

Driven to Succeed



A Promise to her Mother

Rachelle Reed, LPN is the charge nurse at Heritage Point of Oklahoma City, specializing in Alzheimer's and Memory Care Services.

by Vickie Jenkins, Staff Writer

Sometimes, when we least expect it, our loved ones experience Alzheimer's disease, a form of dementia. Dealing with the effects of Alzheimer's disease and other dementia

related impairments can be difficult to handle. At times, it is hard for the family to understand what our loved ones are going through, along with finding a place for them to be cared for. It

See PROMISE Page 2

Trauma One Re-Verified as Level 1 Trauma Center

Medicine

TRAUMA ONE

The trauma center at OU Medicine has been re-verified as a Level 1 Trauma Center by the American College of Surgeons.

In 2001, the Trauma One Center, at both OU Medical Center and The Children's Hospital, was designated as Oklahoma's only Level 1 Trauma Center, the highest national ranking a trauma center can receive. The verification process by

See TRAUMA Page 3

Nurse honored with annual Excellence Award

SSM Health St. Anthony Hospital is pleased to announce Barbara Lowery, RN, as the recipient of the 2019 Excellence in Nursing Award.

The award recipient is chosen by the SSM Health St. Anthony Hospital medical staff for dedication to providing quality patient care and for adhering to the hospital's Mission, vision and values.

"Barb would tell you that her number one goal is to serve her patients," said Dr. Corey Ponder, an orthopedic surgeon serving patients at SSM Health Bone & Joint Hospital at St. Anthony.

See AWARD Page 3



TEALRIDGE

RETIREMENT COMMUNITY

Independent Living | Assisted Living | Memory Care



**Move-In
Specials!**
One Bedroom
Apartments
Starting At Just
\$1,850*

Just Look At What's Included In Your Monthly Rent!

- ❖ 3 Meals daily in our dining room
- ❖ All utilities paid (except telephone & internet)
- ❖ Weekly housekeeping service
- ❖ Weekly linen & towel laundry service
- ❖ Maintenance ❖ Scheduled local transportation
- ❖ Extensive activity program
- ❖ Special holiday celebrations ❖ Entertainment
- ❖ Wellness & Exercise Programs
- ❖ 24-Hour staffing
- ❖ 24-Hour emergency call system

*Certain conditions apply

Call TODAY for more information
or to schedule a tour!

(405) 546-2385

2100 NE 140th St. Edmond, OK 73013
www.tealridge.com



PROMISE

Continued from Page 1

can be extremely challenging for families.

A highly qualified facility is Heritage Point of Oklahoma City, located at 12000 N. MacArthur. Here, you will find Rashelle Reed, LPN, one of the charge nurses for the forty residents. "I go by Ray," she said. "It's easy to remember and it's like a ray of sunshine. I feel like I am a ray of sunshine to these residents or so they tell me," she said with a smile.

Being the charge nurse at Heritage Point has given Ray more responsibilities. Caring for forty residents can be difficult at times but Ray loves her job and wouldn't want to do anything else. It takes a special person to work with Alzheimer patients and Ray is one of those people; full of love and concern and knowing the needs of each individual. "Of course, some of the patients are very confused at different times, but we just have to get to their level and that is how we communicate the best," she commented.

After Ray graduated from high school, she was unsure what she wanted to do with her life. She tried cosmetology for a while but soon found out that cosmetology wasn't the job suited for her. She soon began working in a nursing home in Ardmore, OK; doing housekeeping and laundry. Being around the residents, she began to relate to them, feeling a real sense of compassion. She continued to work there, becoming a CNA and then CMA. Now, Ray was twenty-five years old. This was the year that her mother passed away. Before her mother died, she had asked Ray to promise to become a nurse. Ray knew what she must do. She attended Canadian Valley in El Reno, OK, becoming an LPN. This was just the beginning of the path of stepping stones that Ray would follow. "Now, I feel like there was a reason for me to become a nurse and I plan on continuing my education, becoming an RN.

I will keep my promise to my mother, caring for others. "I just want to continue to learn a little more each day. I have set a goal and I will reach that goal," she added.

Asking Ray what her favorite part of her job was, with a quick response, she said, "It is the interaction with the residents that I love." "When I am with the residents, they are like walking and talking history books. They have such interesting stories to tell. Not only does it help them by sharing their stories but it is fascinating to me. Now, I know for a fact that nursing chose me. My calling is definitely nursing."

Ray believes that going into the medical field opens a variety of opportunities to anyone seeking a job as a nurse. "Nursing is the security of employment, even when relocating. Plus, there are so many different fields that one can go into. "I like working with the elder people; everyone needs to find the field that interests them. We will always need nurses," Ray stated.

One of the most important qualities about Ray is the fact that she sets goals and follows through with each one. "I even have a check list that I use to write down my goals and check them off as I go. It helps me stay focused on opportunities that come my way. I am a hard worker and driven to do my best and I watch for doors to open in the medical field."

Asking Ray what her biggest contribution to the residents at Heritage Point was, she replied, "It would be my time. That is by far, the most rewarding gift that can be given and received," she said with a smile.

When not working, Ray enjoys spending time with her son and her two grandsons, Kane and Clarke. "I love my little babies," she said. Her hobbies include traveling when she gets a chance.

If you were going to sum up your life in one word, what would it be? With a bright smile, she replied, "Blessed."

TRAUMA

Continued from Page 1

the American College of Surgeons validates that trauma centers have all resources necessary for any type of trauma care.

"Earning verification from the American College of Surgeons is gratifying because it reflects the commitment and hard work that our healthcare professionals deliver day in and day out," said OU Medical Center President Kris Gose. "The process validates that we have all resources in place to provide optimal trauma care at any time."

As a Level 1 Trauma Center, Trauma One offers comprehensive care that can handle the most critical emergencies. Trauma One provides 24-hour coverage by general surgeons, and quick availability of care in specialties such as orthopedic surgery, neurosurgery, anesthesiology, emergency medicine, radiology, internal medicine, plastic surgery, oral and maxillofacial surgery and more.

