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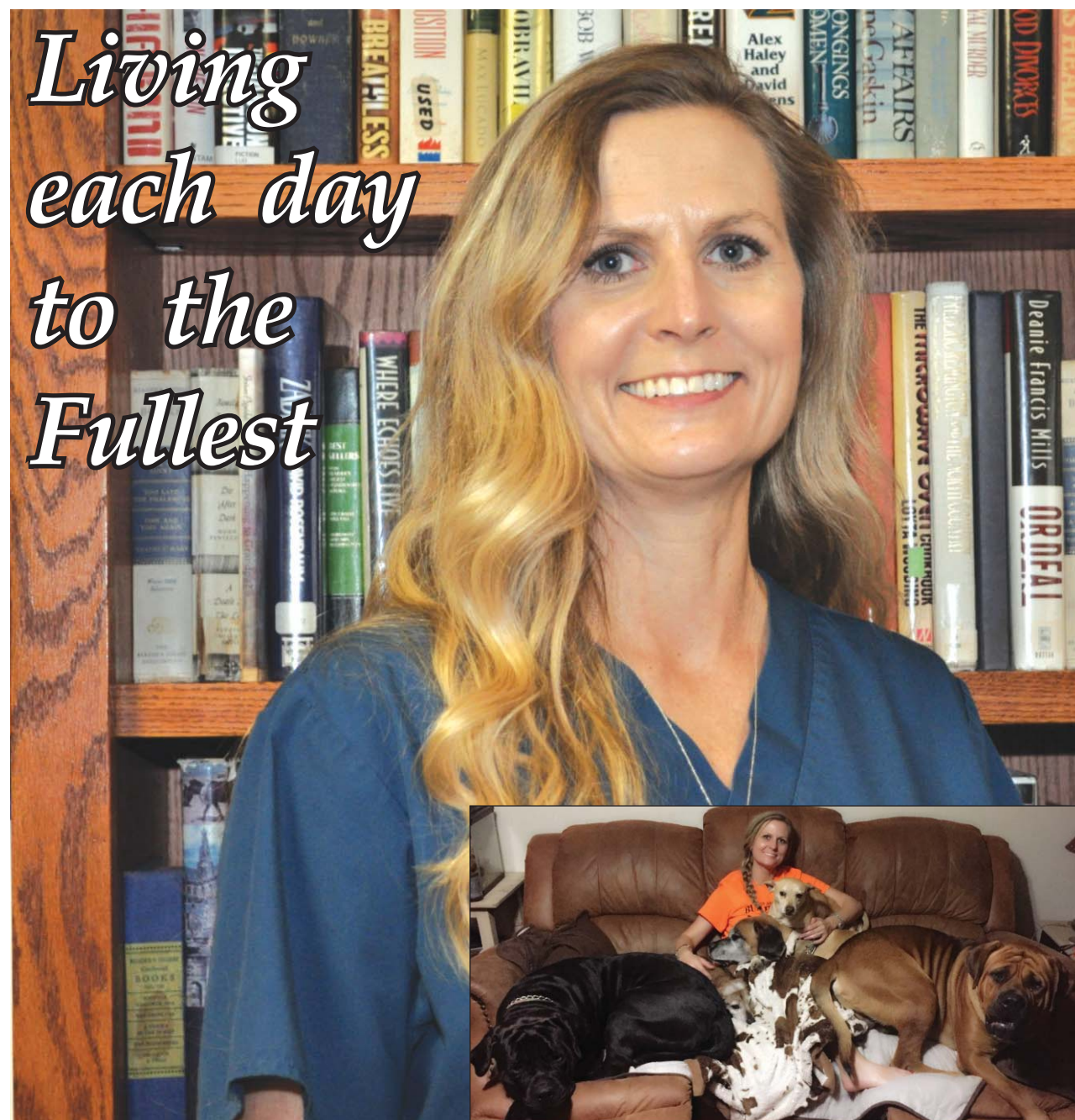
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Information for the Oklahoma Nursing & Health Care Professional

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*Living
each day
to the
Fullest*

MaryKaye Gorbet, RN is the charge nurse at Grace Living Center in El Reno, Oklahoma. She has been a nurse for twenty-six years and continues to touch many lives with her caring heart.

by Vickie Jenkins, Staff Writer

Not far from Oklahoma City, you will find El Reno, Oklahoma, home of the historical Chisholm Trail and Route 66. This is also where you will want to participate in the annual spring festival as Sid's Diner serves the world's largest onion-fried hamburger. Last but not least, El Reno is the home of Grace Living Center; a five star home which was recognized as the 2019 Baldrige Award Winner.

