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At 60, Norman RN still

running



photo by Mike Lee

At 60, Jodi Riddle, RN, case manager took up running for the first time and she hasn't stopped since.

by Mike Lee
Staff Writer

Jodi Riddle, RN, has worked at Norman Regional for 19 years and served as a nurse for 22.

But it's something she's done for slightly more than a year that really has the 61-year-old veteran nurse excited.

In November 2013, Riddle

turned 60. She picked up running as a post-midlife crisis.

"When you have a major birthday, when you leave your teens and turn 20 or turn 40 I think milestone birthdays are different for different people," she said. "Sixty is a pretty big milestone birthday for most people."

Riddle now has eight

aces under her belt. Every time she stands at the start line she wonders if this is going to be the race she doesn't finish.

"Starting something and finishing it is a really good feeling especially if it's something outside of your comfort zone," she said. "For me that's something physical like running because it's something I'm not used to doing."

Don't call her a distance runner. Riddle even shies away from being called a runner at all.

It's a distance for me," Riddle said. "Real runners wouldn't call it a

Serving with leadership

Department of Nursing grows at OC



photo by James Coburn

Kay Elder, RN, loves to travel and read. Her career keeps her focused as chair of the Department of Nursing at Oklahoma Christian University.

by James Coburn, Staff Writer

It is an exciting time to be in nursing at Oklahoma Christian University. The Department of Nursing at Oklahoma Christian University (OC) is anticipating the largest student population it has to date, said Kay Elder, RN, chair of the Department of Nursing.

"We currently have 48 students in the process of completing applications. We anticipate admitting between 50 and 54 students this year," Elder said. "There are fewer spots for transfers, but it is growing very much. It's a challenge to find rooms and that's a good problem to have."

The total student nursing population, including freshmen is at 189 without the RN to BSN students, which brings the volume close to 200 students, Elder said.

Applications for OC students in the nursing school program are due on Feb. 14. The sophomore class is large

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OKLAHOMA'S NURSING TIMES
DR. LAURA MILES
B BRAUMS.

RIDDLE

Continued from Page 1

distance. I've never run a marathon or anything like that but I started running 5Ks last year. That's a distance for me."

Nearing 60 was something new for Riddle so she decided to do something she had never done.

Riddle's supervisor, LeAnn Richardson, RN, had just spent an entire year working herself into shape through Crossfit.

"It made such a difference in her and her life and how she felt," Riddle said. "I was approaching this milestone birthday and I had always been a person with my nose in a book. I had never been athletic or done any kind of sports or anything."

"I wanted to be strong and healthy going into this next decade in life."

Riddle started the month of her 60th birthday doing Crossfit. Several people in the department also started on a weight-loss journey.

A few months later a charity walk was embarked on.

"We did the fun walk and like an idiot I ran it and I lived," she giggled. "I thought I could run. This

was interesting."

A couple weeks later she was approached by a coworker who told her about an upcoming race in Moore. The race was to be run in dedication of the Oklahoma spirit and what that community had just gone through with the tornado.

"I was at Moore when the tornado took the hospital out," Riddle said. "I thought I was going to do that. I didn't know if I could run the whole way but I knew I would start and hopefully finished."

Not only did Riddle start, she finished and won first-place in her age division.

"Mainly it makes me feel strong," she said. "It's always a good feeling when you accomplish something you're not quite sure whether you can or not."

With runners never being satisfied, the natural progression for Riddle would be longer distances.

She runs in the morning 3-4 miles most days.

"My husband says if you're getting up at 4:30 so you can run before you go to work then you're a runner," Riddle said. "So I'm trying to keep that mindset. I'm not looking at a half marathon but I'm thinking my

next challenge might be a 10K. I'm thinking about it and that's the first step.

During her nursing career, Riddle has worked in the flex pool, which is basically a per diem nurse position that took her all over the hospital.

And Riddle has never been one to shy away from a challenge, volunteering to tackle the hospital's move to electronic medical records.

Knee deep in technology she struggled to understand, Riddle remembers wondering what she had gotten herself in to.

"Unfortunately, during my career I've frequently thought that when I've been changing positions," she said with a laugh. "Getting out of your comfort zone can sometimes be a little frightening."

Physically, Riddle says running has helped her in so many ways.