Operating rooms and trauma surgeons are available 365 days a year, and the air ambulance Medi Flight can be dispatched in minutes

to airlift patients to Trauma One. A multidisciplinary team of physicians, nurses, specialists and other health care professionals are always on site, using advanced technology to treat the most severe and critical injuries. Level 1 Trauma Centers provide total care for every aspect of injury, from prevention through rehabilitation.

In addition to serving people across Oklahoma, Trauma One, because of its location in the geographic center of the state, is ideally positioned for regional access as well. An injured person's best chance for survival is when treatment occurs within an hour of the event. Paramedics, ambulance systems and other hospitals across the state play key roles in transporting patients to Trauma One within an hour.

"The Trauma One Center has been able to save countless lives in its nearly 20-year existence," said Roxie Albrecht, M.D., medical director of Trauma One. "As part of a tertiary care center, it is important that we participate in continuous assessment of our program. Our aim is to always provide the highest level of care to people when they need it the most."

The verification of Trauma One was conducted by the Verification Review Committee, a subcommittee of the Committee on Trauma of the American College of Surgeons. Verified trauma centers must meet the essential criteria that ensure trauma care capability and institutional performance, as outlined by the American College of Surgeons' Committee on Trauma in its manual Resources for Optimal Care of the Injured Patient. There are five categories of verification in the program. In addition to submitting documentation, Trauma One had an on-site review by a team of experienced site reviewers.

Level 1 Trauma Centers like OU's Trauma One also provide public education and prevention information to people across the state. OU's primary areas of advocacy are: ATV Ride Safe Oklahoma, which provides classes to increase awareness of ATV safety guidelines; Stop the Bleed, a course that teaches how to save someone's life by controlling bleeding; and concussion education for coaches, game officials, athletes and parents about the nature of concussion and head injury.

AWARDS

Continued from Page 1

"Her patient-centric approach to nursing care allows her to focus on not only making sure the doctor's orders are carried out but also on getting to know her patients on a deeper level. She truly provides a level of care that achieves the Mission of SSM Health: Through our exceptional health care services, we reveal the healing presence of God."

Nurses follow a code of ethics which requires them to promote health, to prevent illness, to restore health and to alleviate suffering. Inherent in nursing is respect for human rights, including cultural rights, the right to life and choice, to dignity and to be treated with respect. Nurses render care to the individual, the family and the community.

Lowery is a registered nurse at the SSM Health Bone & Joint Hospital at St. Anthony, a facility dedicated to helping patients with orthopedic surgery solutions. She has served Bone & Joint Hospital patients for eight years.

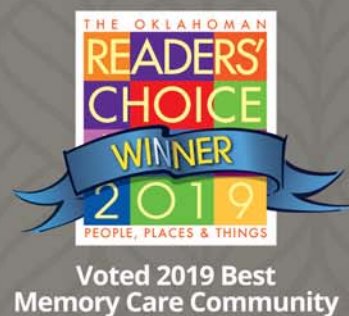


LIVING IS NOT ONE-SIZE FITS ALL. SO, HOW CAN ASSISTED LIVING AND MEMORY CARE BE?

We serve the individual's need for purpose, independence and dignity. Our loving, expert staff improves life with innovative, individual programs and therapies. You really must see Legend® at Rivendell for yourself.

Call now and join us for lunch and a tour. **Discover the Legend Senior Living® difference today.**

Call to learn more: **(405) 703-2300**



LEGEND®
ASSISTED LIVING & MEMORY CARE
at Rivendell

LegendSeniorLiving.com
A Residence of Legend Senior Living®

CAREERS IN NURSING

BITTER SWEET: COMING AND GOING

by Vickie Jenkins - Writer/Photographer

Bellevue Health and Rehabilitation offers individual programs that are designed, supervised and executed by a team of specialists. Our team includes physicians, nurses, therapists, nutritional consultants and mental health professionals. -Bellevue Health and Rehabilitation-

Meet Ashley Quintana Harrison, LPN, Unit Manager at Bellevue Health and Rehabilitation. Ashley is in charge of thirty-two patients and forty to fifty nurses. "There are quite a few responsibilities that I have as the unit manager but I love my job," Ashley commented.

"This is a wonderful place to work. Bellevue is a family company with sixty years of experience. The family is on site seven days a week. There are not too many places that can say that," Ashley said. "I like working in rehab because I get to see the

patients get back to a prior level of function. I also help the family members who are dealing with the recent decline of their loved one, helping them understand what has happened to their family member."

What is your favorite part of your job? "I would say it is when we see the patients go home," she said with a laugh. "Oh, that came out wrong, I mean when they have completed their therapy and are able to go back to their original living environment because that means that we succeeded in what we were doing; getting the patients medically stable to go home. It is also bitter sweet because we hate to see our patients leave. I like being that person that can be there and help them with their family needs no matter what, whether they are coming or going."

Ashley has quite a few family members in the medical field. Her mother is a nurse, one of her sisters is a CNA and the other sister is in RN school. "We don't have to worry when someone gets sick," she said.

Ashley grew up in Bishop, California, a small country town, about four hours north of Los Angeles. She moved to Oklahoma about ten years ago. (When her mother went to nursing school) When I was little, I wanted to be a lawyer because I was always arguing," she said with a laugh. "Somehow, I changed my mind and ended up going to school for nursing at Platt College. Ashley has been a nurse for nine years and has been at Bellevue for almost three years. "Because I work in rehab, I feel like I can still be the voice of the people here. I get to advocate and argue for my

patients. It's kind of like having the best of both worlds."

Asking Ashley to describe herself, she said, "I am definitely an outgoing, straight-to-the-point kind of person. When I set out to do something, I get it done. I am a doer, take charge and caring person. I am very compassionate. I guess you could take all of those things that I mentioned and roll them into one and that would be ME."

