

With a loving and caring heart and a friendly smile, Jen shows compassion to patients at Summit Medical Center.

by Vickie Jenkins, Staff Writer

Summit Medical Center is a hospital in Edmond, OK designed to provide individual, quality care for inpatient and for patients undergoing surgical procedures.

Meet Jen Wu, RN, one of the many excellent nurses at Summit Medical Center. Jen is an outgoing nurse that cares for the patients with a genuine, loving heart. Attending Oklahoma City University, Jen has been a nurse for six years. Graduating in August of

2019, she is now a Nurse Practitioner.

Asking Jen why she is a nurse and why she likes working at Summit Medical Center, she replied, "Nursing is actually my second degree. My first one was in business and communication, but I realized that the business world wasn't what I wanted to do. I have always been interested in the human body. I like helping people so I thought I would satisfy both of my passions; studying the body and how it works and helping

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## OU MEDICINE NAMED AGE- FRIENDLY HEALTH SYSTEM



The Institute for Healthcare Improvement recently named OU Medicine as an

Age-Friendly Health System - Committed to Care Excellence. The designation recognizes OU Medicine as a leader in the rapidly growing movement committed to the care of older adults.

An age-friendly health system is one in which every older adult's care:

- Is guided by an essential set of age-friendly, evidence-based practices across the "4Ms" - what Matters, Medication, Mentation and Mobility.
- Causes no harm.
- Is consistent with what matters to older adults and their families.

The model focuses on improved safety, improved outcomes, increased patient and family engagement, reduced length of hospitalization and avoiding readmissions of older adults.

Achieving the Age-Friendly Health System designation was a months-long process - a united effort of the University of Oklahoma Fran and Earl Ziegler College of Nursing and OU Medicine, with the initiative drawing heavily upon the wealth of expertise available at the college. Teri Round, M.S., BSN, R.N., NE-BC, executive director, Clinical Operations with the college, said Age-Friendly recognition was a joint effort from the start, involving leaders within the college and OU Medicine.

"We're proud to be in collaboration with the first health system in Oklahoma to receive

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## OU

Continued from Page 1

recognition in this nationwide initiative," said Round. "Working with the hospital on many levels, it's especially exciting as we prepare for next year's opening of OU Medicine's new patient tower."

"As the nation faces unprecedented growth of an aging population, OU Medicine's commitment to patient safety and excellent care is unwavering," said Cathy Pierce, M.S., RNC, CENP, chief nurse executive, OU Medicine. "The care of older adults often presents unique demands; their needs may be quite complex. We are especially proud of this recognition

and grateful for the opportunities we have to improve health and quality of life for mature adults who face health challenges."

Currently, there are more than 46 million Americans age 65 and older, and the number is expected to double by 2060. Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement in partnership with the American Hospital Association and the Catholic Health Association of the United States. The goal of the Age-Friendly Health Systems initiative is to rapidly spread the 4Ms framework to 20 percent of the nation's hospitals and medical practices by 2020.

## ACSOK hosts "Making Strides Against Breast Cancer Walk" Saturday at Wheeler District



The American Cancer Society of Oklahoma hosts the "Making Strides Against Breast Cancer Walk" Saturday, Oct. 19, at the Wheeler District, 1701 S. Western in Oklahoma City beginning at 8 a.m.

The annual walk unites communities, honors those touched by the disease and raises awareness and funds for a world without breast cancer.

"Making Strides Against Breast Cancer" is the largest network of breast cancer awareness events in the nation, with more than 1 million passionate participants supporting the noncompetitive three- to five-mile walks each year.

Since 1993, more than 15 million supporters have raised more than \$935 million nationwide. Last year

in Oklahoma, nearly 3,000 people participated in Oklahoma City and Tulsa, raising an estimated \$200,000.

Dollars raised help the American Cancer Society fund innovative breast cancer research; provide education and guidance to help people reduce their risk; and offer comprehensive patient support to those who need it most.

In 2018, ACS staff helped guide more than 34,000 cancer patients through every step of their journey as they moved through the health care system, including helping with insurance problems, referring them to ACS and other local services, assisting caregivers and addressing obstacles to care.

