

Lookin' Good and Feelin' Good



Bella Luce Med Spa

Paige Schwab is the Nurse Practitioner at Bella Luce Med Spa, an award-winning spa, located in N.W. Oklahoma City, OK. Paige enjoys helping others look and feel better about themselves.

by Vickie Jenkins, Staff Writer

Bella Luce Med Spa is an award-winning, non-surgical medical spa located in Oklahoma City. We are committed to offering you the latest and most advanced technology to help you turn back the clock, assist with your weight loss, create a smoother and brighter complexion, and much more. Whatever your needs may be, we

are confident we have a solution to help you achieve your most confident self. Bella Luce OKC provides a wide variety of treatments including Botox, fillers, weight loss, body contour, cellulite treatment, laser hair removal, tattoo removal, IPL, chemical peels, acne care, female rejuvenation, urinary incontinence, and much more.

See BELLA Page 2

OU College of Medicine Names New Associate Dean



Sheila Crow, Ph.D., Associate Dean of Faculty Affairs and Professional Development.

The OU College of Medicine has named Sheila Crow, Ph.D., Associate Dean of Faculty Affairs and Professional Development, a newly created role that will focus on faculty support throughout their careers.

Her appointment reflects the college's increased emphasis on faculty support and development. Crow brings 30 years of experience in academic medicine to the position. Her goals include developing a longitudinal onboarding process for faculty; supporting faculty throughout the promotion and tenure process; showcasing faculty achievements; and more.

"Our aim is to support faculty throughout their

See DEAN Page 2

BELLA

Continued from Page 1

-Bella Luce Med Spa-

If you want to experience a more beautiful & younger looking you with the latest generation of medical spa technology performed by trained medical professionals, Bella Luce Med Spa is the place for you! Here, you will meet Paige Schwab, Nurse Practitioner, plus a staff of highly trained professionals.

Growing up in Oklahoma City, OK, Paige was just a little girl when she knew that she wanted to do with her life. "I knew that I wanted to be a nurse or a veterinarian," Paige said. "Well, also my sister had a big influence on my life and she was the one that persuaded me to go onto nursing. When I was little, I was always the one helping others. I like helping others look good and feel better about themselves," she said with a smile. "I work in anesthetics and my work varies day to day. A typical day for me might be a few lip fillers, a few botox injections, and working with weight loss and lasers."

Paige listed the different services Bella Luce Med Spa offers. "For the face, there is the PEARL (Micro-peel) skin resurfacing to improve fine lines, textures and pigmentation. There's the PEARL FRACTIONAL, improving deep wrinkles, texture and scarring. Then there is the PEARL FUTION, Full-Face (a combination of the pearl and pearl fusion) to treat the most stubborn imperfections, aging and weathered skin. We also do the exilis skin tightening, body contour, vein treatment, Laser hair reduction, vaginal rejuvenation, emsella incontinence treatment, weight loss, phentermine (FDA approved for weight loss) Vitamin cocktail shots, vitamin infusion therapy and facials, waxing, tinting and lash lift."

Paige attended Rose State and Graceland University and has been a nurse for a total of ten years. "My first job as a nurse was at a hospital on the Med-Surg floor. I enjoyed my job there but I knew I wanted something more. My biggest reward as a nurse practitioner is actually helping the patients. Of course, on the other side, the biggest challenge is trying

to help the patient when they are going through hard times and I can't always help them. It's hard to watch them go through certain situations."

When asking Paige what qualities make a good nurse, she replied "I think a nurse needs to have compassionate, be honest in everything they do, be patient and kind, along with trying to have their work life and their home life balance out. Asking Paige if she is a leader or a follower, she replied, "I am a little of both and can be a leader when I need to be and a follower; whichever is needed at the time." Asking Paige to describe herself, "I am very caring, would do anything for anyone, giving them the shirt off my back, and always treat others the same way that I like to be treated."

On a personal side, Paige has been married for eight years and

they have a six-year old daughter. Her hobbies include going to the lake and scuba diving. Her pets include, Stella, a french puppy and Cocoa, a mini-Dachshund.