What do you contribute most to others while you are at work? "I think it has to be my stability. I am always here on time and I think that is important for everyone. "I also follow through with my plans. I make sure I don't let the ball drop! I think one of the most important things is to like your job," she added.

Family and patients motivate

See HARRISON Page 5

Take control of your health! Experience the Naadi Healthcare difference

Naadi Health is an outpatient vascular clinic located in Oklahoma City specializing in the diagnosis and treatment of vascular disease and venous insufficiency.



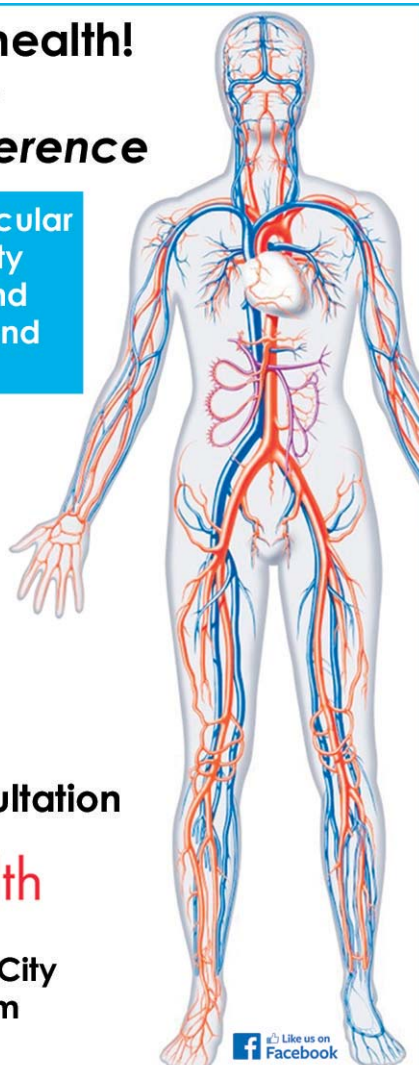
Symptoms:

- Discoloration
- Cold toes or feet
- Swelling in lower legs
- Painful cramping in legs or calves
- Numbness or tingling in toes or feet
- Sores on toes, feet or legs that will not heal

Contact us for a FREE Consultation



1 NW 64th Street, Oklahoma City
www.naadihealthcare.com
(405) 608-8884





Oklahoma City

UNIVERSITY

PROFESSIONAL ADVANCEMENT OPPORTUNITIES!

RN-BSN

- 9 months to completion
- No nursing exams
- No additional math or science courses
- Portfolio credit for certifications, nursing experience, and CE
- 1/2 day per week
- Competitive Price

MSN

- Education
- Leadership
- Clinical Nurse Leader (CNL)
- Post-Master's Certificates: Education and Leadership
- Post-Master's Certificates: FNP and AGACNP
- Live Streaming available

Doctoral

- Doctor of Nursing Practice (DNP)
- BSN-DNP: Family Nurse Practitioner (FNP)
- BSN-DNP: Adult Gerontology Acute Care Nurse Practitioner (AGACNP)
- PhD and BSN-PhD - new price!

www.okcu.edu/nursing

OCU pledges to recruit, select and promote diversity by providing equality of opportunity for all persons



Ashley Quintana Harrison wears many hats as Unit Manager at Bellevue Health and Rehabilitation.

HARRISON

Continued from Page 4

Ashley to work hard and do her best in everything she sets out to do. "I try to stay positive and happy so I can spread it to others. I enjoy talking to all of the patients and I feel like I am a big help to them," Ashley said.

What qualities make a good nurse? "I think a nurse needs to be compassionate and dependable. In my opinion, they should be thick-skinned because more than likely, they will run into some rough times. Just when they think they can't go any farther, their compassion will take over and that is when they will receive the biggest reward from just being a nurse," Ashley explained.

Ashley is married to her wonderful husband Alvin. They have one little boy, Kingston who is six years old. Their four-legged family member is their



German Shepard, Roscoe. Ashley's hobbies include reading, cooking and riding her pink motorcycle. Ashley has been riding for about two years now and loves riding with Alvin.

Asking Ashley what one word would describe her life and she replied, FULFILLING."



IS GRANDMA STARVING?

New Hidden and Costly Epidemic in Elderly – Malnutrition



Kevin Morefield and Zella Classen of Valir Pace deliver food and pre-packaged meals to 74-year-old Sharon Gibson at her Oklahoma City home. Half of all seniors are at risk for malnutrition. Gibson has battled malnutrition and a variety of health issues, but she says she is living life again and enjoying it thanks to Pace.

When you hear the word "malnutrition," you probably think of people in impoverished countries, but the fact is, one in every two older adults is at risk of becoming malnourished.

An elderly Oklahoma City woman was that one in two. Sharon Gibson

said she was wasting away. Doctors had given up hope and so had she.

"It was just all overwhelming and I was to the point where I didn't care whether I lived or died," the 74-year-old said.

Malnutrition in older adults is a

See GRANDMA Page 10



StacyCares

Oklahoma

Advocacy, Accompaniment & Visitation Services for Seniors

CONTACT US TODAY AT (405) 802-3730

www.StacyCaresOK.com info@StacyCaresOK.com

Oklahoma's Nursing Times

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
- 1 9 2 Physicians Assistant
- 1 9 7 Public Health
- 2 0 0 Rehabilitation
- 2 0 4 Registered Nurse
- 2 0 7 Research
- 2 1 0 Sales Representative
- 2 1 3 Service
- 2 1 7 School Nurse
- 2 2 0 Spec Producers
- 2 2 3 Support Staff
- 2 2 5 Traveling Nurse
- 2 2 6 Miscellaneous

Fun Fact: With over 50 years of combined newspaper publishing, editing, graphic design, sales and marketing experience, Oklahoma's Nursing Times welcomes the opportunity to work with you! To Advertise, Please Call Oklahoma's Nursing Times at (405) 631-5100 Or Visit www.oknursingtimes.com!

123 CERTIFIED MEDICAL ASSISTANT

We are seeking Certified Medication Aide (CMA) 7am - 3pm.

