



Hanging with Mr. Cooper

Ryan Cooper, RN, BSN, MHA has settled into his new role as a clinical director at Integris Canadian Valley Hospital.

by Bobby Anderson, RN - staff writer/photographer

What a difference a year makes.

Almost 10 months ago, Ryan Cooper, RN, BSN was leading staff at Integris Health Edmond - perfectly happy with where he was.

A clinical nurse manager at the time, Cooper was browsing the internal job site to make sure one of his positions had posted. Lo and behold there was a clinical director position available in Yukon.

He knew the previous clinical director who spoke very highly of the job and the Yukon

facility.

He told his director that he planned on reaching out and possibly interviewing for the position. The plan was always for Cooper to one day become a director.

It was a similar size hospital, a similar suburban feel and the opportunity was there.

Cooper has been with Integris for five years now and loves the mobility that's always been there for his career.

See COOPER Page 3

Compassion First:

*OU Medicine ICU Nurse
Delivers Care for Critical
Patients, Including Those
with COVID-19*



Matthew Gresham is a OU Medicine ICU Nurse.

If Matthew Gresham's nursing career could be captured in a saying, it would be this: No one cares what you know until they know how much you care.

One of his nursing instructors told Gresham that adage while he was in school, and it has guided

See GRESHAM Page 2

GRESHAM

Continued from Page 1

his career as a registered nurse. As a critical care nurse at OU Medical Center in Oklahoma City, he cares for the sickest of patients and, more recently, those who have been fighting for their lives after being infected with COVID-19. During National Nurses Week, OU Medicine has been celebrating nurses like Gresham who show up every day with a passion for healing.

"Every nurse wants to be the best nurse they can be for their patients, but I believe it starts with caring for your patients," he said. "Everything else tends to fall in place when you put caring for your patients first. I try to go into a patient's room thinking that I'm going to take care of them as if they were my family member. Because they are someone's family member. That's the type of nursing care I'd like to receive, and that's what everyone deserves."

Gresham works in the Medical Intensive Care Unit, a specialty of ICU. Typically, he cares for patients with a variety of conditions, from cardiovascular disease to trauma to sepsis. Because of the severity of those patients' conditions, each nurse cares

for a maximum of two patients per shift, or only one if the condition is particularly acute.

But when the COVID-19 pandemic arrived, Gresham's area was converted to the care of patients with the virus. Healthcare professionals suddenly found themselves treating a disease that no human body has ever experienced. And because COVID-19 is so infectious, nurses like Gresham had to decrease the time they would normally spend with their patients.

"It definitely changed the way we approached things. We had to rethink every single thing we normally do, and it took some time to put on our PPE and take it off," he said. "We had to minimize our time in the patient's room, and get in and out safely while still taking care of our patients."

For an ICU nurse who typically spends a lot of time talking with his patients, that was a challenge for Gresham. However, he still found ways to communicate with patients when they were able. One of his patients could not talk because he had been intubated for weeks, but he and Gresham discovered that they both knew the alphabet in sign language.

"He would spell out words in sign language, and I would answer him, and I was safe because I was

outside the glass doors surrounding the patient," Gresham said. "It was a slow conversation, but we 'talked' for 30 to 45 minutes. Even though we can't have as much contact with COVID-19 patients, I could at least interact with him that way."

Since the peak of COVID-19 cases has passed, Gresham has returned to caring for patients with other conditions in the ICU. But no matter what condition they have, or if they have a disease that cannot be cured, his aim is to be a caring presence that lets them know they are not alone. Because he treats fewer patients

each day as an ICU nurse, he tends to develop bonds with them and their families during hours of shared conversations.

"Each person appreciates different types of communication – for some people, a bit of precision humor lowers their anxiety, while others are comforted by detailed explanations of what their treatment will be," he said. "No one wants to be in the ICU, but I assure them that they are receiving a high level of care and that I'm going to be with them every step of the way."



StacyCares

Oklahoma

Advocacy, Accompaniment & Visitation Services for Seniors

CONTACT US TODAY AT (405) 802-3730

www.StacyCaresOK.com info@StacyCaresOK.com



Smooth Finish

Roofing & Construction

A Roofer You Can Trust!



"Senior Advocates for Over 30 Years"

GENERAL CONTRACTOR OKC LIC. # 13705
FULLY INSURED CIB LIC. # 0242



**ACCREDITED
BUSINESS
A +**

ROOFING SIDING GUTTERING PAINTING smoothfinishroofing.com

We Help with Transition and Decisions - Home Improvement & Long-Range Planning



CALL (405) 923-5127

\$500⁰⁰ REBATE
(VISA Gift Card)

with 1 complete reroof of 26 sqs.

