pediatric pain management and rehabilitation. She completed a fellowship in pediatric psychology at the University of Arkansas Medical Science/Arkansas Children's Hospital, Little Rock. She completed a pediatric psychology internship through the Nova Southeastern University Center for Psychological Studies South Florida Consortium Internship Program, Fort Lauderdale. She earned her doctorate in clinical psychology and master of science degree in clinical psychology from Nova Southeastern University, Fort Lauderdale. She earned her undergraduate degree in psychology at Loyola University, New Orleans.

Wallace is a member of the Oklahoma Psychology Association, American Psychological Association and Society of Pediatric Psychology.

She sees patients in the OU Children's Physicians building, 1200 Children's Ave., on the OU Health Sciences Center campus. For appointments with a pediatric psychologist, call (405) 271-6827.

OU Children's Physicians practice as part of OU Physicians, Oklahoma's largest physician group. The group encompasses nearly every child and adult medical specialty.

Nearly 200 of these specialists committed their practices to the care of children. The majority of OU Children's Physicians are board certified in children's specialties. Many provide pediatric-specific services unavailable elsewhere in the state. Some have pioneered surgical procedures or innovations in patient care that are world firsts.

OU Children's Physicians see patients in their offices at the University of Oklahoma Health Sciences Center and other cities around Oklahoma. When hospitalization is necessary, they often admit patients to The Children's Hospital at OU Medical Center. Many children with birth defects, critical injuries or serious diseases who can't be helped elsewhere come to OU Children's Physicians. Oklahoma doctors and parents rely on OU Children's Physicians depth of experience, nationally renowned expertise and sensitivity to children's emotional needs.

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

Medical Center Awarded Advanced Certification for Total Hip and Knee Replacement

St. Mary's Regional Medical Center today announced it has earned The Joint Commission's Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement and is the first medical facility in the state to achieve this certification.

The advanced certification is for Joint Commission-accredited hospitals, critical access hospitals and ambulatory surgery centers seeking to elevate the quality, consistency and safety of their services and patient care.

St. Mary's underwent a rigorous onsite review in October when Joint Commission experts evaluated compliance with advanced disease-specific care standards and total hip and total knee replacement requirements, including orthopedic consultation, and pre-operative, intraoperative and post-surgical orthopedic surgeon follow-up care.

"Achieving Advanced Total Hip and Total Knee Replacement Certification recognizes St. Mary's Regional Medical Center's commitment to provide care in a safe and efficient manner for patients," said Patrick Phelan, interim executive director, Hospital Business Development, The Joint Commission.

"The advanced certification will help St. Mary's better provide coordinated and comprehensive care to patients undergoing a total hip or total knee replacement."

"St. Mary's is pleased to receive advanced certification from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added Stan Tatum, CEO of St. Mary's Regional Medical Center. "We look forward to improving patient safety and quality of care for the increasing number of patients undergoing total hip or total knee replacement surgery and are grateful for the leadership provided by our orthopedic surgeons, Dr. Edgar Fike, Dr. David Keller and Dr. Tim Teske in achieving this certification."

Established in 2016 and awarded for a two-year period, the advanced certification was developed in response to the growing number of patients undergoing a total hip or total knee replacement surgery, as well as the increased focus on clinical evidence-based patient care as it relates to pain management, quality of life issues, functional limitation in mobility and the return to normal daily activities.

INTEGRIS Southwest Medical Center Doctors Selected Best in the Specialty of Neurology

INTEGRIS Southwest Medical Center Congratulates Dr. Brent Beson and Dr. Joshua Kershen for being selected as Best Doctors in the Specialty of Neurology.

The Best Doctors in America List includes the nation's most respected specialists and outstanding primary care physicians in the country. These are the doctors that other doctors recognize as the best in their fields. They cannot pay a fee and are not paid to be listed and cannot nominate or vote for themselves. It is a list which is truly unbiased and respected by the medical profession and patients alike as the source of top quality medical information.

Best Doctors, Inc. is transforming and improving health care by bringing together the best medical minds in the world to help identify the right diagnosis and treatment. The company's innovative, peer-to-peer consultation service offers a new way for physicians to collaborate with other physicians to ensure patients receive the best care. Headquartered in Boston, MA, the global company seamlessly integrates its services with employers' other health-related benefits, to serve more than 30 million members in every major region of the world.

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. My husband and I are in relationship counseling. The most enlightening insight has been the reality that I did not really know my husband before I married him, nor did he really know me. It wasn't any one's fault, it was a lack of knowledge about how much it would have helped us. Here is our story.

A. My name is Emily and Ricky is my husband. Like all couples we had our ups and downs but when they started to become more frequent I shared with a co-worker that we were struggling. She and her husband were talking to a therapist so I called and made an appointment.