Apply at North County Assisted Living. 523 N 22nd St, Collinsville, OK 74021

Certified Medication Aide (CMA) 3 pm - 11 pm.

Apply at Beacon Ridge Senior Mental Health. 102 E. Line Ave. Sapulpa, OK 74067

124 CERTIFIED NURSE ASSISTANT

Certified Nursing Assistant (CNA) - 7 am - 3 pm needed

at North County Nursing & Rehabilitation located at 523 N 22nd St, Collinsville, OK 74021. Apply now! Competitive Pay, Benefits, Bonuses, Supportive Leadership. Qualifications: Must be 18 years old, with a clean background, reliable transportation, active driver's license, auto insurance, and the ability to lift at least 50lbs. Ability to work flexible schedules and weekends is highly preferred. Required license or certification: Certified Nursing Assistant (CNA). Required education: High school or equivalent.

Nurse Aide, Certified Nurse Aide, CNA. All Shifts - Will Train.
The Village Health Care Center. 1709 S Main St, Broken Arrow, OK 74012

Fun Fact: Did you know Oklahoma's Nursing Times have more than 11,000 likes on FACEBOOK? To advertise, please call Oklahoma's Nursing Times at (405) 631-5100 or visit www.oknursingtimes.com!

We are seeking Certified Nursing Assistant (CNA).

Apply at Heartsworth Assisted Living located at 821 N Foreman St, Vinita, OK 74301

Now interviewing energetic applicants for 3-11 shift.

Certified Nursing Assistant (CNA)

Arbor Village is Now interviewing energetic applicants for 3-11 shift. Resident centered Care - Come see the difference!!!! Health insurance, vision, dental, short term/long term disability, 401k and PTO available. Apply online or in person at 310 W. Taft Ave, Sapulpa, OK.

140 GENERAL NURSING

We're looking for an Aide to join our team.

You'll report directly to the Director of Operations and function under the direction, instruction and supervision of the Registered Nurse and/or Clinical Supervisor. New Century Hospice, 4111 S Darlington Ave #650, Tulsa, OK 74135.

Medical Specialist EMT - Paramedic, LVN/Licensed Practical Nurse, or Registered Nurse

at BPL Plasma, Inc. Stillwater, OK. The Medical Specialist performs donor medical qualifications, determining donor suitability and handling donor reactions. Performing medical screening to determine if the donor is suitable to safely donate plasma. Educating donors and staff on donor suitability and medical related questions. Responding to donor adverse reactions and providing medical care as needed. Counseling donors with reactive or positive viral marker test results. Supporting medical screening and phlebotomy areas by performing duties as needed. BPL Plasma. 315 S Washington St, Stillwater, OK 74074

LOOK!

Providers needed immediately for assistance to elderly and disabled persons in their homes in the Shawnee and Seminole areas.

Training requirements provided by ONHL Homecare Services. Come join a home care agency on the move. Direct deposit payroll, paid vacation after one year of service, employer sponsored insurance package. Call Patty Lambert or Cheryl Larson at: (405) 257-3003. 615 E 7th St, Wewoka, OK 74884

We are now hiring a Medical Director/ Psychiatrist to provide inpatient and outpatient services.

St. Mary's Regional Medical Center, located at 305 S 5th St, Enid, OK 73701 is now hiring a Medical Director/Psychiatrist to provide inpatient and outpatient services. Enjoy providing much-needed services in an attractive Midwestern location work while benefiting from the support of a progressive administrative team that values a strong work/life balance.

INTEGRIS

For you. For health. For life.

FIND YOUR PURPOSE AT INTEGRIS ...AND YOUR CALLING



INTEGRIS

APPLY TODAY AT intgrisOK.jobs

INTEGRIS considers all qualified applicants regardless of protected status as defined by applicable law, including protected veteran or disability status. AA/EOE

Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100
or email ads to advertising@oknursingtimes.com

**Oklahoma's
Nursing Times**

140 GENERAL NURSING

We are LOOKING TO hire new staff who have a servants heart and are dependable. Openings for CNAs for all shifts and CMA for night shift.

We offer health insurance to full time employees and shift differential for evenings and nights. Apply today at 915 N. 7th Ave., Purcell, OK. Sunset Estates. EOE

WE ARE LOOKING TO HIRE EXCEPTIONAL PEOPLE THAT HAVE A PASSION FOR THE SENIOR LIVING INDUSTRY Current Positions Available: LPN (Full-Time) CNA/ CMAs Dining Room Cook Servers

If you are interested in working with an amazing team, come by and complete an application at Belfair of Shawnee 1723 N. Airport Dr. Shawnee, OK. 405-275-1199

We are seeking MDS Nurse (Licensed Practical Nurse / Registered Nurse) needed.

Apply at Beacon Ridge Senior Mental Health. 102 E. Line Ave. Sapulpa, OK 74067

EOE



AllianceHealth SEMINOLE

A Great Place to Work ~ Join Our TEAM Today

\$5,000 SIGN ON BONUS FOR FULL-TIME POSITION

We're hiring FT/PT/PRN RNs for

- **Medical Surgical - RNs**
- **Emergency - RNs**

Applicants should apply at

www.alliancehealthseminole.com

140 GENERAL NURSING

We are seeking to hire a PRN Home Health Aide / Certified Nurse Aide

Montereau of Tulsa, OK (6800 S Granite Ave, Tulsa, OK 74136) is seeking to hire a PRN Home Health Aide / Certified Nurse Aide to provide our residents one-on-one, valuable, and quality direct care that uplifts and supports their daily needs. Are you committed to valuing, supporting, and uplifting the lives of seniors and those who care for them? Are you looking for a position where you can make a difference? If so, look no further! ARE YOU READY TO JOIN OUR TEAM? If you are a Home Health Aide / Certified Nurse Aide and feel that you would be right for this position, complete our application today! We look forward to meeting you!