\$1000⁰⁰ REBATE
(VISA Gift Card)

with 1 complete reroof over 26 sqs.

COOPER

Continued from Page 1

Cooper made the move before this past summer.

"I got over and got familiar with the facility. They were just really nice people here and very laid back feeling but in a good way," he said.

Staff will tell you Cooper is good to work for. He goes to bat for his employees and won't ask something he's not willing to do himself.

Late July was when Cooper made the move. Process improvements, efficiencies and new supplies were a top priority.

"We've essentially been trying to figure out what the floors need so I can cater to that to the best of my ability," said Cooper, who oversees in the neighborhood of 75 employees on the second and third floor.

His wife, Brittany, also works for Integris as a respiratory therapist.

She's helped add his personality to his new office, which was originally a supply room. Before that it had all the trappings of a patient room with a sink, shower and his own

bathroom.

He added his own dachshund themed shower curtain just to complete the transformation.

The Enid grad studied at Northwestern Oklahoma State University before receiving his master's in health administration.

Helping make the transition smoother was his clinical nurse manager, Sarah Ager, RN.

"I can't preach enough about Sara and how incredibly helpful and the necessity that is Sarah," Cooper said. "She's been helping me get my feet wet with everything, getting to know a lot of the staff and contact points."

The similarities between the hospitals in Edmond and Yukon are noticeable.

"I feel like in healthcare in general if you're hoping to keep the doors open you have to have momentum," he said. "We're seeing a lot of these outlier hospitals that are getting closed down because they've stagnated. That forward momentum and growth are the things that keep the doors open."

"Jumping into that it almost felt like it was an incredibly easy

transition from Edmond because that was also the mindset there."

"Jumping into a moving boat," Cooper says he always felt supported every step of the way.

In Yukon, Cooper and Integris Canadian Valley are uniquely situated.

"It definitely feels like we are seeing everyone south and west of this facility," he said. "We get a lot of El Reno, Kingfisher and Lawton. It's nice to see a different side of healthcare. Working in Edmond or at Baptist you see the metro population, you don't get to see the

rural or Native American populations as much."

He stresses that his door is always open.

"For my folks, I'd like for them to feel like they are always supported in any possible way," he said. "If we're low on staffing or have supplies that aren't working or they have a better idea my primary goal is to make sure they all feel like they have exactly what they need to do their job to the best of their ability."

"If you don't have happy staff you don't have happy patients and if you do it's just a coincidence."

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



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**



Voted 2019 Best
Memory Care Community

LEGEND®
ASSISTED LIVING & MEMORY CARE
at Rivendell

LegendSeniorLiving.com
A Residence of Legend Senior Living®

CAREERS IN NURSING

NURSE MAKES FULL CIRCLE: FROM PATIENT TO ONCOLOGY NURSE

by Vickie Jenkins - Writer/Photographer

Rachel is an outstanding nurse that works for the Adult Oncology Service Line at OU Medicine. Some people have a calling to work in the medical field while others feel a real desire to give back after a certain incident has occurred. This seems to be the case for Rachel Aline Hollen Bublitz, MSN, APRN, AGCNS-BC. Becoming a nurse was proof that Rachel found her purpose in life.

In 2005, Rachel was diagnosed with advanced stage ovarian cancer. "The next six months of my life were the hardest days that I ever lived. When I was given the all clear, I was consumed by gratitude and needed a purpose. Becoming a nurse was a natural decision. I currently work in oncology and feel like I have made a full circle. The feeling of knowing

that I am helping others that are going through some of the same trials makes such a difference. Now, being on both sides, I can relate to the patients in a special way. Working in oncology is so rewarding and I can't imagine doing anything else. I love that working as a nurse, I can do my job and when I leave to go home and go to bed at night, I know that I am making a difference in others' lives."

Growing up in Cache, Oklahoma, Rachel moved to Springfield, Missouri and that is where she became interested in pursuing a career in the medical field. From the age of fourteen, Rachel was introduced to caring for others as a Medical Explorer. "I completed my LPN at Ozark Technical Community College. My first job as a nurse was working as an acute care rehab

nurse. I knew I wanted to work in the medical field and I looked into multiple areas. From there, I moved to Lawton, Oklahoma and worked for Promise Care Hospice. Not long afterwards, I attended University of Oklahoma, receiving my BSN and MSN. I remember my first three years in college; I majored in Cellular and Molecular Biology studying genetics." Rachel stated.

