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Going Above and Beyond

"That was the way I was brought up"

Paige Chiles, RN, BSN, and OCN is the CT Lung Screening Nurse Navigator at the Cancer Resource Center at Mercy Hospital. Paige has worked in oncology for twenty-one years, helping her patients one day at a time.

by Vickie Jenkins, Staff Writer

Did you know that detecting lung cancer early could save your life? Lung cancer is the number one leading cause of cancer-related death in America, but now, there's hope. Screening with a low-dose CT (LDCT) can detect lung cancer early, when it's more likely to be cured with treatment. -Mercy

Hospital, Cancer Resource Center-

One of the highly trained professionals, Paige Chiles, RN, BSN, and OCN works in the Cancer Resource Center as the CT Lung Screening Nurse Navigator. With a bright smile and a bubbly personality, Paige explained why she chose nursing as her profession and how she came about working

See CHILES Page 2

Mercy's New ER and Primary Care Clinic in Edmond Now Open



Mercy has again expanded services in Edmond with the addition of a new emergency department and primary care clinic. The new facility is now open just south of the original facility on Mercy's Edmond I-35 campus.

Mercy broke ground on the \$30 million, 49,000-square-foot building in January 2018. The facility is two levels. The first level ER is an extension of Mercy Hospital Oklahoma City's emergency department and features 11 exam rooms, ultrasound, imaging services, full laboratory services, an infectious disease isolation room and a generator that allows the facility to run on full power in the event of an outage.

Fifteen emergency medicine physicians, 20 nurses and several support staff will take shifts serving patients around-the-clock. Patient care will be streamlined thanks to the ER's modern design and dedicated, in-house lab and imaging services.

See MERCY Page 3



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CHILES

Continued from Page 1

in oncology. "I love my job here. I got into nursing because I like to help people; I like to get to know the patients and hear their story; after all, that's what it's all about! When the patient gets here, they tend to get overwhelmed due to fear. They feel like they are being pulled in many different directions and are scared of the unknown. I consider myself fortunate to be able to talk to the patients, make them feel at ease and help guide them through their time of need," she replied.

"Now as far as oncology goes, never in my wildest dreams did I think I would land in oncology but God had other plans for me. I always imaged that I would work in OBGYN, helping to deliver babies. I can tell you, I have never delivered a baby," she said with a laugh. "I felt like God led me to work in oncology and that is where I have worked for twenty-one years." she said. "I have worked with many of these co-workers for a long time. I like working for Mercy because they really care about their patients. The end goal is getting the patients the best care that can be given," Paige added.

Paige's favorite part of her job is when she helps guide the patient through the steps that take place after a suspicious lung module is found - from the beginning visit to the last. "We have had a few patients that were diagnosed with lung cancer after they had a CT lung screening scan and it is very rewarding to be able to guide them through the process. They want to know what the next steps are, who they will see next and where they will go from here. I feel fortunate that I help them through their journey. I end up building friendships because we become close during this process," Paige commented.


What is special about a LDCT, which is also called a CT Lung Screening? It is a fairly new test that has been approved for patients that have smoked cigarettes who are at high risk for developing lung cancer. "It is quick and painless and can detect lung cancer at an early stage. We are trying to educate patients about LDCT scans. Previously, we would find stage IV lung cancer when it was not curable but with a LDCT, we can find it at an earlier stage when it is curable. I love to hear success stories and I hope to hear that many more success stories and cure that many more patients."

When asking Paige what she wanted to be when she was a little girl, she replied, "When I was little, I wanted to be a nurse or a teacher. That was because of my grandmother. She had seven kids and she was always nurturing and caring for them and that really stood out to me. I remember thinking how I wanted to be a nurse someday, just like my grandmother! After I became a nurse, there were quite a few nurses that I looked up to and who helped me go even farther. I could ask them anything and they were always there for me, no matter what the situation was."

How would you describe yourself? "That is so hard to do," she said with a smile. "Well, people say that I am bubbly, compassionate and a good listener. I am very detail-oriented and I believe in doing everything to the best of my ability, going above and beyond. That is just the way I was brought up," she replied.

Paige's hobbies include gardening, decorating (especially for the Christmas season) and the all-time favorite, shopping!

Asking Paige to sum up her life in one word, she said, "It would be, BLESSED."



Mercy

MERCY

Continued from Page 1

On the second floor, Mercy Clinic will have 16 primary care providers including family medicine and pediatrics.