140 GENERAL NURSING

We are seeking Director of Clinical Services/Director of Nursing (DON).

Education: RN (Registered Nurse) - Must possess, as a minimum, a Nursing Degree from an accredited college or university. Experience: Must have, as a minimum, three (3) years of experience as a supervisor in a hospital, nursing care facility, or other related health care facility. Must have, as a minimum six (6) months experience in rehabilitative and restorative nursing practices. North County Nursing and Rehabilitation. 2300 W Broadway St, Collinsville, OK 74021

We are in need of a PRN, or as needed, Clinic Nurse/ Licensed Practical Nurse for the after hours / urgent care clinic.

Purcell Municipal Hospital located at 1500 N Green Ave, Purcell, OK 73080 is in need of a PRN, or as needed, Clinic Nurse/LPN for the after hours / urgent care clinic. Monday-Friday 8a-7p, varied weekends: Saturday 10a-6p, Sunday 10a-4p. No holidays. Openings are for evening shifts and weekend days. The Clinic Nurse/LPN must perform the functions of a licensed practical nurse or registered nurse in assessing, planning, implementing, and evaluating all assigned patient care in collaboration with Physicians and Physician Assistant(s). They are responsible for adhering to all Standards of Nursing Practice, for managing supplies and equipment with the direction of the Clinic Physician Assistant and/or Physicians. Must have current Oklahoma LPN license and prior work experience in clinic setting.

161 LICENSED PRACTICAL NURSING

We are seeking Licensed Practical Nurse

at Angels Care Home Health 27 N Vann St, Pryor, OK 74361. Primary function of the LPN is to administer skilled nursing care, under the supervision of a registered nurse, for clients of all ages in their place of residence, coordinate care with the interdisciplinary team, patient/family and referring agency. Qualifications: Graduate of an accredited school of vocational nursing. Current state license as an LPN, Current State's Driver's License. Two years' experience as an LPN, home health preferred. Proof of current CPR and Hepatitis profile.

Licensed Practical Nurse. Join a team of passionate and caring people who make a difference in people's lives.

ResCare is a one of a kind company who not only offers the chance to change people's lives but also offers educational, vocational and job placement for people of all ages and skill levels. Right now, we have an exciting opportunity for you to join our team as a Licensed Practical Nurse (LPN)/Licensed Vocational Nurse (LVN) to provide care to those with intellectual and developmental disabilities. 1601 S Main St Ste 400, Tulsa, OK 74119

161 LICENSED PRACTICAL NURSING

Licensed Practical Nurse (LPN) - Home Health - Weekends PRN at Encompass Health - Home Health & Hospice in Stillwater, OK. At Encompass Health - Home Health, the LPN administers skilled nursing services to clients requiring intermittent professional services. These services are performed in the clients' home in accordance with the physician's orders and the established plan of care, under the direction and supervision of the Branch Director and Supervising RN, and teaches the client, family and other members of the health care team. 2318 W 7th Street, Stillwater, OK 74074.

Licensed Practical Nurse. We are looking for someone who has an excellent patient/customer service skills and an out-going, dynamic personality, and has the ability to work well on a close team environment.

at Care ATC Inc located at 9902 E 43rd St a, Tulsa, OK 74146. We are looking for someone who has an excellent patient/customer service skills and an out-going, dynamic personality, and has the ability to work well on a close team environment. Minimum Qualifications: High school diploma or equivalent. Graduation from an approved practical nursing program. One year LPN experience required; clinical experience preferred. State licensed practical nurse. Current BLS/CPR certificate.

161 LICENSED PRACTICAL NURSING



We are currently seeking Licensed Practical Nurses who have a passion for providing the highest quality care in an institutional setting.

Licensed Practical Nurse at CoreCivic located in 3200 S Kings Hwy, Cushing, OK 74023. At CoreCivic we do more than manage inmates, we care for people. CoreCivic is currently seeking Licensed Practical Nurses who have a passion for providing the highest quality care in an institutional setting. The Licensed Vocational Nurse is responsible for the performances of basic nursing duties to include execution of physician orders, operation of pill call, operation of sick call, and assisting the physician in examinations and treatments and performs technical/clinical procedures within the scope of his/her license. Assists in the professional management of the facility medical department. Qualifications: Graduate from an approved school of nursing with a certificate as a Licensed Practical Nurse. Must be licensed in the state of employment. A valid driver's license is required. Minimum age requirement: Must be at least 20 years of age.

PICK A CARD



ANY CARD

Payment at Oklahoma's Nursing Times can be made with any of the above credit cards.

TO SUBSCRIBE OR ADVERTISE
CALL 405-631-5100

Oklahoma's Nursing Times

Oklahoma's Nursing Times

CLASSIFIED RATES!

Per Line, Per Insertion

Open	4x	12x	26x	48x
\$3.01	\$2.41	\$2.22	\$1.93	\$1.66

Classified Display: 14 lines to an inch.



Add Facebook ad Boost for \$40!

Find us and check out your ad on Facebook.

www.facebook.com/oklahomas.nursingtimes

WORLD-WIDE! YOUR AD ON OUR JOB BOARD FOR ONLY .32 EXTRA PER LINE!


www.oknursingtimes.com/jobs

For More Info: Contact us at advertising@okcnursingtimes.com or by phone (405) 631-5100

Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100
or email ads to advertising@okcnursingtimes.com

Oklahoma's Nursing Times




ONA is serving the
community of Oklahoma Nurses...

Empowering
Nurses in Oklahoma

...working every day,
advancing your practice, protecting your job.

Join today,
visit www.oklahomanurses.org
and take advantage of the
professional support you deserve.