Rachel's decision to be a nurse was influenced by several people in her life. "After going through cancer myself, it gave me a whole new outlook on life. My mother and my grandma both had such a big influence on me. They kept me positive when things were at their worst. My chemo nurse, Patsy was a big influence too, along with my oncologist, Dr. Bonebreak. I have had a lot of people that have helped me in so

many ways." Rachel commented.

Did you have any mentors in school? "Yes, I had several mentors and they all played an important part in my life. I want to mention, Yvonne Hall, Jessie Wheatley, Kathy Graham, Lynette Carter and Dr. Rosemary Bellino. They were all there for me and I will be grateful for them for helping me become a nurse," Rachel replied.

When asking Rachel what qualities make a good nurse, she replied, "I think a nurse needs to have compassion, be competent, caring, and responsible and be a great communicator. All of these qualities are important to both the nurse and the patient."

Rachel has received several recognitions over the last ten years of being a nurse; Great 100 Nurses of Oklahoma for

See BUBLITZ Page 5



here at home

SENIOR CARE

Stay at Home

- Light Housekeeping
- Bathing/Dressing/Grooming
- Meal Preparation
- Running Errands
- Alzheimer's/Dementia
- Personal Companionship
- Hospice Care

here at home

SENIOR CARE

10944 NW Expressway, Ste B.
Yukon, Oklahoma 73099

Oklahoma's #1 Choice in Home Care

We're all about Trust at Here at Home Senior Care. Call today and receive a **FREE** in-home consultation!

Oklahoma City
(405) 724-C.A.R.E. (2273)

Tulsa
(918) 860-H.E.L.P. (4357)

HereAtHomeSeniorCare.com



Rachel Aline Hollen Bublitz is a Clinical Nurse Specialist for the Adult Oncology Service Line at OU Medicine. After Rachel’s battle with ovarian cancer, she found her purpose in life by giving back as an oncology nurse.

BUBLITZ

Continued from Page 4

2019, and was a finalist in the oncology category for the Oklahoman’s Recognizing Nurses Program 2020. Rachel also received a grant through the Hospice Foundation of America ‘Being Mortal’ project and is a member of several nursing organizations which includes Oklahoma Nurse Association, Central Oklahoma Oncology Nursing Society and also serves as the secretary for the Oklahoma Hospice and Palliative Care Nurses Association.

On a personal level, Rachel is married to her wonderful husband, David. They have six wonderful kids and two grandchildren. That makes quite

a family! When asking Rachel to describe herself, she said, “I’m a mother, wife, daughter and nurse. I am insightful, eclectic, passionate, capable, loyal and grateful. My hobby is traveling. Let’s go!”

Rachel’s days always begin with a grateful heart. “Time is a precious thing to have and I am thankful for every day,” she said. Do you live by any encouraging words? “Yes, wear your seatbelt, don’t speed and remember I love you. Live upwardly mobile,” she said with a smile. How many moms have said those same words? Last but not least, how would Rachel sum up her life in one word? “That would be blessed.”

SITUATION
UPDATE: COVID-19

- As of this advisory, there are 4,424 confirmed positive cases of COVID-19 in Oklahoma.
- There are six additional deaths; two of them occurred in the past 24 hours and the others died between May 2-May 6.
- A list of COVID-19 testing sites in the state can be found here.
- For more information, visit coronavirus.health.ok.gov.

COVID-19
Oklahoma Test
Results

Confirmed Positive Cases	4,424
*Total Cumulative Negative Specimens to Date	84,869
*Total Cumulative Number of Specimens to Date	89,857
**Currently Hospitalized	228
Total Cumulative Hospitalizations	815
Deaths in the Past 24 hours	2
Total Cumulative Deaths	266

*The total includes laboratory information provided to OSDH at the time of the report. Total counts may not reflect unique individuals.

**This number is a combination of hospitalized positive cases and hospitalized persons under investigation, as reported by hospitals at the time of the report. The data reflect a change in calculation and should not be compared to prior data.

Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2020-05-08 at 7:00 a.m.

Check Out Oklahoma’s BEST
Nursing and Health Care Jobs
www.okcnursingtimes.com click jobs!

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

Certified Medication Aide (CMA)

3 pm - 11 pm.

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

We are seeking Certified Medication Aide (CMA)

7am - 3pm.

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

140 GENERAL NURSING

We are seeking MDS Nurse (LPN/RN) needed.