How has the coronavirus changed your life in the medical field? "Actually, it has taught me how to slow down and be grateful for the time that I have with my family. What am I missing since the pandemic started? I miss spending a lot of time with my family and friends, along with going out to restaurants and different places and visiting with friends."

Asking Paige to sum up her life in one word, she replied, "That would have to be grateful," she said.

If you have any questions or would like more information, you can visit www.BellaLuceOkc.com

DEAN

Continued from Page 1

careers, beginning day one," Crow said. "We need to be thoughtful about what our faculty are engaging in and making sure it's going to help them excel in their academic career. What they need in their first six months is quite different from what they need several years later. We think about it in terms of helping them across their work lifespan."

Crow will interact with the Office of Diversity, Inclusion and Community Engagement to promote diversity among faculty. She will also bring an emphasis on faculty vitality and wellness.

"Faculty burnout in medical schools is high," she said, "and the COVID-19 pandemic is adding extra stress. We plan to offer ongoing wellness initiatives and mental health resources. I want our faculty to feel the passion and excitement that drew them to academic medicine."

The majority of Crow's career has been with the OU College of Medicine, beginning in 1989. She began on the Oklahoma City campus as a research assistant in the Center on Child Abuse and Neglect (CCAN) in the Department of Pediatrics, and her first administrative appointment was in 1996 as assistant director of the Palliative Care Program, followed by three roles in the Office of Medical Education -- Program Director for Curriculum Development, Interim Director and Director. She also served

as Director of Operations for the Clinical Skills Education and Testing Center.

In 2011, Crow moved to the college's Tulsa campus, serving as Assistant, then Associate, Dean for Curriculum and Faculty Affairs. Among her many efforts in that role was to work toward a four-year branch campus for what is now called the OU-TU School of Community Medicine. Most recently, was Assistant Vice President at the University of Miami Miller School of Medicine in Florida from 2018-2020.

Her other professional roles include serving as a consultant in Undergraduate Medical Education for the Association of American Medical Colleges; for the University of Miami Miller School of Medicine; and for California University of Science and Medicine, School of Medicine.

Executive Dean John Zubialde, M.D., said Crow's expertise across the continuum of medical education is especially valuable as the college grows its emphasis on faculty support and development.

"Our faculty members in the College of Medicine have chosen to practice in academic medicine because they are specifically drawn to our core mission of teaching the next generation of physicians and conducting research that contributes to the foundation of medical knowledge," Zubialde said. "Just as our faculty are dedicated to that mission, we are committed to supporting them from the moment they step on campus."

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CAREERS IN NURSING

BONES, LIGAMENTS AND TENDONS, OH MY

by Vickie Jenkins - Writer/Photographer

Southwest Orthopaedic and Reconstructive Specialist (SOS) is a comprehensive practice that is located in South Oklahoma City. Being with SOS since 2016, Stephanie Plummer, RN, BSN has been the clinic RN for SOS and the RN for Dr. Brad Reddick and Jayme Royston-Locke, PA-C. Dr. Reddick is a Joint Replacement Surgeon who specializes in the most current and advanced technology in joint replacement which includes Direct Anterior Approach Total Hip Arthroplasty, Robotic Total Knee Arthroplasty, Robotic Assisted Partial Knee Replacement, Revision Total Joint Arthroplasty as well as the most complex Orthopedic cases regarding both primary total joint and revision total joints.

Stephanie explained how SOS opened their doors in 1995 and has continued to focus its practice

and expertise with an extensive selection of surgeons, specializing in Orthopedic, Plastic, Reconstructive and Hand Surgery. "We have a support staff of one hundred, working in areas such as insurance verification, appointments, pre-certifications, insurance billing, medical records and workers compensation."

"As a nurse, we have the opportunity to heal the mind, soul, heart and body of our patients, their families and ourselves. They may forget your name but they will never forget how you made them feel. That is one of my all time favorite quotes, by Maya Angelou," she mentioned. "I always realize how true those words are."