I spoke with MaryKaye Gorbet, RN, who is the charge nurse at Grace Living Center. Growing up in El Reno, OK, she attended Redlands

Community College right out of high school, going straight to nursing school. "Right now, we have about seventy-four residents. Our goal here is Resident First. We try to live up to that goal every day. It is such a pleasure to come to work. Between the residents and the staff, I feel like this is my extended family. Every morning, I tell myself, live each day to the fullest, tomorrow is not guaranteed," she explained.

Dedication and a love for nursing speak volumes for MaryKaye. "I actually started out as a medicare coordinator and had quite a few administrative jobs but then, I decided to go into

See GORBET Page 2

Dean for OBU College of Nursing Appointed



OBU has appointed Dr. Robbie Henson as dean of the University's College of Nursing. Henson has served as interim dean since August 2019 and is the Lawrence C. and Marion V. Harris Chair of Nursing. She is an OBU alumna and joined the faculty in 1991. Her duties as dean will begin immediately.

OBU has appointed Dr. Robbie Henson as dean of the University's College of Nursing. Henson has served as interim dean since August 2019 and is the Lawrence C. and Marion V. Harris Chair of Nursing. Her duties as dean will begin immediately.

Henson earned a Bachelor of Science in Nursing at OBU and a Master of Science in Nursing from the University of Texas at Arlington. She then earned a Ph.D. in Nursing from the University

See HENSON Page 3



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GORBET

Continued from Page 1

nursing. After becoming a nurse, I have worked in geriatrics throughout the years. That was twenty-six years ago! The residents here at Grace Living Center come here locally and from the surrounding areas; Watonga, Geary, Edmond and OKC. We definitely have a home like atmosphere here and we always put our residents first and a guest in their home. The residents choose when they want to awake and when they want to retire for the evening. They are welcome to choose their own activities on their time schedule. Grace Living Center has some amenities that the residents like. There is Gracie's Ice Cream Parlor, Old Opera Tea Room, The Great Tea Room, (serving buffet meals restaurant style, complete with menu) a hair salon, chapel and a library. Each of the resident's room look more like they are staying in a bed and breakfast instead of an assisted living facility," MaryKaye commented. "The rooms are beautiful."

What advice would you give to someone going into the medical field? MaryKaye replied, "I would tell them to choose their field wisely. There is such a multitude of diversity when it comes to nursing, a person can do anything they set their mind to."

MaryKaye's favorite part of her job is getting to know the residents on an individual basis. "Not only do I get to know the resident, I get to know their families. Being a nurse is a gratifying job as we build strong relationships. The family members tell us that they are thankful for their loved ones being cared for and how reassuring it is for them to be here in a safe place," MaryKaye said. "It makes it easier for the family members to know that we really care about their loved ones in their last chapter of their lives," she added.

On the other hand, MaryKaye's biggest challenge is the staffing. "Staffing is always a challenge but it comes in cycles. We are always adequately staffed but if a new nurse comes in, we build our team again.



MaryKaye Gorbet and daughter Sierra Chapa are both nurses.

I always try to encourage the new nurses and aides - trying to be a mentor to them," MaryKaye said.

When MaryKaye was little, she wanted to be a housewife and mother. "I got it right, eventually," she said with a laugh. She is married and she and her husband have six kids, ranging from ages 11-29. One of my daughters, Sierra Chapa, is a nurse at OU." When I asked about her hobbies, she answered, "I love the outdoors. My husband and I like to fish, shoot shotguns and ride Harleys. The Harleys are a brand new pastime! We like to travel and one of our favorite places to go is Disneyworld," she replied. "I think we have been about thirteen times so far," she said with a smile. Pets? Oh, yes, right now we have two dogs; bullmastiff lab mixers, Brutus and Bentley, weighing one hundred ninety pounds each. We also have a sun conure bird, Sunny, who is a big part of our family. He rides on my shoulder wherever we go; he talks, sings and dances. Not to be forgotten, our two crested geckoes. We love animals. Can you tell?"

Summing up your life in one word, what would it be? "Blessed," MaryKaye replied.