For more information or to register, visit: [www.makingstrideswalk.org/okcok](http://www.makingstrideswalk.org/okcok)



## SUMMIT

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people. I combined the two and I went into nursing; I felt like nursing was my calling. I like working here at Summit Medical Center because everyone here is treated like family. We are very close and there is a genuine love and sense of belonging. We have such powerful team work," she added.

What qualities make a good nurse? "I think a nurse definitely needs to be a good listener. They need to have good assessment skills and be flexible. Also, I think it is important for a nurse to be able to multi-task, prioritizing her duties," Jen answered.

Growing up on a farm in Nebraska was quite a change for Jen when she came to Oklahoma. When I found out that we were going to be moving to Oklahoma due to my husband's job, I was not thrilled! I remember moving on the hottest day of the year for Oklahoma in 2011. All I could picture was the red dirt and a little hick town. It didn't take long for me to realize how wrong

I was. Even though my husband and I have lived several places, we consider Oklahoma our HOME."

Jen said that her most rewarding thing about her job is the fact that she knows what a difference she makes in others' lives. "There is no greater feeling than to get a thank you or a compliment from the patient. It does my heart good."

When it comes to relating to the patients, Jen treats each one of them with respect. "One of the first things I do is listen to them; really paying attention to what they are saying. I make sure never to rush them, taking that extra minute to make sure they are comfortable. One of the most important things that I have learned that I tell the other nurses, never leave a patient's room without asking, is there anything else I can do for you? It makes such a big difference," Jen said.

Jen is motivated by knowing that she is the nurse and it is her responsibility to take care of that patient, making sure they are treated with the best of care. "I ask myself, if this patient were

**"When I was little, I actually wanted to be a marine biologist, just so I could be around dolphins all the time. I never really thought about going into the medical field until I got older. Jen Wu, RN, Summit Medical Center.**

my mom or dad, how would I want them to be treated? My motivation is setting my daily goal of treating each patient as if they were family," she said.

"When I was little, I actually wanted to be a marine biologist, just so I could be around dolphins all the time," Jen laughed. "I never really thought about going into the medical field until I got older. I like helping people and I find myself looking at each patient as a puzzle; trying to figure out what the underlying problem is. I like to be in control; as in nurse and my patient," she said. "My mom kept me going with encouragement along the way and I am thankful she did. Nursing is

definitely my calling," she added.

Jen is married and they have a two-year old. Other than spending time with her family, Jen likes to read, enjoys cycling and outdoor outings and likes watching Kansas City football. "I am an energetic person, a bit of a jokester, yet, full of compassion," she said with a smile. "I also have a dog, Hayden, and my husband has a cat, Waffles," she said. "I prefer MY dog, Hayden," she laughed.

Asking Jen to sum up her life in one word. "With a quick answer, she replied, "POSITIVE."

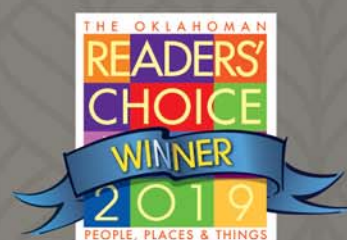


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# CAREERS IN NURSING

## PROVIDING EXCELLENT PRIVATE CARE: EXCELL PRIVATE CARE

by Vickie Jenkins - Writer/Photographer

EXCELL's mission is to provide the highest quality of genuine care for our clients and their families. Through personalized service and coordinated assistance, Excell Home Care, Hospice and Personal Care are committed to helping individuals maintain their comfort, independence and dignity.

Excell provides exceptional, comprehensive assistance to ensure the well-being of each patient we serve. As an established, reputable and highly-diversified service provider, Excell offers a wide array of skilled nursing and rehabilitation services, hospice care, personal care, Geriatric Care Management and the ADvantage Program.

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expressed and unspoken, are met with the highest level of attention. -Excell Private Care Services-

Carol Mulligan, LPN is the backup case manager supervisor at Excell Private Care Services. "I started out as a nurse's aide in a nursing home in 1990. I really enjoyed working with the elderly and I worked in several nursing facilities over the years. It was around 1995 that I found that it was hard for me to continue as a nurse due to being on my feet for eight hours a day. I still wanted to continue my career in nursing, yet I wanted to find something a little less strenuous. That is when I found out about Excell Private Care Services. I can still be a nurse and help the patients with the ADvantage program, finding them a place to live that suits them, along with a place that makes them feel comfortable and at home. There are some apartments

and assisted living facilities in Oklahoma that are contracted with the state. That means that there are a certain number of rooms that might be available if they are an ADvantage member," Carol commented.