Stephanie grew up in Moore, OK, and it was 2004-2007, when she moved to San Diego, CA with her husband while he was serving

in the U.S. Navy on the U.S.S. Denver. Stephanie obtained her Associates degree from Oklahoma City Community College and her Bachelors from Southwestern Oklahoma State University. "I always had the medical field on my mind," Stephanie said. "I have the opportunity to empower the patients and their families with knowledge and be a part of the healing process but most important, I wanted to do something in life that would make a difference. As a nurse, I have the opportunity to not only care for the patient but to be their voice when they can't speak, being their advocate; to help fight for their wishes and help honor them at all times. I love my job as a nurse and can't imagine doing anything else," she commented. "A good nurse needs to be a great listener to her patients."

Asking Stephanie if she considers herself a leader or a follower, she replied, "I would like to think that I am a little of both. I think that to be a good leader, I must be a good follower. I respect the people I look up to, as they set examples and I learn from them. I always strive to be a better communicator, a better manager, a better educator and a better mentor."

What advice would you give to someone going into the medical field? "I would tell them to follow their passion and follow their heart. Be open to change because there will be plenty of changes in the medical field. Sometimes, a nurse will be frustrated and feel like they have failed, but always remember this, being a nurse is a blessing and an honor. Perhaps, Patch Adams said it best, "You treat a disease,

See PLUMMER Page 5



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Stephanie Plummer, RN, BSN has plenty of experience in the medical field and enjoys her job at Southwest Orthopaedic and Reconstructive Specialist.

PLUMMER

Continued from Page 4

you win, you lose. You treat a person, I guarantee you, you'll win no matter what the outcome."

What changes have you made because of the coronavirus? "SOS has made many changes because of the coronavirus and we are continuing to closely monitor the situation should additional necessary changes be needed. Currently, all staff undergo daily temperature checks as well as all patients and visitors. We are regularly cleaning touched surface areas, countertops, door handles and other highly trafficked areas. Most importantly, we are screening our patients for signs and symptoms of COVID-19

and reschedule if necessary," Stephanie said.

On a personal note, Stephanie is married to her wonderful husband of almost seventeen years. "We've known each other since fourth grade," she said with a smile. "We have a three year old son who is the light of our world. Our pets include a pit mix named Axle, a chihuahua mix named Ollie and a cat named Archie." Stephanie's hobbies include spending time with her family, traveling, fishing, being outdoors and spending time at the racetrack. "My husband actually builds race cars and yes, I love the racetrack," she said.

When asking Stephanie to sum up her life in one word, she replied, "blessed."

SITUATION UPDATE: COVID-19

COVID-19 Oklahoma Test Results

- As of this advisory, there are 32,686 confirmed positive cases of COVID-19 in Oklahoma.

- There are no deaths identified to report.

- There are 496 total deaths in the state.

- For more information, visit coronavirus.health.ok.gov.

- There are 445 total deaths in the state.

- For more information, visit coronavirus.health.ok.gov.

*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.

***The purpose of publishing aggregated statistical COVID-19 data through the OSDH Dashboard, the Executive Order Report, and the Weekly Epidemiology and Surveillance Report is to support the needs of the general public in receiving important and necessary information regarding the state of the health and safety of the citizens of Oklahoma. These resources may be used only for statistical purposes and may not be used in any way that wou

Data Source: AData Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2020-07-27 at 7:00 a.m.

Confirmed Positive Cases	32,686
*Total Cumulative Negative Specimens to Date (As of 7/24)	535,628
*Total Cumulative Number of Specimens to Date (As of 7/24)	573,185
**Currently Hospitalized (As of 7/24)	625
Total Cumulative Hospitalizations	2,872
Identified Deaths in the Past 24 hours	0
Total Cumulative Deaths	496