Dr. Jesse Campbell serves as chief administrative officer for Mercy Clinic and has seen patients as a primary care physician at Edmond I-35 since the first building opened in 2014.

"We have had multiple patients come into our I-35 facility looking for an emergency room," said Dr. Campbell. "I can't tell you how many times we've had to call an ambulance to take those patients to an emergency department, ultimately delaying their care. Now, we'll be able to take those patients downstairs from the primary care clinic or across the parking lot from the specialty care clinic building for the appropriate, convenient care they need."

Through Mercy's comprehensive electronic health record, care team members at the new Mercy Edmond I-35 facility will have immediate access to patient records, electronically creating a seamless experience for current Mercy patients.

"Over the last two years, we know most Edmond residents have visited



a Mercy hospital or clinic," said Jim Gebhart, president of Mercy Hospital Oklahoma City and regional strategy officer. "By expanding our Edmond I-35 campus, we are now able to serve even more people and make

a significant impact in our growing community."

The original Edmond I-35 facility features an outpatient surgery center, imaging, laboratory, specialty physician offices, a first-of-its-kind wellness

center and Mercy Sports Performance powered by EXOS.

The new Mercy Edmond I-35 facility is located at 2301 W. I-35 Frontage Road in Edmond.



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CAREERS IN NURSING

END OF LIFE CARE: VALIR HOSPICE CARE

by Vickie Jenkins - Writer/Photographer

Hospice care: Care designed to give supportive care to people in the final phase of a terminal illness and focus on comfort and quality of life, rather than cure.

It takes special people to work for Hospice. One special person is Keisha Newson, RN working at Valir Hospice Care. Keisha is the Director of Clinical Operations. Growing up in Okemah, OK, Keisha attended school at Moore Norman Technology Center for her LPN and Platt College for her RN.

Keisha has been a nurse for fourteen years and has been with Valir for almost five years. "I love my job here," Keisha said. "Ever since I was in high school, I knew that I wanted to be a nurse. I have always liked helping people. Here at Valir, I am the one that assigns the nurses and aides where they need to go and when. I am in charge of the clinical and that means that there are about thirty to

thirty-five nurses and aides that I deal with. The others fifteen are non-clinical and our Vice President covers the social workers, chaplains and the volunteers," Keisha stated. "We have a satellite office in Kingfisher and between the two offices, we cover people in several counties; Enid, Watonga, Pauls Valley, Chickasha and even Wewoka. We stay pretty busy. Sometimes, a nurse will travel quite a way to see a patient; it could be a patient that needs to have someone there with them for four hours or it could be several days. I do the assessments on the patients to see if they qualify for Hospice. I'll admit that it takes a special kind of person to travel and care for terminally-ill patients."

Asking Keisha what her main focus is about her job, she replied, "We need to make sure the patient is as comfortable as possible, and talking with the family members when their loved one is close to

passing is very important. I realize it is a hard time for anyone to go through. My first job as a nurse was working in a nursing home. I feel like I can handle the older patients and their families better than some," she said. "I feel like working with Hospice was my calling," Keisha added.

Asking Keisha to describe herself, she said, "I am definitely a straightforward person. I tell it like it is! I like being my own self and I always stand up for what is right. I feel like I am very dependable in everything. I do have another side to me," she said. "I have a real passion and compassion when it comes to taking care of older people. I have a lot of respect for others. I guess you could say that is my softer side," she said with a smile. Keisha's motivation comes from her family. "They keep me going," she added.

What qualities do you think

make a good nurse? "I think a nurse needs to have passion and compassion and really care about the patient. They need to be sympathetic and empathetic and be dependable. They also need to know that they are not just taking care of a patient; it is extended to the family of that patient. And above all, they need to feel that certain love that comes from the heart," Keisha replied.

What did you want to be when you were a little girl? "When I was little, I wanted to grow up to be a nurse or a teacher. My grandmother had a lot of medical problems and was at the doctor quite a bit. I knew how she was taken care of by the nurses and I admired them for really caring about her. That is when I decided to go into the medical field and set my goal to go to nursing school. I am glad that I chose to be a nurse

See NEWSON Page 5



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Keisha Newson, RN is the Director of Clinical Operations at Valir Hospice Care. Staying focused on the patient and their family is Keisha's main concern.

NEWSON
Continued from Page 4

and I can't image doing anything else. I can't imagine myself as a teacher," Keisha laughed.