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

Full-Time Receptionist

Kiamichi Medical Clinic is looking to hire a **Full-Time Receptionist**. Must be hard working, friendly and eager to serve the public. Apply in person at 204 E. Jackson. Hugo, OK.

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



OCOM
Oklahoma Center For Orthopaedic & Multi-Specialty Surgery, LLC

JOIN OUR TEAM!
PRN & FULL-TIME RN OPPORTUNITIES AVAILABLE.

RN-OR Circulator
RN-Inpatient (Med/Surg) 7pm-7am & 7am-7pm
RN-Phase II/Recovery
RN-PreOp/Outpatient
RN-PRN Float Pool (OR Circulator/PreOp/PACU/Phase II)

Apply online www.ocomhospital.com/careers or submit resumes to ephipps@uspi.com

OCOM complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. OCOM is a facility in which physicians have an ownership or investment interest. The list of physician owners or investors is available to you upon request.

140 GENERAL NURSING

We are seeking 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!

Are you Reading This? So are more than 20,000 Registered Nurses And Licensed Practical Nurses! Call Amanda Miller at 405-631-5100 to advertise with Oklahoma's Nursing Times!

140 GENERAL NURSING

LOOK! We are seeking Nurse Aide, Certified Nurse Aide. All Shifts - Will Train.

The Village Health Care Center. 1709 S Main St, Broken Arrow, OK 74012

140 GENERAL NURSING

We are seeking Aide to join our team.

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

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

Career Opportunities

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

Oklahoma's
Nursing Times



COVID-19
Now Hiring

Answering the Call to Care

During this difficult time, there is an opportunity to step up and make a difference in your community. Whether you're seeking employment or just looking for a way to support others, Interim HealthCare® has many positions available. If you have a heart to care for others, we would love to have you on our team.

Answer the call to care in your community!

(405) 848-3555 Oklahoma City | (918) 749-9933 Tulsa

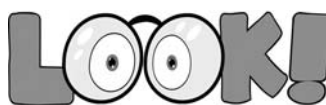


©2020 Interim HealthCare Inc.
Each office is independently owned and operated. #20-042

140 GENERAL NURSING

Fun Fact: Did You Know Oklahoma's Nursing Times Have More Than 11,000 Likes On Facebook? To Advertise, Please Call Amanda Miller At (405) 631-5100 Or Visit oknursingtimes.com!

140 GENERAL NURSING



We are seeking Certified Nursing Assistant (CNA). Apply at Heartsworth Assisted Living located at 821 N Foreman St, Vinita, OK 74301

161 LICENSED PRACTICAL NURSING

We are seeking Licensed Practical Nurses!

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 LPN. 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.

204 REGISTERED NURSE

We are seeking RN (ICU)- Full-time Nights - Sign-on Bonus! (LTACH)

at Post Acute Medical, LLC. 3219 South 79th E Ave, Tulsa, OK 74145. Qualifications: In order to work at our facility, our RN's need: Current RN license by the Board of Nurse Examiners of the State in which the facility is located. To have & maintain a current CPR & ACLS certification. *New team members will have 6 mths from date of hire to obtain an ACLS certification if they do not currently have one. Prefer requirements: Having prior experience in LTACH/Acute/Med-Surg/ICU/HOU environments. Wound care and/or critical care experience. A higher comfort level working with vents/trachs/PICC lines, etc. Working knowledge of IV therapies including vasoactive drugs, antibiotics, heparin drips, insulin drips, and blood transfusions.

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

Registered 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 Registered Nurses who have a passion for providing the highest quality care in an institutional setting. The Registered Nurse plans & provides comprehensive nursing care including, but not limited to, executing Licensed Independent Provider's orders, dispensing & administering medications, and assisting Licensed Independent Provider in examinations and treatment of patients. Applies nursing and supervisory techniques required in the care, treatment, and referrals of inmates/residents. Performs all technical/clinical procedures within the scope of his/her education and licensure.

INTEGRIS

For you. For health. For life.

FIND YOUR PURPOSE AT INTEGRIS ...AND YOUR CALLING



INTEGRIS

APPLY TODAY AT integrityOK.jobs

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

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 \$70!

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

Career Opportunities

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

Oklahoma's Nursing Times

ANA Announces 2020 National Awards Recipients

13 Honorees to be Recognized for their Exceptional Leadership in Health Care

The American Nurses Association (ANA) today announced its 2020 National Awards recipients. ANA's National Awards honor outstanding nurses and champions whose dedication and achievements have contributed significantly to the nursing profession and health care.