Oklahoma Nurses Association
www.oklahomanurses.org | 405.840.3476



Our black belt angel. No amount of words can describe the love that Austin gave to our lives. Shortly before he died, we were discussing a friend's little girl that was on the heart transplant list. I asked Austin and his 16-year-old brother if they wanted to be donors. Austin's response was, "I won't be needing them any more, so sure!" That conversation gave us the courage to honor his wishes a few months later. Working out with friends, he collapsed with a heart condition we never knew he had. At 12 years old he left this world too soon, but showed us how to live every day to the fullest. After 4 years in karate he had just received his red belt, and after his death his instructor honored him with his black belt. We are so grateful to be able to call him our son. He will always be our "black belt angel." Love, Dad, Mom and Dillon

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call **800-826-LIFE (5433)** and ask for a donor registration card.

Austin Donor

DONATE LIFE **LifeShare**

New use for OMRF brain cancer treatment could extend lives



Dr. James Battiste (left) is leading the clinical trial for OKN-007, an experimental drug that Dr. Rheal Towner (right) helped pioneer to treat brain cancer patients.

An experimental brain cancer compound developed at the Oklahoma Medical Research Foundation is being used in a new study that could considerably extend the lives of glioblastoma patients.

In a study at the University of Oklahoma's Stephenson Cancer Center, the OMRF compound OKN-007 is being combined with Temodar, the current standard-of-care medication for glioblastoma. Researchers hope to learn if it can enhance Temodar's effectiveness for a longer period of time. Glioblastoma is an aggressive form of brain cancer with no cure. Even with surgery and chemotherapy, patients typically live only 12-18 months after diagnosis. Only 1 in 20 glioblastoma patients will live five years.

Temodar has been proven to work, but in most cases, patients tend to become resistant to the drug after approximately three months.

In combination, OKN-007 allows Temodar to remain effective for longer with less resistance, thus extending treatment well beyond the three-month window, perhaps indefinitely, said OMRF Vice President of Technology Ventures Manu Nair.

"Several additional months of treatment with Temodar can dramatically prolong the lives of patients and keep them from enduring other grueling treatments that can compromise their immune systems,"

said Nair.

OKN-007 had been in trials to determine safety and efficacy since 2013. The compound was developed by OMRF scientists Rheal Towner, Ph.D., and Robert Floyd, Ph.D., as a novel therapeutic that dramatically decreased cell proliferation (spread) and angiogenesis (formation of new blood vessels), and it turned on the process of removing damaged cells so they can't become cancerous.

"OKN-007 has been promising, but until now, it was only used in very late-stage cancer where patients are out of other options," said Nair. "By combining it with Temodar, it offers a longer, more effective treatment regimen." The new study is led by James Battiste, M.D., Ph.D., medical director of the Comprehensive Brain Tumor Program at the Stephenson Cancer Center.

An estimated 12,000 Americans are diagnosed with glioblastoma each year, according to the American Brain Tumor Foundation. The standard treatment regimen involves surgery to remove as much of the tumor as possible, followed by radiation and chemotherapy. Still, the tumor almost always grows back.

"By combining Temodar and OKN-007 following initial surgery to have the brain tumor removed, we see potential for these patients to added benefit from an existing drug already proven to work, but for a much longer period of time," said Nair.

(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

Northwestern Powerhouse

University fueling rural health care

There's something special going on with the future of rural healthcare in Oklahoma and it's taking place at Northwestern Oklahoma State University.

Shelly Wells, PhD, MBA, APRN-CNS, ANEF is the Division Chair and a Professor at the school. A big smile covers her face when she describes how the Alva university is educating nurses to provide healthcare to rural Oklahomans for generations to come.

"We want to keep them out in the high-need areas so our curriculum includes education on rural nursing and that sets us apart from other programs in the state," Wells said. "At this time, we are the only public university in Oklahoma that offers a BSN to DNP."

Northwestern features three different options to advance your nursing education.

The traditional BSN program is offered at four different sites. Students who have earned their LPN may be admitted with advanced standing into the traditional program.

"We have provided access throughout four different sites throughout rural northwestern Oklahoma so that the students don't have to travel to a main campus to receive their education. They can receive much of it near their home areas."

An online RN-to-BSN program is available with no traditional clinical hour requirements that may be completed in 12 months. This program is designed for working RNs to complete their BSN.

A hybrid BSN-to-DNP program allows students to pursue their family nurse practitioner licensure without needing to obtain a Master's degree first. Coursework is offered online with practicums close to the student's home setting.

"We anticipated admitting six students the first cohort and 10 the second and we have admitted 25 so far in each cohort and it's become a competitive entry process," Wells said of the growing program.

A Nightingale Award of Nursing Excellence recipient from the Oklahoma

Nurses Association, Wells takes pride in the program's low faculty-to-student ratio and the relationships the faculty have forged at healthcare facilities across northwestern Oklahoma.

Allowing students to learn in their communities creates a natural draw for students.

"That's the plan," Wells said. "We have students completing clinical rotations in those four sites with the thought and hope they will stay in those sites to serve their home communities."

The NWOSU Nursing program is nationally recognized for its accessibility, affordability, and program outcomes.

The BSN program is accredited by the Accreditation Commission for Education in Nursing, Inc. (ACEN) and is approved by the Oklahoma Board of Nursing (OBN). The BSN-to-DNP program for Family Nurse Practitioners has received provisional approval from the Oklahoma Board of Nursing and has applied for national accreditation through the Commission on Collegiate Education (CCNE) with a site visit scheduled in November 2019.

The yearly application process for the traditional BSN program begins each October. The Online RN-to-BSN program enrolls students year-round and the annual application cycle for the BSN-to-DNP program opens every January.

With more than 30 years of teaching experience in nursing, Wells has closely followed the national trend calling for more BSN-prepared nurses.

"All the hospitals we have talked to in Oklahoma prefer to hire BSN-prepared nurses and they are encouraging their staff to go back and complete their BSN," Wells said. "We're seeing those numbers increase."

A BSN provides the foundation of study that can serve as a basis for pursuing advanced education in nursing.

And Northwestern provides options to do that close to home.



BE IN DEMAND

All of our programs are noted nationally for their high quality, convenience and affordability.

A program that **ENABLES** you to be **WHO** you want to be, **WHERE** you want to be and **HOW** you want to learn.