Keisha is married to her husband, Darren and they have five children, age twelve to twenty-one. "We also have one grandson, Xayden, who sixteen months old," she said.

Keisha has two pit-bulls, Sadie and Kuno. "They really are good dogs," Keisha said. Keisha's hobbies include spending time with her family, traveling whenever she is able to, and she loves baking with her twelve year old daughter.

Summing up Keisha's life in one word, "That would be, AMAZING", she said with a smile.

The Children's Center Rehabilitation Hospital to Open Oklahoma's First Timmy's Playroom



The Children's Center Rehabilitation Hospital to Open Oklahoma's First Timmy's Playroom

Bethany, OK - The Children's Center Rehabilitation Hospital is pleased to announce the Hospital has been chosen as the 11th location for a Timmy's Playroom, provided by the Tim Tebow Foundation.

The new playroom is scheduled to open in early 2020, and will serve as a relaxing recreation area for patients and their families.

The Tim Tebow Foundation currently has a total of 10 Timmy's Playrooms, located in Florida, Tennessee, Louisiana and the Philippines. The foundation will open their 11th location at The Children's Center Rehabilitation Hospital - the first Timmy's Playroom in Oklahoma and the first of its type in a pediatric rehabilitation hospital.

"We are blessed to be the first pediatric rehabilitation hospital to receive the Timmy's playroom grant," said Albert Gray, CEO, The Children's Center Rehabilitation Hospital. "Our patients and their families will be encouraged and refreshed as they spend time in this space."

The playroom will include a football field floor, custom-built lockers for seating, football-shaped chairs, flat screen televisions, the latest multi-media and video games systems, toys, games and activities.

"The Tim Tebow Foundation is honored to partner with The Children's Center Rehabilitation Hospital through the opening of the 11th Timmy's Playroom," said Steve Biondo, president, Tim Tebow Foundation. "Like us, The Children's Center Rehabilitation Hospital is committed to spreading faith, hope and love to children in need, specifically those facing severe medical challenges. It is our privilege to join them in the fight for not only the physical care of these precious children, but their mental, emotional and social care as well. We hope and pray that every child who walks through the doors of Timmy's Playroom leaves feeling encouraged and strengthened for the days ahead, knowing they are deeply valued and loved."

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Index to Classifieds

1 0 0	Ambulatory
1 0 8	Administrative
1 1 3	Case Management
1 1 5	Chemical Dependency
1 1 8	Clinical Instructors
1 1 9	Collection
1 2 1	Critical Care
1 2 3	Certified Medical Assistant
1 2 4	Certified Nurses Aide
1 2 7	CRNA
1 2 9	Dental
1 3 0	Dialysis
1 3 1	Dietary
1 3 7	Education
1 4 0	General Nursing
1 4 3	Geriatrics and Long Term Care
1 4 6	HMO
1 4 9	Home Health
1 5 2	Hospice
1 5 4	Housekeeping
1 5 5	Infection Control
1 5 6	Instructor
1 5 8	IV Therapy
1 6 1	Licensed Practical Nurse
1 6 4	Managerial
1 6 5	Massage Therapy
1 6 7	Medical/Surgical
1 7 0	Nurse Practitioner
1 7 3	OB/Gyn
1 7 6	Occupational Health
1 7 9	Office
1 8 2	Oncology
1 8 5	O.R./PACU
1 8 8	Orthopedic
1 9 0	Pediatric
1 9 1	Pharmacist
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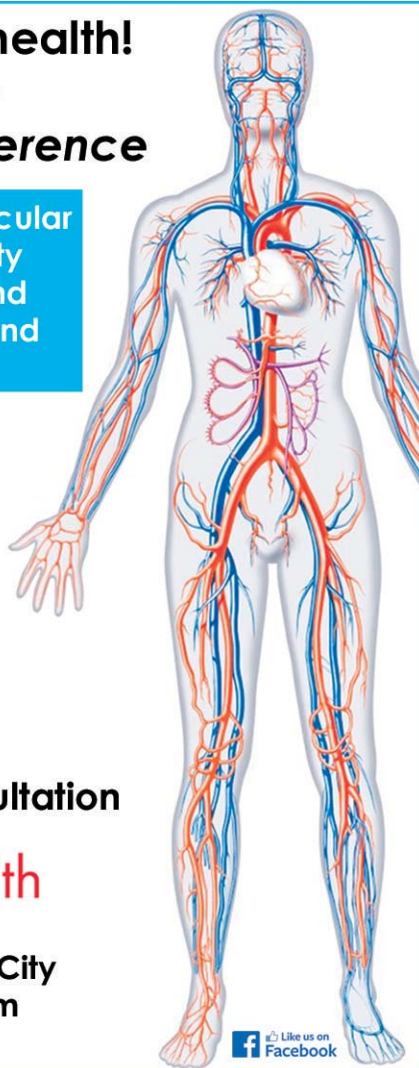
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THE CHILDREN'S HOSPITAL PEDIATRICIAN EARNS NATIONAL LEADERSHIP AWARD