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HENSON

Continued from Page 1

of Colorado. Her dissertation was titled, "A Grounded Theory Study of Nurse/Client Mutuality in Health Care Planning."

Henson has many years of nursing education experience. She previously served at the University of Texas Arlington/Tarrant County Hospital District in a joint appointment as an undergraduate faculty/clinical nurse specialist. She has also worked as an adjunct graduate nursing faculty member at Southern Nazarene University. Since joining the faculty at OBU in 1991, she has served as professor of nursing, team leader for the CCNE Accreditation visit to the OBU College of Nursing, graduate program coordinator, associate dean for academic programming and interim dean.

Henson has clinical experience in a wide range of specialties including adult medical-surgical, intensive care, home health, psychiatric-mental health and maternal-newborn nursing. She is currently teaching in both the undergraduate and graduate programs in the College of Nursing. She has received recognition from the National League of Nursing as a Certified

Academic Nurse Educator.

She has received numerous honors and awards throughout her career, including Oklahoma Nurse Educator of the Year by the Oklahoma Nurses' Association. She received OBU's Promising Teacher Award in 1996. She was also selected as the Senior Class Outstanding Faculty Member for the School of Nursing at the University of Texas at Arlington and was a Piper Professor Award Nominee for Excellence in Teaching, also at UT-Arlington.

Her primary research focus is on nurses' roles in facilitating self and family care through mutual goal setting. She has also completed research related to retention of nurses in the acute care setting. She has published articles on such subjects as introducing new technology, the concept of mutuality, and consumerism and quality management. She has practiced professionally in health care agencies in the Shawnee area as well as in Tulsa, Oklahoma, and Fort Worth, Texas. She is an active member at First Baptist Church, Shawnee.

Dr. Susan DeWoody, provost, is excited for Henson's selection to lead the College of Nursing.

"After conducting a national search for dean, it was confirmed to us that

Dr. Henson was a standout candidate. Dr. Henson's steadfast leadership and wealth of experience in nursing education equips her well to lead the OBU College of Nursing forward. I am confident with her promotion to dean that she will continue to serve our students, faculty and community with excellence."

Dr. Heath Thomas, OBU president, is excited for the College of Nursing's future under Henson's leadership.

"I am thrilled with the appointment of Dr. Robbie Henson as dean of the College of Nursing. Her academic and administrative background, combined with her genuine care for students and faculty, make her an exceptional choice. The future is extraordinarily bright in the College of Nursing, and we anticipate our best days under Dr. Henson's leadership."

Henson is humbled and excited for the opportunity to serve the College of Nursing faculty, staff and students as dean.

"It is a great and humbling honor to be asked to lead the College of Nursing at OBU. When I sat in class as a student on this campus years ago, I would not have anticipated ever serving as dean for this school – the first baccalaureate program of nursing in the state of Oklahoma. While I have

many years of experience as both a nurse and an educator, I am keenly aware that this work is the Lord's and that I am the vessel He has chosen to work through.

"What an excellent time in our history it is. We have a superb faculty and staff, and our facilities are stellar. There will be great days to come."

For more information about the College of Nursing at OBU, visit www.okbu.edu/nursing.

With its campus located in Shawnee, OBU offers 10 bachelor's degrees with 88 fields of study and five master's degree programs. The Christian liberal arts university has an overall enrollment of 1,868, with students from 37 states and 40 other countries. OBU has been rated as one of the top 10 regional colleges in the West by U.S. News and World Report for 28 consecutive years and Oklahoma's highest rated regional college in the U.S. News rankings for 25 consecutive years. OBU is one of three universities in Oklahoma and the only private Oklahoma university listed on Great Value College's rankings of 50 Great Affordable Colleges in the Midwest. The Wall Street Journal ranks OBU second in the nation for student engagement among all U.S. colleges and universities. Forbes.com

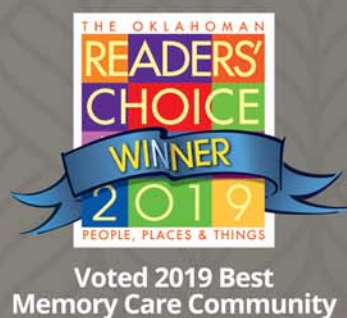


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CAREERS IN NURSING

TALL TALES TOLD - EMERALD SQUARE ASSISTED LIVING

by Vickie Jenkins - Writer/Photographer

When entering Emerald Square, I was greeted by Pepe Sanchez, RN. Pepe is the Director of Wellness and has many responsibilities as the only RN in the facility. "I work full time and am on call 24/7," he said. "I enjoy working with the elder residents because hospice is actually my background."