Northwestern Nursing is recognized by NurseJournalORG as one of the best all-around nursing schools in the central United States for quality, affordability, convenience, satisfaction and value.



Traditional BSN, Online RN-to-BSN and BSN-to-DNP

- The traditional BSN is offered at 4 sites: Alva, Enid, Woodward and Ponca City. Students learn close to where they live instead of traveling to a main campus. All sites have low student to faculty ratios.
- The Online RN-to-BSN program is a 12-month online program with no traditional clinical hours requirement. Students enter in the Fall, Spring, or Summer and no campus visits are required.
- Both the Traditional and Online RN-to-BSN programs are accredited by the Accreditation Commission for Education in Nursing (ACEN).
- The BSN-to-DNP Family Nurse Practitioner Program is a hybrid model offering online courses and local clinical practicums. Students are admitted every Fall semester. This program is scheduled to be reviewed for accreditation by the Commission on Collegiate Nursing Education (CCNE) in November 2019.



www.nwosu.edu/school-of-professional-studies/nursing

For BSN Program (Traditional and Online) Information: 580-327-8493

For DNP Program Information: 580-327-8442

GRANDMA

Continued from Page 5

hidden and growing epidemic and a costly one. The estimated price tag of the increased health care costs for disease-associated malnutrition in older U.S. adults tops \$51 Billion a year. Hunger is not the sole cause. Sometimes it's about eating the wrong foods and sometimes medical conditions like cancer, diabetes and Alzheimer's are to blame.

Gibson had been diagnosed with Chronic Obstructive Pulmonary Disease, which left her constantly out of breath. She also had digestive issues that impacted her ability to eat, as well as trouble standing, which made it difficult to cook.

"I was very sick physically, emotionally. I couldn't eat. My digestive system was shot. My lungs were shot - my whole bone structure. I couldn't even stand up straight," she explained. That was before Gibson found Valir Pace, a non-profit program that provides all-inclusive care to older adults.

"A lot of participants have come to me when I'm doing their initial assessment and they say, 'you know, sometimes I have to pay my medicine,

you know, pay for medicine and sometimes I have to decide if I want to eat or what I'm going to buy to eat and that's so heartbreaking," said Zella Classen, MA, RD/LD, director of Food and Nutrition at Valir Pace.

At Pace, Classen and the entire nutrition team spend their days preparing, serving and packing meals for delivery to participants. They know malnutrition in older adults can lead to a variety of health problems. These include:

- An increased risk of infection due to a weak immune system
- Poor wound healing
- Muscle weakness and decreased bone mass, which increases the risk of falls and fractures
- A higher risk of hospitalization and death

"A lot of times someone will come to me and they may not have been educated on an appropriate diet for them. And remember, as we are get older, we may develop a chronic disease like diabetes or heart disease, and things like that; and they may not have been educated on that. Or if they have been, they really struggle on getting the right foods for that diet because of their limited income. So, we try to work with them on

educating and then trying to help solve that problem on getting them the appropriate foods," Classen said.

Today thanks to Valir Pace, participants have access to two meals a day, as well as delivery of specially prepared meals and groceries to their homes. It's not just providing food, though. Classen said it is about providing the right food and the right nutritional supplements to optimize health.

Today, Gibson has a very different outlook on life.

"Nutrition is the basis of everything. If you're not eating, your body isn't functioning. You can't do anything else. So, Zella interviewed me and asked really good questions. They got to the root of my digestive problems and set up a plan with me and, slow but sure, I gathered strength," she said.

Gibson pays nothing for the program - a program she says has literally saved her life.

"They've turned my life around. I'm living again. I'm not just existing. I'm not waiting to die. I'm living and enjoying each day," she said.

To find out if you or a loved one qualifies for the program, visit www.valirpace.org

**SERVING MORE THAN
30,000 RN's AND LPN's
EVERY WEEK!
AND NOW...
WITH ALMOST 9,000
FOLLOWERS ON
FACEBOOK!
Let us find your next
team member!
PRINT - JOB ALERTS -
FACEBOOK - JOB BOARD -
WEBSITE**



Excell

Home Care • Personal Care

Personal In-Home Care ♦ Case Management ♦ Advantage Programs
Long Term Care ♦ VA Friendly ♦ Long Term Care Insurance Accepted



Excell Private Care Services
4631 N. May Avenue
Oklahoma City, OK 73112
405.639.3939
Toll Free: 1.866.631.8711

Excell Private Care Services
4821 S. Sheridan Rd #210
Tulsa, OK 74145
918.660.0609
Toll Free: 1.866.631.8711

A Legacy of Excellence

www.ExcellCares.com





Comfort Keepers.
Elevating the Human Spirit™

Make everyday extraordinary

At Comfort Keepers®, we provide in-home care that helps seniors and others live safe, happy, and independent lives in the comfort of their own homes.

In-Home Care

- Personal care
- Companionship & housekeeping
- Dementia & Alzheimer's care
- Private duty nursing
- Respite care
- Safety solutions

(405) 242-5300
ComfortKeepers.com
2601 Northwest Expressway, Suite 115E, Oklahoma City, OK

© 2019 CK Franchising, Inc. Most offices independently owned and operated. 0819

NURSE TALK



My name would be Flower.



Starla Donnell, LPN

I would be called Twinkle toes!



Belinda Summerville, RN

If you were one of Santa's elves at the North Pole, what would your name be?

Mercy
Mercy
Rehabilitation
Hospital

Santa would still call me Larry!



Larry Whaley, RN

My name would be Giggles because I giggle a lot.