Globally, the nursing profession marks a milestone in 2020, as the World Health Organization has declared it the International Year of the Nurse and Midwife in honor of the 200th anniversary of the birth of Florence Nightingale.

"ANA is honored to celebrate the achievements of these nurses and champions, who are exemplary leaders and advocates, and whose contributions have advanced the field of nursing," said ANA President Ernest J. Grant, PhD, RN, FAAN. "As we navigate the challenges of this pandemic, now more than ever, we need to recognize the vast

contributions of nurses."

This year's recipients embody the anchors chosen to frame the Year of the Nurse: excellence, leadership and innovation. Three registered nurses will be inducted into ANA's Hall of Fame. Nine registered nurses and one nurse champion will receive ANA's Honorary Awards. A ceremony to honor the 13 award recipients will be held later this year.

Hall of Fame Award

ANA established the nursing Hall of Fame Award to recognize individual nurses' commitments to the nursing field and their impact on the health and social history of the United States.

ANA is honored to induct three individuals to the Hall of Fame Award in 2020:

•**Rose Constantino, PhD, JD, RN, FACHE, FAAN, Pennsylvania State Nurses Association**

•**Jeri Milstead, PhD, NEA-BC,**

FAAN, RN, Ohio Nurses Association

•**Tim Porter-O'Grady, DM, EdD, APRN, FAAN, FACCWS, Georgia Nurses Association**

Dr. Rose Constantino is an outstanding teacher and a powerful role model. She has engaged in local, state, national and international nursing organizations and other health-related organizations through direct patient care, impactful committee service and program development. Dr. Constantino's distinguished service and exceptional leadership have guided and inspired peers and students.

Dr. Jeri Milstead is internationally recognized as a leader, educator and mentor, and her expertise is sought around the world. Dr. Milstead served on a four-member team that evaluated all BSN programs in Jordan. The results provided the foundation for developing a country-

wide accreditation system that elevated nurse education, practice, and research for generations of students.

Dr. Tim Porter-O'Grady is a nurse, educator and leader. Dr. Porter-O'Grady is deeply and profoundly committed to serving others; those in our most vulnerable communities who require expert care, those who are on their journey to becoming nurses and advanced practice nurses and those organizations, both nationally and globally, that advance the professional work of nurses. He is truly devoted to making the world a better place through the power of nurses and nursing.

Honorary Awards

The Honorary Award recipients are highly accomplished registered nurses who are recognized for their outstanding service to the profession in categories ranging from diversity to patient advocacy to legislative successes.

Recipients of the Distinguished Practice in Nursing Awards:

Vicki Freedenberg, PhD, RN

Maryland Nurses Association

The Distinguished Direct Patient Care Award recognizes an individual registered nurse who provides exemplary direct patient care and contributes to the advancement of nursing practice.

Laurie Badzek, LLM, JD, MS, RN, FNAP, FAAN

Pennsylvania State Nurses Association

The Foundations of Nursing Practice Award recognizes an individual registered nurse for achieving outstanding accomplishments in nursing research, nursing education or nursing practice.

Kimberly Bagley, DNP, RN, AGPCNP-BC, AGACNP-BC, CCRN

North Carolina Nurses Association

The Foundations of Nursing Practice Award recognizes an individual registered nurse for achieving outstanding accomplishments in nursing research, nursing education or nursing practice.

William Rosa, MS, APRN-BC, FCCM, FAANP, FAAN

ANA-New York

The Public Health Service Award recognizes the outstanding contribution by an individual to public health.

Recipients of the Diversity in Nursing Awards:

Brigit Carter, PhD, RN, CCRN

Individual Member Division

The Diversity Award recognizes an individual registered nurse or a group of registered nurses for long-standing commitment and significant contributions to the advancement of diversity and inclusion within the nursing profession.

Ronald Lee Hickman Jr., PhD, RN, ACNP-BC, FNAP, FAAN

Ohio Nurses Association

The Diversity Award recognizes an individual registered nurse or a group of registered nurses for long-standing commitment and significant contributions to the advancement of diversity and inclusion within the nursing profession.

Recipient of the Nurse Exemplars Awards:

Jeanie Sauerland, MA, BSN, RN

Texas Nurses Association

The Leadership in Ethics Award recognizes an individual registered nurse who has authentically demonstrated the highest standards of ethics and leadership in his/her daily nursing practice.