"I always looked at people doing sports and thought that was a huge amount of effort," Riddle said. "The surprising thing to me was after that first run I wasn't wiped out and could still function. I had scheduled nothing for the rest of the day because I thought I would be in bed."

"I just feel like I have more stamina. I feel like my day starts

better when I run in the morning."

When she's not running she's chasing seven grandchildren courtesy of her three daughters and one son.

Riddle is planning on running with one of her daughters in the near future.

There's a plan for her daughter to run the OKC Memorial Marathon and for Riddle to do the 5K. Prior to that Riddle will run the Health Dash 5K in March.

And she has no idea what she plans on taking on at age 70.

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CAREERS IN NURSING

GUIDING HAND: COMPANION IS THERE FOR FAMILIES AND PATIENTS

by James Coburn - Writer/Photographer

Thinking outside the box is not only encouraged at Companion Hospice, but is an advantage for the company and its clients, said Candi Campbell, RN, admissions coordinator for Companion Hospice, with offices located in Guthrie and Edmond.

A nearly 10-year veteran of Companion Hospice, Campbell hasn't had the urge to look for another hospice because she likes the way the company is managed, she said.

"It's not like a corporate environment. They seem to care about their people and treat us very well," Campbell said of the family-owned hospice. "I feel like it gives us a little more liberty than a corporation does because we can do things for patients that are more individualized."

She was a certified nurse aide before becoming a registered nurse 11 years ago. She worked in nursing homes and for different hospices when she was going to nursing school. Campbell earned a Bachelor of Science in Nursing degree at Northwestern University in Alva.

"I had gotten most of my prerequisites at UCO, but then we moved," she said.

Helping to maintain the quality of life for the hospice patients she serves has also been a blessing for Campbell. People often ask her how she maintains her career as a hospice nurse. It takes a special person, they say.

"I think we're good people, but I think people don't necessarily understand how much we do get back from the care that we provide," Campbell said.

The reality that they are working in the midst of terminally ill patients is beyond the control of a nurse. They need help just like anybody else in other stages of their illness needs help, Campbell continued.

"The patient has made the decision not to seek further treatment because it wouldn't benefit them," Campbell said. The dying process is an emotional time for patients and their families as the patients go through a lot of physical changes, she explained.

"Being able to help them through that process is very rewarding," Campbell said. "Helping them to understand is a lot of it."

Patients and their loved ones are educated about what to expect during this vulnerable time of life. Her role as the admissions coordinator for Companion Hospice brings her into the field explaining the benefits of palliative care.

She helps others to understand that Companion is a team of people approaching their lives with an understanding of holistic care that deals with mind, body and spirit. The plan of care is designed on what Companion's patients and family members want and what they need.

"If they have a good source of spiritual support, then we don't have to provide that unless they want it," she said. "If they need help and assistance with financial situations, then we have a social worker to help."

Whatever the clients are facing can be eased with the help of hospice

care, she said. Some people think hospice is not available until the very end of life, which is an option.

"But it's such a more rewarding experience for both us and the patient if it's not that rushed," Campbell explained. "We get in there and we get to know the patient and the family. By the time things get more difficult we have a good rapport."

Families get to know the nurses with a continuity of familiar faces. Nurse aides can help with the bathing aspects of care. But the ball is in the patient's court.

"They pick and choose what they need from us," Campbell said.

Medical equipment and medications are prescribed for comfort, which is a relief for the patients. Changes in Medicare have made it more complicated for persons on Medicare to receive medical equipment, Campbell said. Companion removes those barriers of having to "jump through hoops" to receive equipment.

Continued on next page

Allen was a man of great stature at 6'4", but that was only a small part of him. He had a presence about him. Wherever he went his beaming personality and contagious smile was with him. He had a fantastic sense of humor and could make anyone laugh. He was extraordinarily intelligent and a gifted athlete, but was always modest about his accomplishments.

He loved experiencing new things, places and people, whether it was books, music, international travel, cooking or taco trucks. He loved life.

Allen touched everyone who knew him with his generosity and gentle kindness. He was a devoted father, loving son, amazing brother, fantastic uncle and faithful friend. He continues to bless others through his gift of organ donation.

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ELDER

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and getting ready to apply, she said. There are 21 seniors and 29 juniors.

"Our seniors are in Critical Care and getting ready to do their leadership. They will graduate May 24," Elder said. "There is going to be an evening pinning on the 23rd."