"On an average, we have about eight case managers and each one of them usually carries forty to fifty members throughout Oklahoma. I worked with elderly people for numerous years while being a nurse. Working with the ADvantage program, I feel like I am on the other side of the spectrum now; helping the people get to a place that they enjoy as much as they can without putting them in nursing homes," Carol said.

What qualities do you feel like make a good nurse? "I think one of the most important qualities to have is to be a good listener. It makes such a difference to both

the nurse and the patient. Also, a nurse needs to be able to get along with others, no matter what the setting, whether it is in a hospital, home health or hospice. Teamwork always plays a big part in any job, no matter what the situation might be," Carol replied.

Asking Carol how she can relate to patients in a positive way, she replied, "I realize how some people feel a little awkward about meeting a nurse or case worker for the first time and discussing their medical issues. When I meet a patient or a family member that may have someone that qualifies for one of our programs, I try to show kindness and compassion. They are more likely to relax and open up and know that I am there to help them. They just need someone to listen to them."

Carol is married to her wonderful husband and they enjoy

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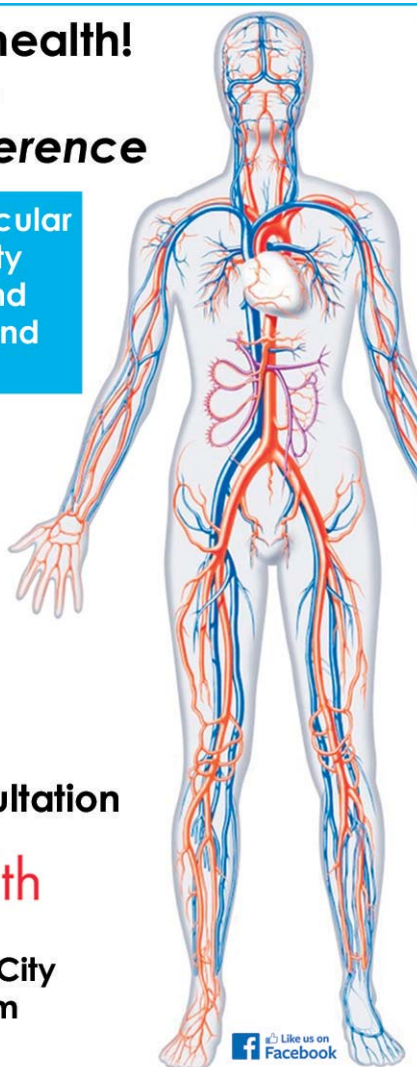
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Carol Mulligan, LPN is the backup case manager supervisor at Excell Private Care Services. Carol shows a genuine love and concern as she helps her clients find the right place that they can call HOME.

## EXCELL

Continued from Page 4

spending time with their three children, thirteen grandchildren and three great grandchildren. That makes for a fun time when they all get together! Adding to the fun are their four Boxers; Gus, Molly, Jojo and Bess. What motivates Carol? "My motivation comes from my family and spending time with them. They keep me going," Carol smiled.

What advice would you give to someone going into the medical field? "I would tell them to start off as a nurse's aide first. You

need to go into nursing with a genuine love and compassion for it. If you don't feel that from the beginning, nursing is not the right job for you. Move forward and don't look back," she said. "You will find out that it can be the most rewarding job that you have ever had. Working for Excell has shown me how much it means to help others, getting them to their comfort place that they can call HOME. I love being a nurse, helping others and making them happy," Carol added.

Asking Carol how she would sum up her life in one word, she replied, "FULL."

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# Putnam City schools donate to OMRF cancer research



Putnam City District Athletics Director Dr. Dick Balenseifen (center) with OMRF stewardship coordinator Zebba Mortazavi (left) and scientist Linda Thompson, Ph.D., (right) who holds the Putnam City Schools Distinguished Chair in Cancer Research at OMRF.

For the 44th consecutive year, Putnam City Schools have come together to support cancer research at the Oklahoma Medical Research Foundation.

The school district hosted a series of bake sales, car washes, carnivals, 5k runs and other fundraising events to generate \$80,000 for research at OMRF.