Ricky was very quiet when we were having a disagreement. He retreated instead of communicating his thoughts and feelings. I became more frustrated, raised my voice and vented how much I wish he would talk. This pattern has been going on for a couple of years now.

During our counseling sessions I learned why Ricky was so quiet and I was so loud. In Ricky's family of origin his dad was the controlling, "it didn't matter what you thought or felt" kind of dad. His mother never questioned his dad, she retreated and fell silent.

One especially sad memory for Ricky was when he told his father he did not want to go deep sea fishing because the waves made his extremely sea sick. His father made him go anyway and made fun of him for being sick. Ricky learned early in his childhood that speaking up served no purpose. So he carried this behavior into adulthood and into his marriage.

Emily's family of origin was very different. Both of her parents were substance abusers and very expressive with their thoughts and feelings. It was "normal" for Emily to get into shouting matches with her parents. "I learned that to get their attention i had to be loud; they were always distracted with their next fix."

As a result of their childhood experiences, when Emily and Ricky argued the following script played out: Emily would share a concern, Ricky would respond. If Emily continued in a louder voice, Ricky would grow silent which made Emily come on stronger and louder.

Therapy helped this couple learn the origins of their behavior and gain more understanding and respect for each other. They are learning some new dance steps and making progress.

What is so exciting about their progress is their commitment to their marriage and to each other.

Bank makes major gift to scholarship unique education models in OKC schools



Pictured from left to right: Doug Fuller, President of Quail Creek Bank, Susan Agel, CEO of Positive Tomorrows, Charlie Daniels, Board Chairman of Opportunity Scholarship Fund and Carol Fehrle, Executive Vice-President and Chief Operating Officer of Quail Creek Bank

In reflection of its commitment to the community, Quail Creek Bank has made a sizeable two-year commitment to the Opportunity Scholarship Fund (OSF). Opportunity Scholarship Fund was created to offer educational opportunities to lower and middle-class Oklahoma families. The Fund provides scholarships from generous donors to Oklahoma K-12 students to attend accredited private schools.

The bank gave \$133,000 to the OSF in 2016 to split between the two schools, with a pledge to repeat the gift in 2017.

"This contribution allows the bank to support two of our main passions as a community bank - supporting our youth and their education" said Doug Fuller, President of Quail Creek Bank.

"The Opportunity Scholarship Fund is grateful for generous donors like Quail Creek Bank. They help our member schools assist families

to give their children the best education possible", said Charlie Daniels, board president of the Opportunity Scholarship Fund. "Our thanks go out to Quail Creek Bank for making this gift possible so that more students can be served at Teen Recovery Solutions and Positive Tomorrows in the future."

The gift made by Quail Creek Bank designates two local schools as recipients for this scholarship opportunity: Positive Tomorrows and Teen Recovery Solutions.

Positive Tomorrows is Oklahoma's only elementary school specifically for homeless children as they give kids stability and a quality education while their parents get the support they need to create a better life. "As we plan for capital expansion to serve more children, this new source of tuition funds will make it possible for us

See GIFT next page



NURSE + TALK

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

What is rewarding for you about being a nurse? The Children's Center Rehabilitation Hospital

"Having the opportunity to make a difference in patients' lives. It's a really great feeling."



Micha Higdon, RN

"The most rewarding thing for me is caring for the patients, loving on the kids here, seeing them reach their goals."



Rachel Shephard, RN

Each week we visit with health care professionals throughout the Metro



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"This is my first job and I feel like I get to be with the kids all the time, their smiling faces and they're rewarding because they make me enjoy my job a lot."



Hayley Schwerdtfeger, LPN

"Getting to take care of these kids and love on them when their families aren't able to be there for them."



Kelci Campbell, RN

GIFT

Continued from Page 10

to do so, said Susan Agel, president of Positive Tomorrows. "Sometimes private schools are stereotyped to only serve privileged children; however by directing funds to schools like ours and Teen Recovery Solutions, donors can help the most vulnerable children and youth find the support needed to break out of poverty or addiction, becoming successful citizens."

Teen Recovery Solutions has a recovery high school designed for students in addiction recovery. Students often relapse into deeper abuse without continual support. This model encourages success through individualized course work, clinical support, and a sober peer environment. "The substantial generosity of this gift

will enable us to provide education and outpatient services to teens whose families otherwise would not be able to afford our program and school. It literally is helping save lives and restore families back to wholeness," said Andrew Rice, TRS executive director.

Quail Creek Bank is committed to improving education for our youth. For the last five years, the bank has been the exclusive sponsor of Dave Ramsey's personal finance curriculum in schools throughout the Oklahoma City metro area. The bank has partnered with 19 schools for this calendar school year providing them with the valuable lessons from the Dave Ramsey course at no charge to the school or the students themselves.

You can find out more information about the Opportunity Scholarship Fund at osfkids.org.

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