Junior nursing school students are preparing for their health care missions this summer, Elder said. Twelve of the junior students will be going to Honduras with faculty. Seventeen other students will be performing domestic missions, Elder said.

"We're excited about that as well," she continued.

Two full time faculty members have been hired during the last 18 months.

OC has accepted its second cohort into the RN to BSN program. The number of students in this program is gradually increasing with 12 RN to BSN students enrolled in classes, Elder said.

"They seem to really like the Christian aspect of the servant leadership track," Elder said. "And we anticipate adding our next cohort in May."

The RN to BSN program is totally online. The feedback the Department of Nursing has received from the students has been positive, Elder said. Most RN to BSN students are working full time while completing the online program.

"A few have dropped out or said they need to take a break for family situations," Elder said. "But we're pleased and looking for the numbers to grow."

OC is preparing for a new nursing school building to accommodate the student population. Elder anticipates the construction of the building will be ready next fall.

The university is in the process of fundraising for campus-wide projects. And the \$7 million facility will be titled the Natural and Health Sciences Building. The Heritage Plaza building is being redesigned to accommodate the needs of the nursing school.

"It will be classrooms, faculty offices, labs, a student gathering area and of course a big entrance area," Elder said. "In phase 2, we will add a simulation lab and additional classrooms."

"The simulation lab is a skills lab with high fidelity mannequins so we can actually simulate a code," she explained. The department is already equipped with less advanced mannequins.

"The high definition simulation lab will be equipped with cameras and audio. And so we can actually do various scenarios where students will be assigned a role working with a mannequin. The heart will stop so they will have to initiate a code. We're really looking forward to that."

The Oklahoma Board of Nursing is proposing a legislative change in nursing education that would allow up to 30 percent of hospital clinical time to be done with simulation.

This initiative is important because while other programs are seeing fewer students, there are several programs such as the Nursing Department at OC that are growing, Elder said.

"Hospital space is also a challenge," she said. "We will always continue to do a lot of hands-on care."

OC currently has the third highest clinical hours in mission care of any of the RN to BSN programs in Oklahoma.

"Again, as we're seeing numbers increase and the availability of hospital space staying pretty much the same, it becomes a challenge," Elder said.

Many of the hospitals, including Mercy and INTEGRIS systems are looking to get more BSN students working in their hospitals, Elder said.

"So some of the associate degree programs are having a greater challenge now finding hospital space," Elder said.

A study conducted by the National Institutes of Health indicates that 80 percent of all nurses will be BSN prepared by 2020.

Elder was at OC when the nursing department program began nine years ago and has served as department chair for 18 months.

"Nursing works with the philosophy of Oklahoma Christian University, where we're looking at service and leadership as well as the high quality student output," she said. "Our pass rate exceeded the national rate and was just slightly below the state rate. So we're putting out more nurses that serve a leadership focus."



Candi Campbell, RN, is in her first year as the admissions coordinator for Companion Hospice where she has worked for nearly 10 years.

It is not an easy choice for a patient to decide never to return to a hospital. But once the patient has decided they don't want further hospitalized care, the family will accept the reality with difficulty.

"A lot of times, talking about what they have been through and talking about, 'When we did go back to the hospital this last time, he did feel better for a couple of days, but soon we were right back to where we were before,' will help them to see it's not necessarily a benefit to go back to the hospital," Campbell said.

As a nurse, Campbell is also keen on taking care of herself. She has learned that each day of life is a blessing -- a gift.

"I have three boys and they all wrestle," she said.

Her oldest son has been placing first at almost every wrestling tournament

with Guthrie High School.

"We're hoping to carry that through to state and get a good scholarship," she said.

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We Are Looking To Add Licensed Practical Nurses For 2-10 And Night Shift. Also Hiring Certified Nursing Assistants.
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We are seeking ACMA for the following positions: 3-11 M-F 11-7 Tues-Sat (may be flex) Weekend Doubles. 7-3, 3-11 Also a Nurse Aide.
 North County Assisted Living in Collinsville seek ACMA for the following positions: 3-11 M-F 11-7 Tues-Sat (may be flex) Weekend Dbles. 7-3, 3-11 Also a Nurse Aide Exp. req. Self motivated. Call Shannon at 918-371-1919. 523 N 22nd St, Collinsville, OK 74021