Recipients of the Nursing Champions Awards:

Patricia La Brosse, MS, RN, PMHCNS-BC

Louisiana State Nurses Association

The Advocacy Award recognizes an individual registered nurse who embraces the role of advocate as part of his/her professional identity.

Cynthia Zolnierrek, PhD, RN, CAE

Texas Nurses Association

The Advocacy Award recognizes an individual registered nurse who embraces the role of advocate as part of his/her professional identity.

Michael Singer

Chief Executive Officer, Careismatic Brands, Inc. formerly Strategic Partners, Inc.

The Champion of Nursing Award recognizes an extraordinary leader who is not a member of the nursing profession but has demonstrated a commitment to ANA's mission through distinguished service.

Redlands tradition continues

No matter where nursing students come to Redlands Community College from, they find a home.

Maybe it's the friendly El Reno campus setting or maybe it's the streamlined program offerings.

Redlands Nursing Director Jalelah Abdul-Raheem, Ph.D., RN, likes to think it's the people.

"The thing I really think that makes Redlands stick out, particularly the nursing program, is it's such a community feel in the college as a whole," she said. "Everyone is willing to help each other. They're really friendly, even across disciplines."

"We get a mix of traditional and non-traditional students. We get a good amount of first-generation students, second-career students and those who definitely have to work so they can provide for their families."

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. Students who are admitted for the LPN-RN course track are given credit for the first semester course, Nursing I.

"In the nursing department our faculty-student ratio is so small that we actually get to know our students and their situations and backgrounds," Abdul-Raheem said. "We help work with them where they can be successful despite some of the things typically that may be seen as a barrier such as a first-generation college student and not really knowing how to study or being that single mom that's trying to juggle work around school."

Redlands is very intimate setting.

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 rotations as to what to do, say, and provide appropriate interventions for patients.

"To be honest all of the students end up getting a job," Abdul-Raheem said. "The things we hear from employers are that Redlands graduates do display a lot of compassionate caring and drive to learn as much as they can to be successful in the field. They're willing to do whatever is necessary to make sure

their patient is taken care of.

"I've had a couple agencies reach out to me - and we just started clinicals - about how much they enjoy Redlands students and graduates because they come in with that knowledge base and that drive to really change nursing for the better."

A new simulation program has helped expand the student's experiences in a community setting.

Redlands perennially has a high job employment placement rate.

"I feel like the faculty works great together," she said. "It's a culture of teamwork and showing others - faculty and students - that we care. They're willing to go that extra mile and it really translates to our students. Our students learn how to be professional by being accountable, responsible and understanding expectations."

Visit Redlands online for more information at www.redlandsc.edu



Put yourself on the map

Redlands Nursing Program

- Small ratio of students per instructor
- Simulation lab and live NCLEX review
- LPN-to-RN course track
- Approved by the Accreditation Commission for Education in Nursing and Oklahoma Board of Nursing
- Great employment opportunities after graduation

Scholarships Available



www.redlandsc.edu

405.422.1417

Diane Martinez – Life-long Learner and SCSEP Participant

Diane Martinez is the picture of a resilient journey through difficulties to success. As a Creek Indian and member of the Muscogee (Creek) Nation, her traditions are very important to her. She attends the Weoguf-kee (Muddy Waters) Ceremonial Grounds in Hanna, Oklahoma. Diane has learned some of her native Mvskoke language through classes at the College of the Muscogee Nation and tries to teach her grandchildren. She has survived many challenges and found a place where she can thrive. As a participant in the National Indian Council on Aging's Senior Community Service Employment Program (SCSEP), Diane now works 20 - 30 hours per week to supplement her company retirement income. She has found a place with NICOA SCSEP to grow and learn additional employment skills.

Life was not always rosy for Diane. In 2014 at the age of 57, Diane resigned from her job. As

time drifted forward, she felt more and more useless. The lumbering days lacked purpose. Being without a regular wage, she felt aimless and soon struggled financially. What seemed like a good idea, soon began to impact Diane's goals and dreams. Emotionally, the lack of purpose and financial security was taking a toll on her wellbeing.

Diane states went through a period of being homeless and living in a shelter. She felt depressed and without hope. About this period, she states, "I knew and believed there was no hope for me." She declares that she felt like meaningful employment was beyond her – "having gray hair and no teeth and being an older person."

Working three different jobs over a four-year period and trying to live on a small pension, as well as income from baking goods and making jewelry, Diane moved to different places and stayed with different people. She lived with



DO YOU NEED CPR OR FIRST AID TRAINING?