My name is Agnes, but my family calls me "Ike". I was born, raised and graduated from high school in Boley, Oklahoma. I met my husband, Otis, while I was attending business college in Omaha, Nebraska. During our 42 years of marriage we have been blessed with two daughters and two grandchildren. In 2006, I thought I was feeling okay, but noticed I was getting tired more and more. That's when I found out my kidneys were failing. I received a new kidney in May 2012. After writing to my donor family, I learned that a young woman name Holly saved my life. When I see the brightest star in the night sky, I think of my Angel, Holly.

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Agnes



Marianne "Marny" Dunlap, M.D., a pediatrician at The Children's Hospital, was recently named the 2019 Gretchen Hunsberger Medical Champion for her efforts in fighting illiteracy.

Dunlap has established herself as a champion for early literacy, which led to the founding of the Reach Out and Read program at The Children's Hospital. For two generations, the program has promoted the benefits of early reading, not only in enhanced learning and academic performance, but the parent-child bonds that are built through reading together. Reach Out and Read partners with healthcare providers to offer free books to patients at their well-child visits with pediatricians. More than 85,000 books are distributed each year.

"Studies have discovered direct links between the parents who read aloud to their children and

how those children achieve greater educational success," said Dunlap. "With the powerful influences in today's culture - social media and other screen-time activities - parents are challenged to carve out meaningful time with their kids. As healthcare providers, we care not only about physical health but also about the overall well-being of the child. As we interact with parents, we're coaching and advocating, too."

To bolster the Reach Out and Read program, The Children's Hospital providers and staff host an annual Green Eggs and Ham breakfast fundraiser. Funds are used to replenish the supply of books given away on a daily basis.

Dunlap received this latest award at the recent Reach Out and Read National Leadership Conference in Boston.

(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

Redlands maintains strong reputation



For Jalelah Abdul-Raheem, P.h.D, RN, there was a certain comfort level that she fell in love with at Redlands Community College in El Reno.

Having worked there once before, she knew what she would be coming back to when she accepted the position of Interim Department Head of Nursing and Allied Health.

"Redlands is very community and family oriented," she said. "Everybody looks out for everybody. It's a real strong network and very supportive."

Maybe that's why Redlands graduates are some of the most sought-after in Oklahoma.

Or maybe it's just one of the reasons.

With a small ratio of students per instructor, a simulation lab, great employment opportunities after graduation and a live NCLEX review, Redlands has one of the best nursing programs in the area.

Community support is huge in Canadian County for the school and

vice versa.

The Canadian County Health Department has requested Redlands students work with their OB nurse practitioner. Students have adopted a mission in El Reno treating recently released inmates and recovering drug and alcohol addicts.

Students serve in the twice-monthly, bilingual health clinic.

Redlands admits students one time each year to the traditional day program.

LPN to RN admission occurs for a handful of individuals in the spring.

The program threads theory and simulation together to help build understanding of the specific content being taught. Simulations enhance student understanding, build confidence prior to clinical as to what to do, say, and provide appropriate interventions for patients.

Redlands Nursing Program graduated its first class in 1981. The program is a two-year nursing program with new classes beginning

in the fall of every year.

Students graduate with an Associate in Applied Science Degree and upon graduation, are eligible to take the NCLEX exam to become a Registered Nurse. Redlands also offers options for LPNs attending the nursing program. LPNs who meet admission criteria are given credit for Fundamentals of Nursing.

Walking into a facility with her Redlands name badge on is always a treat for Abdul-Raheem.

"We have a very positive perception," Abdul-Raheem said. "(Employers) know we are community based. They have a lot of good things to say about our students and because we like to partner with others our name really gets out there."