We are looking for a qualified Licensed Practical Nurse to join their growing team in the Tulsa, Oklahoma area.
 ONHL MEDICAL HOME Health, LLC is looking for a qualified LPN to join their growing team in the Tulsa area. ONHL offers competitive benefits and pay. Please send resume to: fax 918-352-9626. East 7th Street, Wewoka, OK 74884

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WE ARE TAKING APPLICATIONS FOR Certified Nurse Assistants, Charge Nurse and Part Time Activities Director.
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WE ARE SEEKING A PSYCHIATRIC RN FOR BUSY FACILITY.
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We are looking For Full Time Certified Nurse Aide/Mat's AND Certified Medical Assistants.
 TEN OAKS. We are looking for full time CNA/MAT's and CMA's. Please apply at the community at 3610 SE Huntington Cir., Lawton, OK. No phone calls please. EOE.

Now taking applications for Certified Nurse Assistants and Certified Medical Aides positions for all shifts. We are also taking applications for 11-7 Licensed Practical Nurse.
 Forrest Manor Nursing Center is now taking applications for CNA and CMA positions for all shifts. We are also taking applications for 11-7 LPN. Come join a team of long term employees who take pride in providing excellent care to our residents. Rate of Pay is as follows: 3p to 11p -\$11 11p to 7a -\$11.25 /Weekend \$12. Please apply at 1410 N Choctaw Street, Dewey, OK 74029

We are looking for Licensed Practical Nurse charge SIGN ON BONUS. New starting wages, insurance, PTO and sick pay.
 If you are the person we are looking for, fill out an application at 1700 East 141st Street, Glenpool, OK Mon-Fri 8-5pm is the best time. 918-291-4230



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Schmedt Joins Mercy Clinic in Yukon

Becca Schmedt was driven to a career in family medicine based on a strong desire to help others, a love for learning, and an interest in the human connection involved in treating the whole family.

She brings that drive and passion to her new position as a physician assistant at Mercy Clinic in Yukon. In her new role, Schmedt hopes to impact people's lives in a positive way by serving not just as a clinician, but also an advocate, coordinator, counselor, information resource and, at times, support for her patients.

"I consider it an honor and a privilege that patients share their lives and stories with me, and entrust themselves to my care," she said. "I believe in a team-based approach to medicine so we can all work together for the greater good of the community."

Schmedt received her bachelor's degree in modern dance from the University of Oklahoma in Norman, Oklahoma, and her master's degree in physician assistant studies from the University of Texas Medical Branch in Galveston, Texas. She has worked for family practice clinics for the last eight years.



Becca Schmedt, physician assistant at Mercy Clinic in Yukon

ST. ANTHONY HEALTHPLEX NORTH OPENS

Facility features Freestanding Emergency Room and Outpatient Services



St. Anthony Healthplex North is now open to serve the residents of northern Oklahoma City and Edmond.

St. Anthony Healthplex North is now open to serve the residents of northern Oklahoma City and Edmond, located on North Western Avenue and Memorial Road. The facility includes a full service freestanding Emergency Room, as well as diagnostic imaging capabilities. This includes two x-ray suites, CT scanner, MRI and Breast Center with mammography, bone density and ultrasound. The second floor will be occupied by St. Anthony Physicians Group primary care physicians and specialist physicians. Upper floors provide leased space for additional physicians and health care related businesses.

The new facility provides not only convenient access, but a wide range of outpatient services in an environment that provides high levels of customer service," stated Tammy Powell, President of St. Anthony Hospital. The new facility includes a comprehensive, state-of-the-art electronic health record integrated with St. Anthony partner hospitals throughout the state, a spacious emergency area with attention to unique lighting, and materials to ensure quietness and a soothing atmosphere. Patient-focused details in each emergency exam room will offer the feeling of a luxury hotel rather than a clinical setting. The Breast Center also borrows spa-like design features to enhance the patient experience.

"Our focus is always on providing exceptional patient care that is easily accessible for the community. The location of our

Local Artist Creates Special Crucifixes for St. Anthony Healthplex Facilities

Don Narcomey, local artist, is currently working on the fourth installment of crucifixes he makes for the St. Anthony Healthplex facilities.

Each facility has 12 emergency rooms, with each one containing a custom built niche to house and light his beautiful crucifixes.