Are you a Healthcare Provider required to have BLS, ACLS, or PALS certification with the American Heart Association (AHA)?

Heartland CPR can help! Yes, we can come to you!

Serving OKC & surrounding areas! Just ask if we can come to your area!



2014 Torch Award
Trust • Performance • Integrity

405-603-6666 | contact@HeartlandCPR.com
8101 NW 10th St, Suite #C3, Oklahoma City, OK 73127

www.HeartlandCPR.com



many relatives, but she kept a desire to have a stable income and to get into her own place. Diane suffers with back problems and arthritis. So, doing the physical work of the past was not very conducive to good bodily or mental health. Her decision to resign from a job she performed for 27 years was turning into a terribly difficult journey.

In 2019 Diane heard about the SCSEP program through a friend who was in the program in Okmulgee, Oklahoma. Her decision to apply for SCSEP has led her to definite changes. "When I called NICOA to see what they were all about I had no clue. I now know that NICOA SCSEP helps me to plan, have guidance, set goals, and believe in myself." Working in the NICOA Central Region office as a receptionist trainee, Diane is gaining valuable skills that impact her opportunities for future unsubsidized employment.

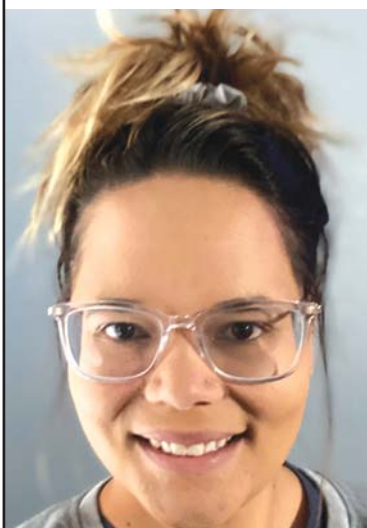
"I am still able to work, and now I am becoming independent with more knowledge and wisdom. Through this program, I learned to be mindful and to help others like

I was helped." Through the SCSEP on-the-job training Diane states that she has "been spared and given an opportunity." As a result of her own hard work, she has gained what she so often desired in her heart, a home and the skills to take care of herself financially, physically, and mentally. "I am grateful, and I appreciate this program."

Diane's goals and interests for her future include both employment and traditional aspirations. She has in mind to return to work fulltime in a clerical position. She wants to work five to ten more years and to continue to be independent. Diane hopes to stay connected to family, being surrounded by her grandkids. As important as these goals are, she hopes equally to continue to be connected to her Mvskoke-Muscogee culture through language learning, dances and traditional ceremonies. To her this will be a sound life and a demonstration to her family of how to age well as an elder. NICOA SCSEP is contributing as a valuable resource along this part of her journey.

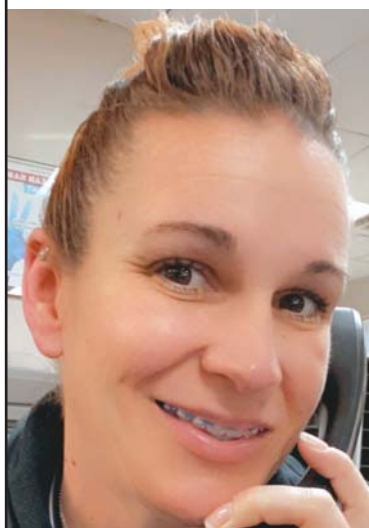
NURSE TALK

Being able to go out and be around people; restaurants and movies plus I had to cancel my vacation plans.



Maleah Edmonds, LPN

I miss the family get-togethers. I come from a large family and we are always together on birthdays, holidays and special occasions.



Krista Herron, LPN

What is the one thing that you miss the most since COVID-19 started?



Oklahoma
City Indian
Clinic

I have missed human interaction whether it is with my work friends or patients. Even the simple hello or good morning.



Kandie McMahill, LPN

I miss the gym and circuit classes with the fantastic trainers at OKCIC wellness center, watching movies in theaters.



Carrie Tucker, LPN



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



Curtis
Kidney Recipient

Our son, Curtis, wasn't breathing when he was born. The first 30 days of his life in the hospital were a fight for survival. As his little body began to 'wake up', he finally came out of the coma.

Curtis defied all the odds. We watched him grow and develop. We remember when he ran on the field with his glove for his first t-ball game.

But Curtis' kidneys eventually failed, and he started dialysis when he was 12 years old. He was at the top of the transplant waiting list when we got the call in October 2009.

When he received his new kidney, it saved his life and now he has been crowned Prom King and is graduating from High School!