A small faculty to student ratio allows Redlands instructors to team teach. "Students are able to get more one-on-one instruction and they're able to get more of a mentorship from faculty that they hang on to," she said.

REDLANDS

With a small ratio of students per instructor, a simulation lab, great employment opportunities after graduation and a live NCLEX review, Redlands has one of the best nursing programs in the area.

The Redlands Nursing Program is a two-year program, with new classes beginning each Fall. After graduating with an Associate in Applied Science degree, you are eligible to take the NCLEX exam to become a registered nurse. If you are currently an LPN, you can begin the program in the Spring semester.

Redlands Community College is located at 1300 South Country Club Road in El Reno. For more info. visit: www.redlandsc.edu or call 405.262.2552.

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Norman Regional hosts conference on disaster medicine



Norman Regional Health System hosted more than 200 emergency medicine residents, paramedic students and first responders at the Central Oklahoma EMS Conference Thursday. Patrick Cody, DO, created the event to fill the gap in continuing education opportunities for licensed paramedics. He also said it would be a great recruiting tool for EMSSTAT, the emergency services provider for the cities of Moore and Norman. Dr. Cody said the annual conference has been very well received.

"Probably the most rewarding feedback came from one of the ER nurses," Dr. Cody said. "After an EKG session, she said she had learned more about EKG in that 20-minute lecture than she had learned in nursing school. I took that as a nice compliment."



**NORMAN
REGIONAL**
Health System

The conference gives attendees the chance to learn from the state's leaders in disaster medicine.

"This event helps us get the information the physicians want us to have and use it on patients for better outcomes when we get them to the hospital," said Steve McCune, EMSSTAT paramedic and Oklahoma City firefighter.

Participants attended sessions on several topics, including trauma, cardiology and tactical medicine which ended with an active shooter simulation.

"We learned how to quickly make a tourniquet and how to move patients from the hot zone into the warm zone then cool zone so that they can receive the care that they need," said Amber Sharp, OSU-OKC EMT student. "There was a lot of information that reiterated what I'd learned in class. I got a much better understanding of those concepts, and the exercise itself was actually a lot of fun."

This is the fourth year Norman Regional has hosted the Central Oklahoma EMS Conference.



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NURSE TALK



I loved playing with my Barbie dolls and Barbie dollhouse.



Darla Murphy, RN

I liked all of the board games because it was challenging!



Betty Williams, RN, BSN

What was your favorite game or toy when you were a child?

Mercy
Mercy
Rehabilitation
Hospital

My favorite was Monopoly and playing dress-up while using makeup!



Jeannette Johnson, RN

My favorites were Barbie dolls, Polly Pocket and the Easy-Bake oven.



Kinisha Embery, LPN

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Women's, Children's director wins 2019 Spirit of Legacy Award



Susie Graves, RN, BSN, Director of Norman Regional's Maternal Child Service Line was selected as one of Oklahoma Hospital Association's Spirit of Legacy Award recipient.

Forty-six hospital team members statewide received an Oklahoma Hospital Association (OHA) Spirit of Legacy Award during the 2019 OHA Annual Convention, Nov. 14. The 46 front-line, behind-the-scenes and administrative employees received the award because they live the values and the mission of the organization each and every day through their attitude, commitment and personal values, creating a lasting legacy.

Susie Graves, RN, BSN, Director of Norman Regional's Maternal Child Service Line was one of the award recipients.

Award recipients were chosen by their hospitals for exemplifying the Spirit of Legacy because they: have made a lasting impact on the positive story of their hospital; live the values and mission of the hospital every day; exemplify the values of caring and healing in the community, outside the hospital walls; inspire and encourage new team members to live the mission; or help to build a lasting sense of culture and pride in the organization.

"We are pleased to honor these special hospital employees who are the heart and soul of their organizations and their communities," said Patti Davis, president, Oklahoma Hospital Association. "These are the type of team members who exemplify the organization's story and history, inspiring their colleagues and encouraging newer employees to do the same."