Narcomey is a talented artist using a variety of woods and other materials for his works and uses special care when searching for the right pieces. "For the Christ figure, I go out into the woods or rummage through torn out shrubbery and search for branches that have a "pose" that suggests a Christ figure." Finding the perfect material for his work is just the start, as he later returns to his studio to cut, grind, and carve these figures to take on a life of their own.

Narcomey's newest creations will be displayed at the new St. Anthony Healthplex North location located on North Western Avenue. St. Anthony Healthplex North officially opened its doors the last week of February.



Free Diabetes Education Classes Offered

Diabetes is a group of metabolic diseases characterized by hyperglycemia resulting from defects in insulin secretion, insulin action, or both. Diabetes can affect many parts of the body and can lead to serious complications such as cardiovascular disease, blindness, kidney damage and lower limb amputations. It remains the seventh leading cause of death in the U.S.

As of 2012, 29.1 million Americans (9.3 percent of the population) were diagnosed with diabetes. The number of adult Oklahomans diagnosed with diabetes is often above the nation percentage. Since a third of all potential diabetes prognoses are undiagnosed, the total number of adult Oklahomans with diabetes could currently be approximately 15 percent.

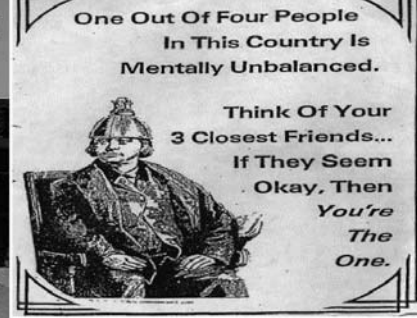
Despite this dismal reality, diabetes can be successfully managed with the assistance of a variety of resources, helping individuals avoid or significantly diminish poor health outcomes.

INTEGRIS Community Wellness will offer Understanding Diabetes, a free, five-part series to help those with diabetes manage the disease and to gain insight on different facets of living with diabetes.

Classes will be offered from Feb. 9 through June 8 (second Monday monthly) from 9 to 10:30 a.m. at INTEGRIS Health Edmond, 4801 INTEGRIS Parkway in Edmond in the Memorial Classroom. Call the INTEGRIS HealthLine, 405-951-2277. Space is limited.

Presented by Pam Patty, RD/LD, registered dietitian and diabetes educator. Topics will be: March 9 - Medications, complications, preventions, maintenance schedule. April 13 - Blood glucose monitoring, A1C, good technique tips, goals. May 11 - Nutrition 101, nutrient action, portion control, food models, meal planning. June 8 - Positive lifestyle behaviors, wellness strategies, making action plans

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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
- Allevie Hospice:** 405-605-7787
- Autumn Bridge Hospice:**
405-440-2440
- Autumn Light Hospice:**
580-252-1266
- Carter Healthcare & Hospice:**
OKC - Adam Colvin, Vol. Coordinator,
405-947-7705, ext. 134; Tulsa - Mike
Gregory, Vol. Coordinator,
918-425-4000, ext. 114
- Centennial Hospice:**
Becky Johnson, Bereavement
Coordinator 405-562-1211
- Chisholm Trail Hospice:**
Tiffany Thorne, Vol. Coordinator,
580-251-8764
- Choice Home Health & Hospice:**
405-879-3470
- City Hospice:**
Beth Huntley, Vol. Coordinator,
405-942-8999
- Comforting Hands Hospice:**
Bartlesville: 918-331-0003
- Companion Hospice:**
Steve Hickey, Vol. Coordinator, Guthrie:
405-282-3980; Edmond: 405-341-9751
- Compassionate Care Hospice:**
Amy Legare, Bereavement/Vol.
Coordinator, 405-948-4357

- Cornerstone Hospice:**
Vicky Herrington, Vol. Coordinator,
918-641-5192
- Hometown Hospice:**
Robin Boatman, Com. Relations, Broken
Arrow: 918-251-6441; Muskogee:
918-681-4440.
- Crossroads Hospice:**
Sheila Guffey, Vol. Coordinator,
405-632-9631
- Cross Timbers Hospice:**
Ardmore-800-498-0655
Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray
- Excell Hospice:**
Toni K. Cameron, Vol. Coordinator
405-631-0521
- Faith Hospice of OKC:**
Charlene Kilgore, Vol. Coordinator,
405-840-8915
- Freedom Hospice:**
Tulsa: 918-493-4930; Claremore:
918-343-0493; Tollfree: 866-476-7425
- Frontier Hospice:** Kelly Morris, Vol.
Coordinator, 405-789-2913
- Full Life Hospice:**
Vicki Barnhart, Vol. Coordinator,
405-418-2659
- Good Shepherd Hospice:**
4350 Will Rogers Parkway Suite 400
OKC OK 73108 405-943-0903
- Grace Hospice Foundation:**
Sharon Doty, Dir of Spec. Projects -
Tulsa 918-744-7223