Growing up in Oklahoma, Pepe attended Oklahoma City Community College. "My first job as a nurse was at St. Anthony's Hospital. I worked in several areas, medical surgical, renal and pediatrics. I worked with Hospice patients for eight years. It is nice to know that I am helping the residents in their different stages of life or when their life is on a decline, I want to be there for them to help get them through," he commented. "It gives me a great satisfaction knowing that I am helping them."

"As far as dealing with the

residents, most of the ones that come here seem to open up to me pretty quick," Pepe said. "All it takes is just being nice to them and letting them know that I am here to help them. I try to be very patient with everyone."

"Wanting to work in the medical field started when I was little; I knew that I wanted to grow up to be a doctor. I was very close to my grandmother and she was sick a lot of the time and I helped take care of her. I realized how much she depended on doctors and nurses to care for her and how much better she was after seeing them," Pepe said. "I remember at one time, my grandmother had a big hole in her leg and to me, being young, I thought it was so interesting and exciting," he said. "I'm sure it is because of my grandmother that I wanted to work in the medical field. I didn't become a doctor but

I did become a nurse. I feel like my background with Hospice prepared me for this job. I have been here at Emerald Square for about a year now and I couldn't be happier," he added.

"Working here at Emerald Square is very special to me. I like working with the elder residents because they are all at different processes of their diagnosis; not in the middle, not at the end. It allows me to deal with different diagnosis every day. Some patients have dementia, some don't. Some have cancer, some don't. It allows me to help each individual in their own way," Pepe said.

Asking Pepe to describe himself, he seemed to get a little quiet. "I am actually a little on the quiet side," he said.

With Polly Milligan, Executive Director sitting in the room, she spoke up, "Only sometimes, he is a

little quiet," she said with a grin. "Oh, Pepe is amazing! He is one of the finest nurses that I have ever worked with," she added.

Pepe continued to describe himself. "I am very driven and will always get the job done. When I have something to say, I am direct with the person. Compassion is one thing I have a lot of," he commented. Pepe's favorite part of his job is getting to know the residents. "A nurse should have the quality of listening. Really, really listen to the residents because they have so much to say. They all have very interesting stories to share and it helps them in big ways just by allowing them to share their tall tales. It is great when they share their adventures," Pepe said. "Listening to their stories is very important; showing them patience and compassion."

See SANCHEZ Page 5



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Pepe Sanchez, RN is the Director of Wellness at Emerald Square, A Heart Living Center Community. Pepe stays busy with the residents and enjoys getting to know each individual.

SANCHEZ

Continued from Page 4

"I think Pepe's greatest quality is structure," Polly said.

On the others side, there is a big challenge here, Polly said. "The biggest challenge we have is overcoming the past reputation of Emerald Square in this community. We have changed a lot over the few months and now, we feel like we are on the right track," she

said. "We have already seen some improvements and we will continue on as we make more changes "I can tell things are getting better every day," she added.

When Pepe is not working, he likes to spend time with his eight year old son, Braden. "We usually spend time together outside," he said. Pets? We have a dog, a cat and a fish," he replied.

If you were going to sum up your life in one word, what word would it be? "Busy!"

Angi Mohr selected as President of St. Anthony Hospital - Shawnee

SSM Health Oklahoma has selected Angi Mohr to be the next President of SSM Health St. Anthony Hospital - Shawnee. She will begin serving her new role on February 8, following the retirement of Chuck Skillings.

Mohr has been in the health care profession since 1992, most recently serving as the Chief Nursing Officer and Chief Operating Officer for St. Anthony Hospital - Shawnee. Previously she held the roles of Assistant Vice President of Nursing and the Director of Emergency Department.

Mohr has had many achievements during her tenure with the ministry including the development and implementation of key strategies and oversight of Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS). Because of her leadership, Shawnee has achieved top decile performance for HCAHPS for three consecutive years. In 2006, she implemented and led the exceptional experience initiative that is still utilized and continues to drive outstanding patient satisfaction results. Mohr has been instrumental in partnering with local nursing schools to increase student visibility and recruitment of new graduates.