Cancer drive funds have paid for research projects, laboratory supplies and established the Putnam City Schools Distinguished Chair in Cancer Research, which is held by OMRF scientist Linda Thompson, Ph.D.

"Putnam City is amazing," said Thompson. "Their continued support of OMRF is admirable, and they have made a very real impact in the fight against cancer."

Work at OMRF has created an experimental drug that is undergoing clinical trials at the Stephenson Cancer Center to treat patients suffering from glioblastoma, a deadly

brain cancer.

Other foundation scientists are studying problems that arise during cell division, a crucial issue in a disease marked by uncontrolled division of abnormal cells.

The PC Cancer Drive began in 1976 when former Putnam City High School teacher Lois Thomas launched the grassroots effort. Since then, students, teachers and supporters have raised more than \$3.7 million for research at the Oklahoma City-based nonprofit.

"Putnam City's long-standing partnership with OMRF has created a tradition for our school district that staff and students are proud to continue," said Dr. Fred Rhodes, superintendent of Putnam City Schools. "Through our OMRF fundraisers, students experience how they can impact their community. Advancing cancer research at OMRF is a contribution that reaches this generation and generations to come."



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# MARCH OF DIMES ANNOUNCES NURSE OF THE YEAR WINNERS

March of Dimes announced the Nurse of the Year awards at a special ceremony on October 3rd at the Riverwind Casino. More than 300 guests attended the event recognizing nurses who demonstrate exceptional leadership, excellence and service in nursing. The event raised more than \$100,000 to support March of Dimes in the fight for the health of all moms and babies. "It is a great privilege to be able to

honor these outstanding individuals," said Teresa Gray, President of Canadian Valley Hospital and Event Chair. "What makes this especially meaningful is that through this event, we are celebrating and recognizing these dedicated and compassionate nurses while helping the March of Dimes fight for a healthier future for our babies," said Gray.

## Congratulations to the 2019 Nurse of the Year winners:

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# Osteoporosis: The Silent Disease

by Dr. C.V Ramana

## What is osteoporosis?

It is the "weakening" or "softening" of bones.

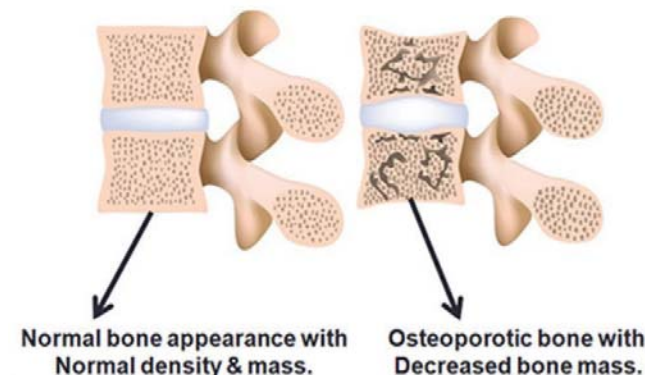
Bone consists of a framework or matrix of collagen and other soft tissue elements. It is then "hardened" by deposition of calcium mineral into the matrix. We think of bone as being a "static" component of the body, but this is not true. Bone is constantly formed and broken down throughout our life as the result of a complex interplay of dueling hormones, health, diet, and activity. In childhood and young adulthood, bone growth is faster than breakdown. People generally reach peak bone mass in their late 20's. After that, bone breakdown tends to be faster than new bone formation. When calcium is taken out of mature (or fully formed) bone and not replaced, the frame left behind is soft or weak, and easily susceptible to fracture.

## Why is calcium needed in the body?

Calcium is an important mineral

in the body - it is vital to the formation and strengthening of our bones, but also plays an important role in the function of muscles and nerves as well as innumerable biochemical reactions in the body. Calcium is transported throughout the body dissolved in blood, and so, available to all of our organs and tissues in carrying out their functions. The amount of calcium in the blood is tightly regulated by hormones released into the bloodstream from the thyroid and parathyroid glands (located below the Adam's Apple), pituitary gland (in the brain), as well as the adrenal glands and kidneys.

Our bones serve as a massive reservoir of calcium that can be tapped when calcium levels in the blood are low due to inadequate dietary intake, inadequate levels of vitamin D in our bodies, or the wrong form of vitamin D due to inadequate exposure to sunlight, or as a result of some



medications.