- Harbor Light Hospice:**
Randy Pratt, Vol. Coordinator,
1009 N Meredian, Oklahoma City, OK
73107 405-949-1200
- Horizon Hospice:**
LaDonna Rhodes, Vol. Coordinator,
918-473-0505
- Heartland Hospice:**
Shawnee: Vol. Coor. Karen Cleveland,
405-214-6442; Norman: Vol. Coor. Lisa
Veauchamp, 405-579-8565
- Heavenly Hospice:**
Julie Myers, Coordinator 405-701-2536
- Hope Hospice:**
Bartlesville: 918-333-7700, Claremore;
918-343-0777 Owasso: 918-272-3060
- Hospice by Loving Care:**
Connie McDivitt, Vol. Coordinator,
405-872-1515
- Hospice of Green Country:**
Tulsa: 918-747-2273, Claremore:
918-342-1222, Sapulpa: 918-224-7403
- Hospice of Oklahoma County
& the INTEGRIS Hospice House**
Ruth Ann Frick, Vol. Coordinator,
405-848-8884
- Hospice of Owasso, Inc.:**
Todd A. Robertson, Dir. of Marketing,
877-274-0333
- Hospice of the Cherokee:**
918-458-5080
- Humanity Hospice:**
Kay Cole, Vol. Coordinator
405-418-2530
- InFinity Care of Tulsa:**
Spencer Brazeal, Vol. Director,
918-392-0800
- Indian Territory Home Health &
Hospice:** 1-866-279-3975

- Interim Healthcare Hospice:**
405-848-3555
- Image HealthCare :**
6116 S. Memorial Tulsa, Ok. 74133
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- LifeSpring In-Home Care
Network:**
Terry Boston, Volunteer and
Bereavement Coordinator 405-801-3768
- LifeLine Hospice:**
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- PromiseCare Hospice:**
Angela Shelton, LPN - Hospice
Coordinator, Lawton: (580) 248-1405
- Quality Life Hospice:**
405 486-1357
- RoseRock Healthcare:**
Audrey McCraw, Admin. 918-236-4866
- Ross Health Care:**
Glenn LeBlanc, Norman, Chickasha;
April Burrows, Enid; Vol. Coordinators,
580-213-3333
- Russell Murray Hospice:**
Tambi Urias, Vol. Coordinator,
405-262-3088; Kingfisher 405-375-5015;
Weatherford-580-774-2661
- Seasons Hospice:**
Carolyn Miller, Vol./Bereavement
Coordinator, 918-745-0222
- Sequoyah Memorial Hospice:**
Vernon Stone, D. Min. Chaplin, Vol.
Coordinator, 918-774-1171
- Sojourn Hospice:**
Tammy Harvey, Vol. Manager
918-492-8799
- SolAmor Hospice:**
Lisa Riggs, Vol. Coord. 405-842-0171
- Sooner Hospice, LLC:**
Matt Ottis, Vol. Coordinator,
405-608-0555
- Tranquility Hospice:**
Kelly Taylor, Volunteer Coordinator
Tulsa : 918-592-2273
- Valir Hospice Care:**
Dee Fairchild , Vol. Manager OKC Metro:
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Shawnee/Cushing: 405.258.2333 Toll
Free: 888.901.6334
- Woodard Regional Hospice**
580-254-9275 Cathy Poe, RN Director



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

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

Q. So I realized the other day, "How can I have a relationship with someone else, when I don't have one with me?" I am almost 30 and realize I don't really know how I like my eggs. I like what you like. So can you give me some tips on exactly how to do this?

A. You are describing one of the downsides of codependency. When we give up ourselves to be liked or loved by someone else we pay a huge price for love. When our egg selection is decided by who we happen to be dating at the present time, then what do we choose when we are alone. Oh that's right, we try to avoid being alone .too scary to just be with ourselves.