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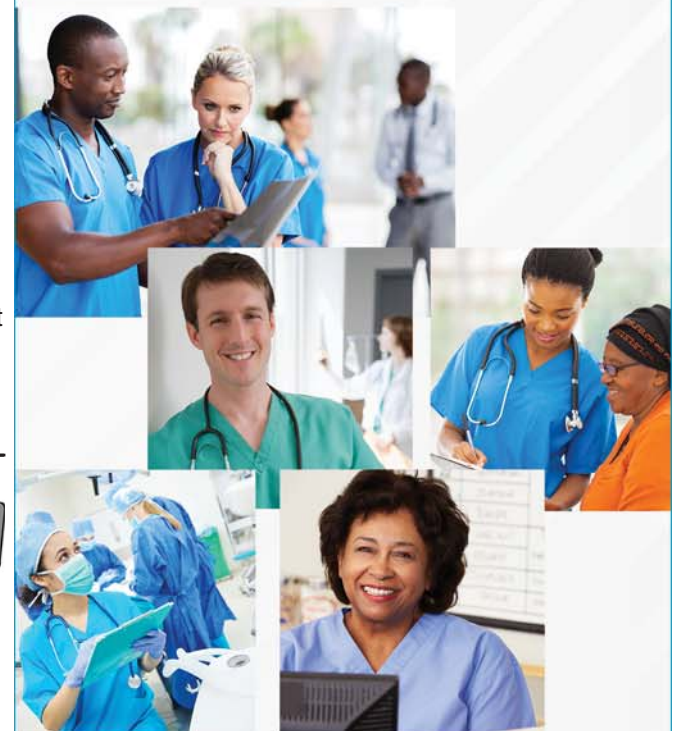
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Index to Classifieds

1 0 0	Ambulatory
1 0 8	Administrative
1 1 3	Case Management
1 1 5	Chemical Dependency
1 1 8	Clinical Instructors
1 1 9	Collection
1 2 1	Critical Care
1 2 3	Certified Medical Assistant
1 2 4	Certified Nurses Aide
1 2 7	CRNA
1 2 9	Dental
1 3 0	Dialysis
1 3 1	Dietary
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1 4 9	Home Health

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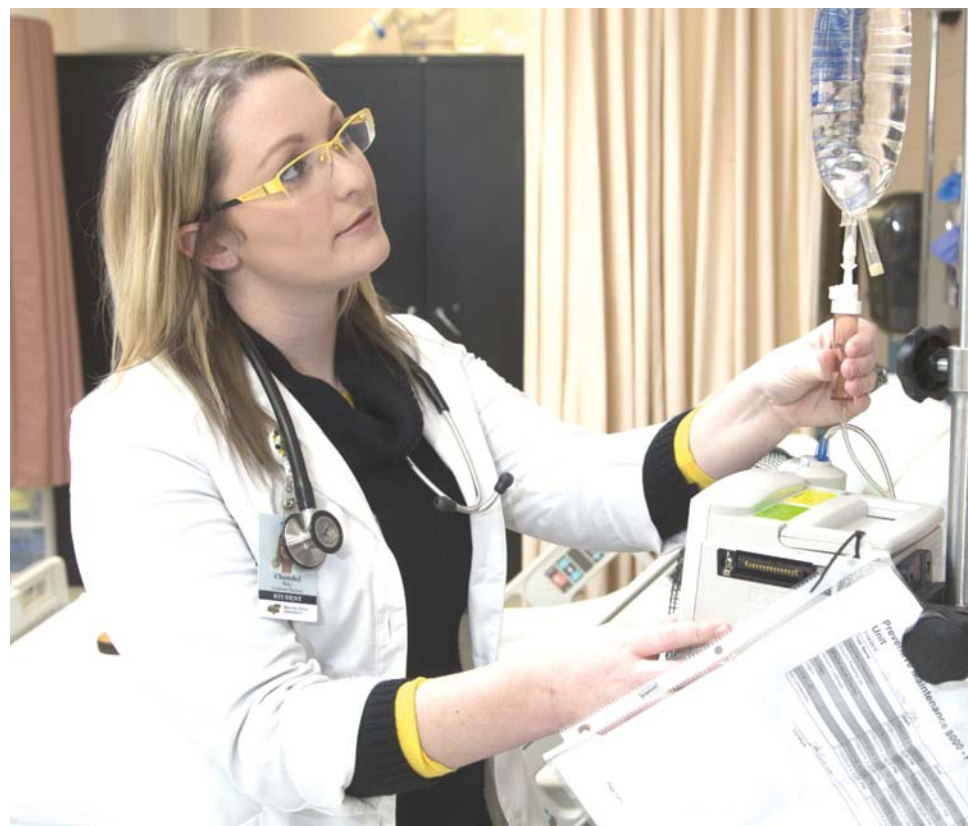
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OU Medicine has been awarded the Pandemic Acceleration and Activation Award from national telehealth leader Amwell®.