"In her role as Chief Nursing Officer and Chief Operating Officer, Angi has demonstrated strong leadership and success in achieving quality and patient satisfaction goals at St. Anthony Hospital - Shawnee," said Joe Hodges, Regional President, SSM Health Oklahoma. "She is a role model of living the SSM Health Mission, and she inspires and shows compassion to patients, physicians and employees."

Mohr is active in the community, serving as a member of the Board of Directors for Shawnee Forward, and she was a recipient of the 2019 Forward 15, Shawnee Forward Business Achievement Award. She is also a board member for United Way of Pottawatomie County and the Blue Zones Project of Pottawatomie County.

Mohr has an undergraduate degree in nursing and received her Master of Science in Management degree from St. Gregory's University.



Angi Mohr, President of SSM Health St. Anthony Hospital - Shawnee.



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OMRF scientists study effects of drug on MS-induced vision loss

Scientists at the Oklahoma Medical Research Foundation are investigating how an FDA-approved multiple sclerosis drug affects one of the most common symptoms of the disease: vision loss.

MS is a complex autoimmune disease where the body's immune system attacks its own healthy tissues. The disease attacks myelin, the protective layer that covers nerves throughout the body. Myelin loss damages the nervous system's ability to carry signals to and from the brain, causing a wide range of symptoms.

At some point, more than 50 percent of all MS patients will experience optic neuritis, which occurs when the myelin protecting the optic nerve is stripped away, resulting in temporary blindness.

"MS flares cause worsening of this vision loss, but when the flares resolve, the vision usually comes back," said OMRF scientist Scott

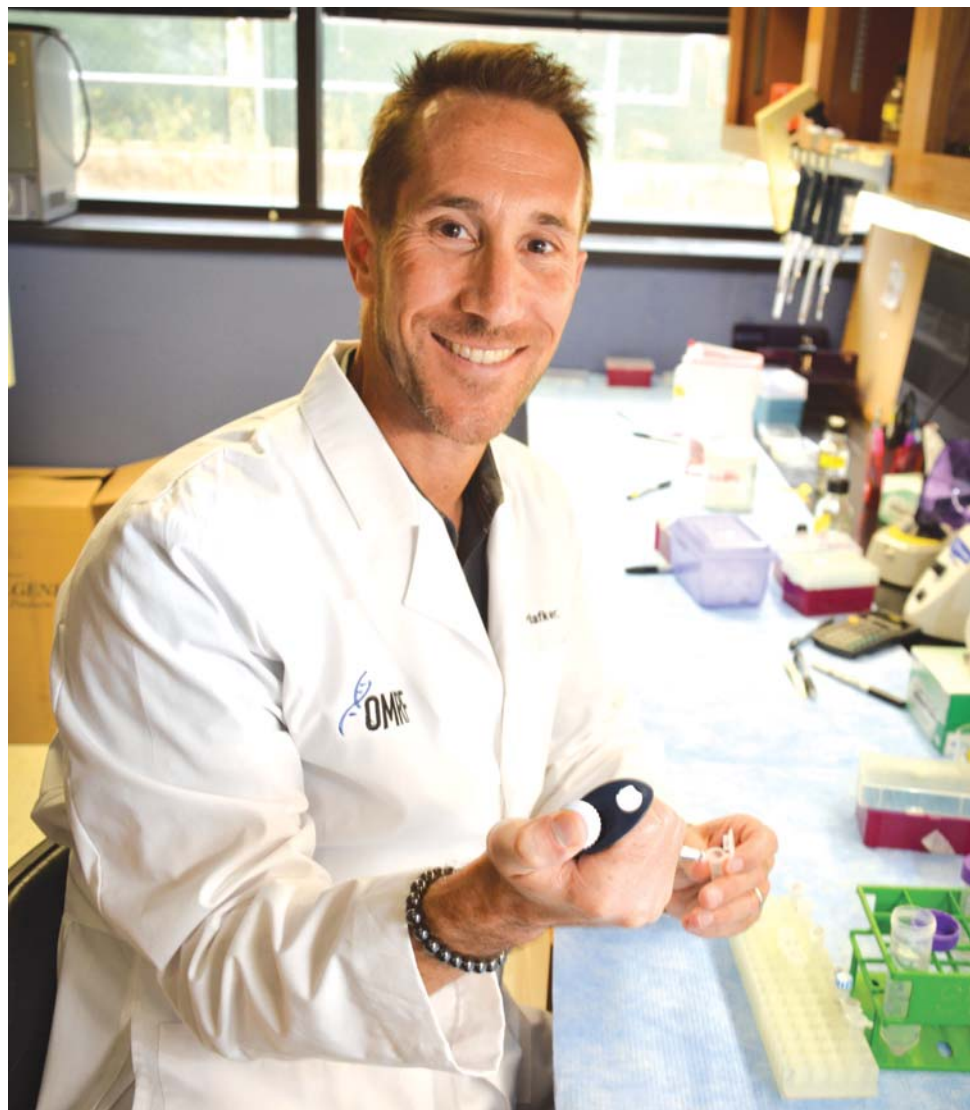
Plafker, Ph.D., who led the study. "In some cases, though, repeated flares lead to permanent vision loss. We need to come up with strategies to prevent this."