2019 Spirit of Legacy Award Award winners are:

AllianceHealth Madill, Candace Hill, RT (R) (CT), Radiology Supervisor
 AllianceHealth Ponca City, Rick McCumber, DPh, MBA, Director of Pharmacy
 AllianceHealth Seminole, Helen Byerly, LPN, Director of Drug Room
 Arbuckle Memorial Hospital, Sulphur, Ginger Vinson, RN, Director of Clinical Resources
 Ascension St. John Jane Phillips, Bartlesville, Glen Cumings, LPN, CHT, Hyperbaric Wound Care Supervisor
 Bailey Medical Center, Owasso, Julia Johnson, RN, BSN, OB Manager/Childbirth Educator
 Blackwell Regional Hospital, Tammy Parr, Case Manager
 Carnegie Tri-County Municipal Hospital, Jenny Buster, PT, Manager Physical Therapy
 The Children's Center Rehabilitation Hospital, Bethany, Lisa Tran, RN, Nurse Supervisor
 The Children's Hospital at OU Medical Center, Oklahoma City, Debbie Robinson, BSN RN-BC, Pediatric Telephone Triage Nurse
 Comanche County Memorial Hospital, Lawton, David Elmore, Manager, Durable Medical Equipment
 Duncan Regional Hospital, Nancy Lott, RHIA, CHPS, Director, Health Information Management
 Elkview General Hospital, Hobart, Jeffrey Phillips, PA-C, Physician Assistant
 Grady Memorial Hospital, Chickasha, Beverly Gregory, LPN, Med/Surg
 Hillcrest Hospital Claremore, Jayne Charles, Business Office Director
 Hillcrest Hospital Cushing, Phyllis Ross, Medical Technologist
 Hillcrest Medical Center, Tulsa, Stephanie Fiori, BSN, RN, RNC-NIC, Nurse Manager
 INTEGRIS Baptist Medical Center, Oklahoma City, Sudhir Khanna, MD, Former Chief of Staff
 INTEGRIS Bass Baptist Health Center, Enid, Catherine Gann, FACHE, Administrative Director Hospital Operations
 INTEGRIS Canadian Valley Hospital, Yukon, Stephen Grigar, Administrative Director of Hospital Operations
 INTEGRIS Deaconess, Oklahoma City, Pamela Faust, CPCS, CPMSM, Physician and Business Development
 INTEGRIS Grove Hospital, Jeff Dozier, Regional EMS Director
 INTEGRIS Health Edmond, Avilla T. Williams, President
 INTEGRIS Miami Hospital, Tara Oelke, BS, Director of Business Development
 INTEGRIS Southwest Medical Center, Oklahoma City, Kathy Stilwell, BSN, CEN, NVRN-BC, RN Stroke Coordinator
 Jefferson County Hospital, Waurika, Heather Bryant, Administrative Assistant
 Lawton Indian Hospital, Preethi Yarabothu, Pharm D, Pharmacist
 McAlester Regional Health Center, Mike Baker, ATC Director of Athletic Medicine
 Mercy Hospital Ardmore, Claudia Austin, PHR, SHRM-CP, Senior Human Resources Manager
 Mercy Hospital Logan County, Guthrie, Elaine Latham, PTA, Physical Therapist Assistant
 Mercy Hospital Oklahoma City, Madalene Smith, RN, Labor and Delivery Nurse
 Mercy Hospital Watonga, Steven Gregory, Plant Ops, Fire and Safety Coordinator
 Norman Regional Health System, Susie Graves, RN, BSN, Director, Maternal Child Service Line
 Northeastern Health System, Tahlequah, Carney Caughman, Director of Construction
 Okeene Municipal Hospital, Linda McCollum, Clinical Laboratory Technologist
 OU Medical Center Edmond, Donna James, RN, Behavioral Health Nurse
 OU Medical Center, Oklahoma City, Amanda Bobo, MSN, Case Manager
 Purcell Municipal Hospital, Tara Selfridge, Human Resource Manager
 SSM Health St. Anthony Hospital - Oklahoma City, Linda J. Ford, Regional Director of Finance, Financial Strategy and Hospital Operations - Oklahoma
 SSM Health St. Anthony Hospital - Shawnee, Linda Brown, RN, MSN, Registered Nurse
 St. Mary's Regional Medical Center, Enid, Maureen Cook, COTA, Director of Physical Medicine
 Stillwater Medical Center, Keith Hufnagel, MS, PHR, Vice President of Human Resources
 Stillwater Medical Perry, Paula Foster, RN, Med/Surg
 Tulsa Spine & Specialty Hospital, Teresa Jones, Executive Assistant
 W.W. Hastings Indian Hospital, Tahlequah, Teresa Padgett, Registration Clerk
 Wagoner Community Hospital, Beth Brown, RHIA, Business Operations/H.I.M. Director

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