The following is a list of some serious codependency behaviors. Read through the list, check the ones that apply to you.

1. You are unable to distinguish your own thoughts and feelings from those of others.
2. You seek the approval and attention of others in order to feel good.
3. You do not know what you want and need/or if you do, you don't go after it.
4. You focus all your energy on other people and on their happiness.
5. You blame yourself when things go wrong.
6. You say "I'm sorry" when you didn't do anything.
7. You find it hard to be alone with yourself.
8. You pretend bad things aren't happening to you, even when you know they are.
9. You feel very scared, hurt and angry but you try not to let it show.
10. You keep busy so you don't have to think about things.

What would happen if you voiced what was actually going on with you? Have we ever been taught to express ourselves in an authentic manner? If I am angry, why don't I just say it. As far as I know most people are not mind readers, they might think they are but it is doubtful. Playing emotional games can be very harmful and will deteriorate the relationship.

Since you realize that you "like what someone else likes" and don't really know what you like, stop dating for awhile and figure it out. Be able to say, "scrambled eggs please" and not care one little bit if someone else likes it. Be able to say you think prayer in schools should be allowed. Stand up for equal pay for women. Don't continue to date a man who drinks too much if you don't like it.

Use your voice to speak up and your legs to leave. Find yourself!!!

OMRF scientist honored by American Heart Association

The American Heart Association has presented Oklahoma Medical Research Foundation scientist Hong Chen, Ph.D., with its Established Investigator Award.

The award, which includes a five-year research grant, supports mid-career investigators with "unusual promise and an established record of accomplishments."

"This award is a big boost to any scientist's career, and I am honored the scientific community sees me as being among the best of the best in the cardiovascular field," said Chen, who received her Ph.D. from Yale in 1999. "The award money will help bring more research and more grants to OMRF, and it also helps elevate our status among research institutes."

In the lab, Chen examines the novel impact a set of proteins called epsins have on the cardiovascular system. Her work has relevance to the development and function of both blood and lymphatic vessels, processes critical both to maintaining cardiovascular health and the development of heart disease.

Other aspects of her work touch on cancer and diseases of the gastrointestinal tract. As a result, her research has broad relevance to many scientists at OMRF, which forms the basis for current and future collaborations.

"This is AHA's most prestigious grant. It is very competitive, and only a small percentage of applicants are funded," said Rodger McEver, M.D., who heads OMRF's Cardiovascular Biology Research Program. "The award is given to investigators who have established outstanding independent research programs but who are still early in their careers. It recognizes



Hong Chen, Ph.D.

both accomplishment and great promise for the future."

The award's flexible funding enables recipients to broaden the scope and accelerate the pace of their research, McEver said.

Chen has received numerous accolades throughout her young career, including recent recognition as a 2013 recipient of the Irvine H. Page Young Investigator Award and a 2014 OMRF Merrick Award for Outstanding Research. She joined OMRF's scientific staff in 2008.

"Dr. Chen publishes in the best journals, she has established contacts and collaborations with leading scientists at many other institutions, and she is developing an international reputation for her innovative research," said McEver. "She brings prestige to OMRF and Oklahoma."

Faith Community Nurses' Conference

The conference will be held March 6, 2015 at Crossings Community Center, 10255 N Pennsylvania, Oklahoma City, OK 73120 and is hosted by Faith Community Nurses Association (FCNA OK.)

FCNA OK is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for 6.0 contact hours applicable for RN, LPN, or LMHT relicensure. Kansas State Board of Nursing Provider Number pending.

For registration information, contact Marilyn Seiler, 405-340-0691, ext 197 or email at parishnurse@stjohn-catholic.org or see the FCNA website: www.fcnaok.org for a brochure and registration form.



NURSE + TALK

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

If you were stranded on a desert island and could have one item, what would it be and why?

"I would have water with me, for comfort and to survive."



Rebecca Tucker, LPN
Children's Center

"I would take a knife to survive for danger, to get fruit from trees."



Lisa Tran, RN
Children's Center

Each week we visit with health care professionals throughout the Metro



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"I would take sunscreen, so that I wouldn't be burnt and miserable."



Brianna Crawford,
LPN Children's Center

"I would take a phone to call for help."



Susamma Babu, RN
Children's Center

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