In the search for better ways to treat, or even potentially thwart, optic neuritis, Plafker and a team of researchers looked at a drug called dimethyl fumarate, or DMF, which was approved for treatment of MS in 2013.

"DMF is one of many compounds approved for MS treatment, but there had never been reports of whether this compound worked—in mice or human patients—for resolving optic neuritis," said Plafker. "We decided to take on that project."

His lab revealed that DMF had more positive effects on reducing motor deficits in mouse models but only modestly lessened the severity of optic neuritis.

To better understand how



Oklahoma Medical Research Foundation scientist Scott Plafker, Ph.D.

DMF works in humans, Plafker teamed up with physicians in OMRF's Multiple Sclerosis Center of Excellence in a retrospective chart analysis of MS patients using DMF.

"We looked exclusively at patients who never got off the medication to get a better grasp of how it impacted optic neuritis," he said. "Of the 52 patients we studied, only two ever had a single episode of optic neuritis while taking DMF. That is an incredibly exciting aspect of this study."

Plafker said DMF appears to be stopping the recurrence of optic neuritis in these patients, which could potentially help prevent the pain and blindness that occurs with flares, but it may also stop long-term damage or permanent

blindness.

"This is potentially very important clinically, because a patient and a doctor would want this kind of information when coming up with a strategy to combat patient-specific MS," he said.

Other OMRF researchers who contributed to the findings were Katarzyna Zyla, Chelsea Larabee, Constantin Georgescu, Ph.D., Chelsea Berkley, M.D., and Tania Reyna, M.D.

The work was supported by funding from the National Eye Institute, a part of the National Institutes of Health, as well as the Oklahoma Center for the Advancement of Science and Technology (OCAST) and the Presbyterian Health Foundation.

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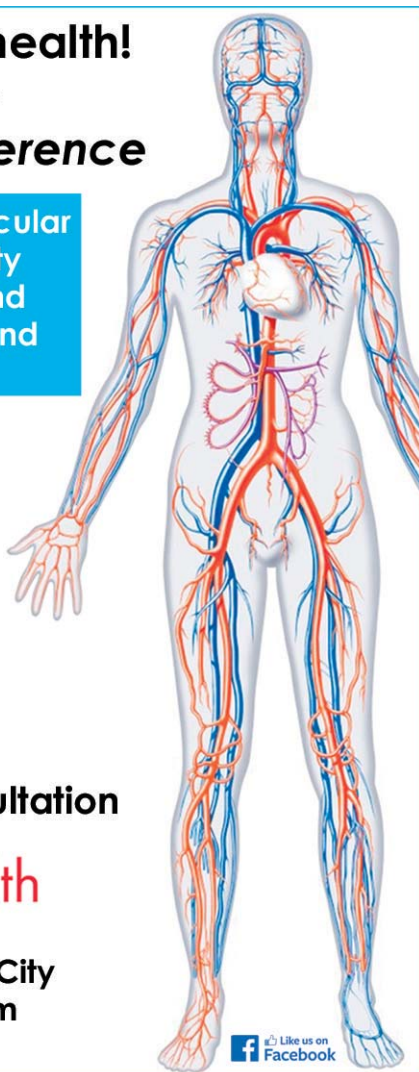
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Saint Francis Health System Provides Learning Opportunities for Nurses at Every Level

Saint Francis Health System actively encourages its nurses to grow professionally

Saint Francis Health System, Oklahoma's largest healthcare provider, has more than 10,000 employees at more than 90 locations throughout eastern Oklahoma. Nurses in the Saint Francis Health System network—which includes Warren Clinic, the state's largest physician group—can pursue careers in large communities (Tulsa, Broken Arrow, McAlester, Muskogee) and small (Vinita, Glenpool, Coweta, Owasso, Sand Springs).