Jamie Saunders

Assisted Living
as Low as
\$701*
person centered care

Care Suites
Your wellbeing first

Corner of NW122nd & Western
www.caresuitesokc.com
405-269-2266



*Income based all inclusive-1 bedroom private apartment

Care Plus
HOME CARE



FREE IN-HOME ASSESSMENT

- ✓ 24 Hour Live-Ins or Hourly Available
- ✓ Certified Home Health Aides & Companions
- ✓ Bathing, Dressing & Hygiene Assistance
- ✓ Meal & Snack Preparation
- ✓ Light Housekeeping & Laundry
- ✓ Services Provided up to 24 Hours Per Day



*Stay Home,
Stay Well!*

CALL US 405.769.2551
24 Hours 877.744.2551

"Family owned, operated & serving Central Oklahoma since 1993"

www.CarePlusatHome.com

SAFETY & THERAPY *for* LIFE

The best walk-in tub at the lowest possible price.



- Super-low door threshold for entry and exit
- Speedy Fill and drain
- Leakproof door with easy-grip handle
- Custom built-to-order, top-of-the-line hydrotherapy systems assembled using the highest quality name-brand components
- Mention this ad for a 25% discount in DEC 2019

FREE IN-HOME ESTIMATES. 1-2 DAY INSTALLATION! CALL NOW:

405-226-8424

A SAFE SOLUTION WALK-IN TUBS

*Local Family Owned and Operated
Authorized Dealer of*

BlissTubs
CHOOSE PEACE OF MIND



asafesolution@gmail.com • www.blisstubs.com



A safe solution

For your patients, residents and clients

by Bobby Anderson - Writer/Photographer

For 30 years now, John Houge has helped seniors lead a longer, safer and more comfortable life all in the comfort of their own homes.

As the state manager, Houge helped bring Craftmatic adjustable bedding to Oklahomans near the turn of the century, ushering in a new era in home health and safety products.

And for the past 13 years he's been an expert traveling the metro counseling seniors on the benefits of A Safe Solution walk-in tubs.

For many seniors, the worry about a fall is always in the back of their minds.

According to data compiled from the 1997 and 1998 National Health Interview Survey, the majority (55%) of fall injuries among older people occurred inside the house.

Falls in the bathroom are a major source.

Combine already slick surfaces with water and rugs and getting in and out of a bathtub and it can be a recipe for disaster – literally.

That's where Houge and A Safe Solution come in. Walk-in tubs provide homeowners with the peace of mind knowing they will be as safe as possible.

"I enjoy going to see people and I enjoy helping them with their home health needs," Houge said.

A SCARY FALL

According to the National Institutes of Health, one in three adults aged 50 and over dies within 12 months of suffering a hip fracture. Older adults have a five-to-eight times higher risk of dying within the first three months of a hip fracture compared to those without a hip fracture. This increased risk of death remains for almost ten years.

Beyond suffering pain, a hip fracture results in a loss of physical function, decreased social engagement, increased dependence, and worse quality of life. Many

people who have a hip fracture need to change their living conditions, such as relocating from their home into a residential aged care facility.

Ultimately, the often rapid regression of an older person's health following a hip fracture means outcomes are poor.

By offering high-quality walk-in tubs that are safe and therapeutic, individuals overcome the risks of bathing in a standard bathtub.

For those who struggle to get into and out of a standard tub, dreading the difficult 30" threshold and slippery bathtub floor, a walk-in tub is the answer to changing bathing requirements.

Safety is a major reason many rely on walk-in tubs, but Houge said there's a host of other reasons.

BLISSFUL HEALTH

The benefits of a relaxing bath are becoming clearer and clearer in scientific literature.

Hydrotherapy is the full immersion of the body into both hot and cold water as a natural and holistic treatment which detoxifies the blood, stimulates blood circulation, enhances the immune system, improves digestion, reduces inflammation and much more.

For thousands of years, people around the world have benefited from the healing power of hydrotherapy. In recent decades, doctors have confirmed the healing power of bathing, and studies and testimonials have shown how hydrotherapy is a reliable and affordable home remedy for treating the symptoms of many of today's most common ailments.

According to an article in the New England Journal of Medicine, type II diabetes patients reported a 13% reduction in blood-sugar levels, improved sleep, and an increased sense of well-being by simply enjoying warm water therapy as a home remedy for diabetes symptoms. Research shows stress



John Houge, owner/general manager of A Safe Solution, is helping people stay in their homes longer.

reduction improves the quality of life and may indirectly improve blood sugar control.

"There's the safety and integrity of being able to take care of themselves," Houge added. "There's enough safety (features) that most of our customers can take a bath by themselves without being afraid."

Houge makes his sales calls personally.

"I don't send a salesman. We're family-owned, operated and local," said Houge, who owns the business with wife Karen.

Knowing that change – even change for the good – can be stressful, Houge is there to answer any and all questions before during and after the process.

Once all questions are answered

the product can be installed in as little as a day, with two days of set time to insure the optimal cure.

"It feels great because that's what they really want," Houge said. "It's rewarding when they finally see the benefit. Most of our customers are pretty conservative. That is why our mission statement has always been to provide the highest quality products at the most reasonable price in the industry."

Houge offers Veteran's Discounts and lifetime warranties along with free in-home estimates.

If you have a patient, resident or client in need of bathroom security and comfort John can be reached at 405-226-8424 or by email at asafesolution@gmail.com.

MUSTANG TAX SERVICE

45 W Armstrong Dr. Ste A, Mustang, OK 73064

- Bookkeeping • Payroll
- Personal & Business Tax Return

BRING IN THIS COUPON FOR

25% OFF NEW CUSTOMER DISCOUNT

(405) 376-5456 | mustangtax@aol.com



PREPARE TO BE SURPRISED.

Meet the Maddox family. Their thirteen-year-old daughter, SaNiyah, has cerebral palsy and is confined to a wheelchair. SaNiyah's entire life – her happiness, her health, her every need – all depends on her family and help from the team at Special Care. But they also have two adorable young sons, demanding jobs and – on top of everything else – they foster an infant who needed a home, too. It's more than most of us could handle.

But here's the big surprise. The Maddoxes not only receive help from United Way agencies, they find room in a budget stretched to its limit and they give to the United Way. **Can you?**

GIVE. ADVOCATE. VOLUNTEER.



United Way
of Central Oklahoma

**STAND
UNITED
OKC.com**