We learned that his donor was Mariee, a softball star from the University of Oklahoma. Mariee's donation not only saved Curtis, but she also saved the lives of five others.

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.

LifeShare

SECOND HALF EXPO 2020

**Everything for the
Second Half of Life**

**June 27th, 2020 | 9AM - 4PM
OK State Fair Park
Oklahoma City, OK**



Something for Everyone:

Boomers • Seniors • Adult Children of Seniors • The Greatest Generation

**200+ EXHIBITORS • SENIOR LIVING & CARE • HEALTH & FITNESS
FOOD & MUSIC • HEALTH SCREENINGS • TRAVEL • & MORE!**

Calling All Exhibitors:

Meet a huge crowd of potential clients – in one day!

Reserve Your Booth Today At SecondHalfExpo.com

Presenting Sponsor



Media Sponsor



Contact Us: 405-796-8100 | Info@SecondHalfExpo.com

Oklahoma Breastfeeding Coalition Welcomes First-ever Executive Director

The Coalition of Oklahoma Breastfeeding Advocates (COBA) is pleased to announce the appointment of Heidi Russell as its first-ever Executive Director. Russell comes to COBA with more than 25 years experience as a nonprofit development and communications professional with a wide range of healthcare knowledge. She brings a passion for programs and services focused on improving outcomes for Oklahoma's children and families. A graduate of Leadership Oklahoma City, Russell holds undergraduate and master's degrees from the University of Central Oklahoma and has previously served in an executive leadership capacity.

"As COBA expands its reach throughout Oklahoma, I am excited to step into the executive director role at a pivotal time in COBA's growth. I am tremendously impressed with the deep commitment of its board of directors and its dedication to providing Oklahoma families with the support and

resources they need to help their children grow healthy and strong," said Russell.

"We are beyond excited to have a proven leader like Heidi join the COBA team," said Becky Mannel, COBA Board Chair. "COBA is celebrating its 20th birthday this year and what a birthday present to receive! We look forward to working with Heidi as we increase our impact around the state."

The Coalition of Breastfeeding Advocates is a volunteer led 501(c)3 nonprofit organization dedicated to promoting, protecting, and supporting breastfeeding in Oklahoma. COBA, founded in 2000, partners with the Oklahoma State Department of Health and other healthcare organizations and individuals to support families and improve access to breastfeeding and human milk for all children in Oklahoma.

COBA's rich history of advocacy in Oklahoma includes meaningful legislative changes. In the early

2000s, the organization played a critical role in passing two state bills which empowered mothers to breastfeed anywhere they have a right to be, to be excused from jury duty upon request, and allowed mothers to use break and meal times to breastfeed or express milk at work. Additionally, the group was instrumental in ensuring employers provide a private area (other than a toilet stall) for nursing or expressing milk.

"COBA has paved the way for critical public health policies for families in Oklahoma," said Russell. "There is more to be done to protect, promote and support breastfeeding families in Oklahoma and I'm eager to move us forward on those initiatives."



StacyCares

Oklahoma

Advocacy, Accompaniment & Visitation Services for Seniors

CONTACT US TODAY AT (405) 802-3730

www.StacyCaresOK.com info@StacyCaresOK.com



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



GROW • LEARN • CONNECT

ONLY \$15
PER MONTH

JOIN TODAY

GET TWO GREAT MEMBERSHIPS AT ONE LOW PRICE.

JOIN ONA & ANA TODAY

We are empowering nurses with resources, programs and standards that help you advance your career.

Discounts On
Continuing Education Modules

Advocacy
Protect Your Practice and Improve the Quality of Care

FREE Webinars
Navigate Nursing Webinars with free CE

FREE Subscriptions
to ANA Journals and Newsletters

Exclusive Savings
On Certification Through the American Nurses Credentialing Center



JOINANA.ORG

As **Senior Advocates** for more
than **33 years** We've learned
the importance of protection.
After all "Your Roof's #1 Job
is to protect all those Inside."



Smooth Finish

Roofing & Construction

(405) 923-5127

CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



Disinfect surfaces around
your home and work.



Wash your hands for at
least 20 seconds.



Sneeze or cough?
Cover your mouth.

Thank you American Red Cross for providing the above
safety tips. Thank you to all Our Senior Advocate Industry
Partners listed below. We are here for you...



OKCVillages.ORG



SENIOR GUIDE POST



SENIOR NEWS & LIVING
OK



info@smoothfinishroofing.com

www.smoothfinishroofing.com