Wherever they choose to work, nurses can enjoy the benefits of a locally owned, locally operated, not-for-profit health system that is dedicated to high-quality, patient-centered care. To this end, Saint Francis Health System has established a wide range of programs and services to help its nurses grow professionally, which ultimately serves to help maintain the health system's high standards of clinical excellence.

In short, the success of Saint

Francis Health System and the quality of its nursing program go hand in hand.

The Pursuit of Excellence

Nurses can take advantage of Saint Francis Health System opportunities even while they're still pursuing a degree.

The health system offers a registered nurse scholarship that funds up to \$8,000 of education at an accredited school of nursing. There is also the Saint Francis Extern Program, a nine-week shadow program designed for students in their final year of an accredited RN program. Both the RN scholarship and the extern program are great ways for aspiring nurses to get their foot inside the door.

Making the Transition from School to Vocation

Once accepted into the Saint Francis Health System nursing program, new nurses embark on a yearlong nurse residency program (NRP), a

sophisticated program that is designed to help recent graduates transition from the classroom environment to clinical bedside experiences and real-world professional nursing practice. The NRP consists of professional nursing orientation, unit-specific orientation with a preceptor, specialty classes and a variety of nurse residency seminars.

The NRP is tailored specifically to the education needs of newly licensed nurses, and is based upon Quality and Safety Education for Nurses (QSEN) competencies. During orientation, new nurses become familiar with Saint Francis Health System policies, procedures and equipment, and participate in specialty classes specific to the patient population they will be caring for.

Help Along the Way

Once an RN position is accepted, Saint Francis Health System offers a free NCLEX (National Council Licensure Exam) review course, as well

as: specialty classes offering patient-focused content that emphasizes application of clinical knowledge and principles relevant to individual specialties (e.g., pediatric, ICU and cardiac classes); nurse residency seminars that focus on communication and teamwork, critical thinking, patient/family-centered care, case management and discharge planning, plan for self-development, evidence-based practice and quality improvement; continuing education classes, including both baccalaureate- and graduate-level courses; and a wide range of national certification programs, including IABP, CRRT, LVAD and ECMO.

Saint Francis Health System invests heavily in its nurses and encourages them to grow professionally in order to fulfill its mission: To extend the presence and healing ministry of Christ in all we do.

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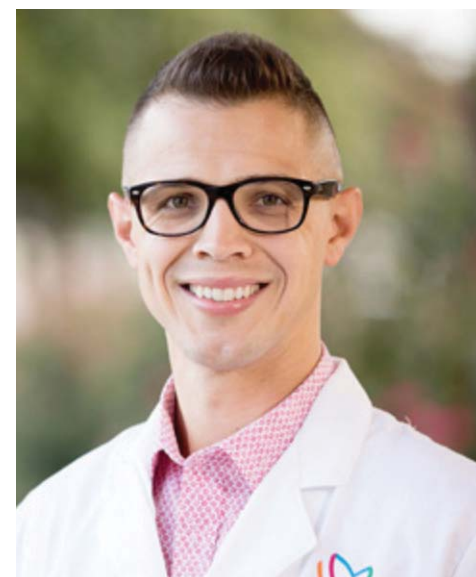


Michael Johnson, M.D., Named Chief Medical Officer of The Children's Center Rehabilitation Hospital

Michael Johnson, M.D., was recently named Chief Medical Officer of The Children's Center Rehabilitation Hospital.

Dr. Johnson is board certified in pediatrics and pediatric hospital medicine. He earned an undergraduate degree in microbiology from the University of Oklahoma, a Master of Business Administration from the University of Massachusetts-Amherst, and a medical degree from the University of Oklahoma College of Medicine. Following the completion of his medical degree, he completed a pediatric residency at Cincinnati Children's Hospital Medical Center in Ohio.

Dr. Johnson began working at The Children's Center Rehabilitation Hospital as a hospitalist in 2013. In 2015 he joined the team full-time as medical director of inpatient services, and in 2016 was named vice president of medical services, in addition to his



Michael Johnson, M.D.

director of inpatient services role.