The award recognizes organizations for their agile and swift virtual responses to the COVID-19 pandemic. OU Medicine's was specifically recognized for its ability to rapidly scale its virtual care program to meet unprecedented levels of demand and deliver care safely to those in need amid the pandemic.

"Telehealth is serving an important role during this time of COVID-19 and OU Medicine lost no time in accelerating these services when the pandemic hit," said John P. Zubialde, M.D., executive dean of the OU College of Medicine. "Our telehealth capability at OU Medicine allows us to provide care for our patients that is convenient for

them no matter where they live in Oklahoma. As the largest and most comprehensive physician group in Oklahoma, OU Medicine provides care to address every health need, from primary care to specialty expertise. It is extremely rewarding to be recognized for our efforts by such a respected organization as Amwell."

Pre-COVID-19, OU Medicine, Oklahoma's most comprehensive academic health system, had a modest telehealth program in place that consisted of some primary care services, post-op visits and virtual pain management clinic. Since COVID-19, the health system's virtual strategy has seen unprecedented acceleration. OU Medicine has built out its internal telehealth team, onboarded more than 800 providers across all specialties, and conducted more than 25,000 virtual visits since

March. Rather than wait for a perfect implementation, OU Medicine decided to deploy quickly and iterate - a decision that was key to its success.

"The COVID-19 pandemic has forced health systems to alter traditional approaches to medicine, with virtual care being a key pathway for enabling patients to see providers safely, while maintaining social distancing requirements," said Dr. Peter Antall, Chief Medical Officer, Amwell. "OU Medicine rose to the challenge and quickly responded by onboarding hundreds of providers across a variety of specialties to ensure all

patients could continue receiving the care they needed. We're proud to partner with this innovative organization."

To schedule a telehealth visit, existing OU Medicine patients can contact the clinic where they normally go to see their doctor. The clinic staff will provide information about how to download the OU Medicine Health Connect app and set up an account. New patients can do the same by contacting the clinic they are interested in visiting. To find a telehealth provider or specialty, visit oumedicine.com/healthconnect.

The Science Behind the Mask

As the largest health system in Oklahoma, INTEGRIS Health has an obligation to set the standard for safety and quality, particularly during the COVID-19 pandemic.

INTEGRIS continues to support a policy of universal masking across the system. This means all caregivers, providers, patients and patient representatives must wear a face mask while on INTEGRIS property.

As the number of coronavirus cases continues to grow at an alarming rate across the state, using a mask, along with other preventive measures such as social distancing and frequent handwashing, has been scientifically proven to slow community spread. That's why INTEGRIS has strongly urged all caregivers to make it their personal responsibility to wear a mask when out in public as well as in the hospital, and why the health system is encouraging all fellow citizens across the state to join in and wear a mask for their own sakes and the sake of others.

Addressing the Confusion

Both the Centers for Disease Control and Prevention and the World Health Organization now recommend

that everyone over the age of two wear a mask while in public settings.

Earlier in the pandemic both organizations recommended the opposite, which has caused confusion among the public about the effectiveness of masks. But why did these recommendations evolve? Evolution is a basic tenet of scientific inquiry. Scientists let their opinions develop and transform as better information becomes available.

In the beginning, there was legitimate concern in the health care community that the limited supply of surgical masks and N95 respirators needed to be saved for health care workers. Also earlier in the pandemic, scientists understood little about the scope of the coronavirus spread, so the original CDC guidance was partly based on what was thought to be low disease occurrence.

But the CDC changed its guidance in favor of masks as more people became infected and scientists gained a clearer understanding that both pre-symptomatic and asymptomatic transmissions were common. Viral load peaks in the days before symptoms

See MASKS next page

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NURSE TALK



My super power would be telekinesis

Staci Deland, RN,
Clinical Nurse

I would cure COVID.

Krista Herron, LPN

If you had a super power, what would it be?



Oklahoma City
Indian Clinic

Teleportation would be my super power.

Meagan Mahtushquah,
HPDP RNO

I would like to predict the future!

Helen Elliott, RN,
Case Manager

MASKS

Continued from Page 10

begin and speaking is enough to expel virus-carrying droplets.