## How to know if you have osteoporosis?

Unfortunately, this is a "silent disease" and does not become symptomatic until a bone is fractured, or the back becomes kyphotic (stooped) due to slow collapse of multiple vertebra in the upper spine.

## How to find out if you have osteoporosis?

Sometimes the diagnosis may be suggested based on the appearance of bones on x-rays or CT scans that you may have for other reasons. The most reliable way, though, is through a test called DEXA which measures Bone Mineral Density (BMD) in various bones in the body.

Blood tests to determine the level of Calcium, Vitamin D, calcitonin and parathyroid hormone can also be helpful, especially in planning treatment.

## Risk factors for developing osteoporosis

### Factors that can be modified

- Lifestyle - inactive lifestyle or extended bedrest
- Smoking
- Alcohol consumption
- Inadequate dietary intake
- Sex hormones - abnormal absence of menstrual periods or menopause with low estrogen in women, and low testosterone in men
- Medications - long term use of steroids, some seizure medications

### Factors that cannot be modified

- Sex - women are more prone to develop this than men
- Age - bone mass decreases in everyone after the late 20's
- Body size - small boned women are more likely to develop osteoporosis
- Ethnicity - Caucasian and Asian women have a higher likelihood, though African American and Hispanic women are also at high risk.
- Heredity - people whose parents have osteoporosis have an increased likelihood

### How can it be treated?

- Smoking cessation
- Decrease alcohol consumption
- Lifestyle modification - weight bearing exercises such as walking, jogging, hiking, climbing stairs, playing tennis and dancing are all good. Resistance exercises such as weight lifting or weight training machines are good
- Increase dietary intake of calcium and vitamin D
- Recommended levels - calcium - more than 1000 mg/day after the age of 30, and 1200 mg/day for women after the age of 50. Vitamin D - more than 600 IU/day for adults up to age 70, and 800 IU/day for men and women beyond the age of 70.

### Medications

- Supplemental calcium and Vitamin D
- Prescription medications that work in a variety of ways to interfere with the rates of bone formation and breakdown balance
- Bisphosphonates (which bind to calcium for deposition in bone)
- Estrogen and estrogen analogues
- Estrogen receptor modifiers
- Calcitonin - hormone
- Parathyroid hormone blocker

### Who can treat Osteoporosis?

A primary healthcare provider should be contacted for diagnosis and development of a treatment plan. In some cases, they may refer to a specialist for the treatment. Specialists can include endocrinologists, rheumatologists, and women's health specialists such as an Ob/Gyn.

Dr. C.V Ramana is a vascular and interventional radiologist with more than 20 years of practice experience. He has expertise in all areas of vascular and interventional radiology. Dr. Ramana has a Ph. D from Yale University and MD from CWRU in Cleveland, Ohio where he subsequently completed his fellowship in Vascular and Interventional Radiology at the Cleveland Clinic. <https://naadihealthcare.com/> 1 NW 64th Street 73116 Oklahoma City, OK Phone: (405) 608-8884

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# Brookdale Senior Health Fair

When:

October 15th, 2019

8:00am-4:00pm

Location:

Coffee Creek Church

1650 Coffee Creek Rd

Edmond, OK 73025



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Please join us for this health and wellness event that is free to the public! Over 20 vendors will be on site to offer flu shot clinics, blood pressure checks, hearing screenings, massage, and much more!

We will have presenters throughout the day from health care specialists to educate on healthy living as well as 2 free yoga demonstrations provided by certified yoga instructors from Mitch Park YMCA.

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**Call (405)341-4361 for more information or send an email to [heather.park@brookdale.com](mailto:heather.park@brookdale.com)**

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 ...and many more!
















# NURSE TALK

One of my favorite things about fall is my family farm in Nebraska. I love the weather, the smells, and the hard working farmers.



Jen Wu, RN

I like fall because of the fall leaves, fire places, OU football, comfy hoodies, and snuggling with my granddaughter, Paisyn.



Tina Wedel, RN

*What is your favorite thing about fall and why?*



Summit Medical  
Center  
Edmond, OK

This fall, my favorite thing is the baby I will be having right before Halloween!



Rachael Myers, RN

Fall is a great time of the year for camping and mountain biking with my husband which I love!



Judy Woodruff, RN

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