To learn more about The Children's Center Rehabilitation Hospital, please visit our website at www.miracleshappenhere.org.



Our 'Brocko' was a true gift to all that knew him and all that were impacted by his shining light. He absolutely loved life and felt the mission to positively impact others. He was a fierce competitor, loyal teammate, driven athlete, while being selfless and encouraging to others. He adored his family, his hero and best friend was his older brother, Riley. As a Christian, he was very bold in ministering to others and had the ability to engage anyone with a conversation about our Lord.

We tragically lost him too soon, but the choice he selflessly made to be a donor continues to be a humbling testament of Brock's love and passion for others. We were given the most amazing gift when God gave us Brock, for which we will forever be grateful.

'Children are a gift from the Lord, they are a reward from Him' Psalm 127:3

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Brock

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NURSE TALK



My wife and kids relaxed on the couch, watching T.V.



Chase Ellis, RN

My family went to my brother's house and played board games, waiting for the ball to drop!



Kerri Melvin, RN

How did you celebrate the new year, 2020?



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My family, parents and some neighbors came over. We ate, drank and play dominoes and listen to the New Year's countdown.



Alec Mehdizadeh, RN

My husband and I go back to the place where we met on New Year's Eve.



Christi Carey, RN

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OU College of Medicine Alumni to Honor Campus, City Leaders



Vision researcher and educator Robert E. "Gene" Anderson, M.D., Ph.D.

Vision researcher and educator Robert E. "Gene" Anderson, M.D., Ph.D., and community leader and businessman David Harlow will be honored this month for their contributions to the health and well-being of Oklahomans.

They will be recognized at the Evening of Excellence gala, sponsored by the OU College of Medicine Alumni Association. In addition to honoring Oklahoma physicians and community members, the event raises funds for early-career researchers at the OU College of Medicine.

This year's Evening of Excellence will be held at 6:30 p.m. Thursday, Jan. 23, at the National Cowboy and Western Heritage Museum. It is open to the public. For tickets, call (405) 271-2353.

"We are pleased to honor these individuals for their commitment to our campus and to people throughout Oklahoma," said Jason Lees, M.D., president of the OU College of Medicine Alumni Association. "Evening of Excellence

is our most important event of the year because we not only celebrate achievements, but we raise money for the college's junior researchers. Those researchers then leverage that funding to obtain larger federal grants."

Anderson is being honored for his research contributions to the specialty of ophthalmology during his 25 years at Dean McGee Eye Institute and the OU College of Medicine. He has maintained an active research laboratory, focusing on retinal degeneration. In addition, he served as Director of Research at Dean McGee Eye Institute from 1998 to 2018, and director of the Oklahoma Center for Neuroscience from 1995 to 1999. He served as founding chair of the Department of Cell Biology in the OU College of Medicine from 1998 to 2007, and has returned now as interim chair.

In addition to his research endeavors, Anderson has mentored students and junior researchers. Thus far, he has mentored 15 pre-doctoral students, 29 post-doctoral

fellows and countless young faculty members.

Anderson will be presented the Dean's Award for Distinguished Medical Service during Evening of Excellence.

Harlow, a native of Oklahoma City, serves as CEO of BancFirst Corporation, parent to Oklahoma's largest state-chartered bank with locations in over 50 Oklahoma communities.

He began his career in the financial sector in 1986, with Liberty Bank and Trust, where he served as a loan administration officer. Eleven years later, he left Liberty as senior vice president and manager of the Metropolitan Lending Division.

After two years as executive vice president of Dorchester Capital Corporation, Harlow joined the BancFirst organization in 1999, serving as executive vice president and manager of commercial banking for BancFirst Oklahoma City. In 2003, he was named regional executive and president of BancFirst Oklahoma City, and his responsibility grew to include the overall management and administration of BancFirst Corporation's largest bank. In May 2017, he was named CEO of BancFirst Corporation.



David Harlow.

Harlow's community board of director service includes United Way of Central Oklahoma, Greater Oklahoma City Chamber of Commerce, Kirkpatrick Family Fund, YMCA of Greater Oklahoma City and the Oklahoma City Innovation District, of which the OU Health Sciences Center plays a crucial role.

Harlow will be presented the Dean's Award for Distinguished Community Service during the Evening of Excellence.

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