The Science of Masks

As more has been learned about the spread of COVID-19, there has been a growing body of evidence showing just how effective masks can be. Health experts also say the science is clear that the more people wearing masks, the better. The latest forecast from the Institute of Health Metrics and Evaluation suggests that 33,000 deaths could be avoided by October 1 if 95 percent of people wore masks in public. For a fascinating look at why masks work, watch this video from PBS.

To summarize in a nutshell, here are three quick reasons to wear a mask:

To protect your loved ones: When you wear a mask you protect others by preventing the spread of your own germs.

To protect the community: More people wearing masks results in better protection for everyone.

Your COVID-19 status is unknown: You may have COVID-19 or have been exposed to the virus without showing symptoms.

Local resources are already approaching their limits and if nothing is done to mitigate the spread of this disease infected individuals will fill our hospitals, overwhelm our ICUs and help will not be available to those who need it.

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Home at HarborChase

story and photo by Bobby Anderson, Staff Writer

Simply stunning.

No other words quite describe the feeling of walking into HarborChase of South Oklahoma City.

Visually remarkable, the brand new assisted living and memory care residence located at 10801 S May Ave is a treat for all five senses.

Depending on the hour or day, you might hear the smooth gospel stylings of pianist Gatha Graham or the laughter from the main dining room.

In the afternoon, the smell of freshly popped popcorn wafts through the air.

Wood-fired pizza directly out of the oven, crab cakes or a prime rib dinner cooked to order await to be enjoyed downstairs or in the privacy of your residence with room service.

Amenities abound at Oklahoma City's newest senior residence offering.

"It's amazing," says Executive Director Willena Ferguson while walking through the finely-appointed property, which is also licensed as a hotel by the state.

After spending the past 15 years in senior living, Ferguson has spent the last 14 months bringing HarborChase to life in the metro.

Residents began moving in February 29 prior to the recent quarantine.

Vero Beach, Fla. - based Harbor Retirement Associates brings the luxury living option to Oklahoma.

HRA operates more than 35 communities in eight states and is partnering on the construction of even more communities in seven additional states. HRA manages over \$150 million in revenue and approximately \$1 billion in assets while employing 2,000 associates.

HarborChase of South Oklahoma City is now accepting new residents and is proud

that through June, the residence remained entirely Coved-free with no residents or employees testing positive.

That's thanks to a stringent entry criteria as well as an extensive daily sanitization regimen.

Temperature checks are completed three times daily. No one can enter the facility without having their temperature scanned.

The building is disinfected twice daily.

The Oklahoma Room is a crowning jewel at the residence. The nearly 1,900-square foot safe room is rated by FEMA to withstand 500-mile-per-hour winds. An enclosed generator ensures power and a full-stocked pantry provides food and water for residents for up to three days in the case of disaster.

Some \$400,000 worth of concrete - nearly two-feet thick - protects residents as does the bulletproof glass and rolling steel hurricane shutters.

"It's really kind of cool some of the amenities they put into the building," said Ferguson, who also noted the space serves as a movie theatre room, and a chapel.

HarborChase offers both one and two-bedroom assisted living options.

From the very first day a resident moves into HarborChase, they are a familiar name and face, treated as a respected and cherished member of the family. Ferguson and her staff are dedicated to providing an ongoing feeling of connection, communication, comfort and caring. Upon arrival, a unique "Silhouette of My Life" profile for each individual resident is created to ensure that their wants, needs and desires are being met.

This customized profile allows care partners to create fun activities and programs based



Willena Ferguson (seated) and Tia Crittenden are ready to welcome residents to their new home at HarborChase of South Oklahoma City.

around residents' favorite pastimes, foods and memories.

Each day, care partners offer respectful assistance with walking, dressing, grooming and more. You'll rest easy knowing that your loved one's medical needs are provided for by a caring and compassionate team of licensed nurses and medication assistants.

In order to help nurture their independence, your loved one will receive the personalized level of care and support they need with friendly supportive services that truly make life easier and more enjoyable. An active and purposeful lifestyle awaits your loved one at HarborChase.

A dedicated memory care unit is also built in.

Harbor Chase's acclaimed Memory Care neighborhood is a safe, serene and loving harbor for residents and their families.

A putting green sits in the interior courtyard next to the cabana. A family of ducks seems

to enjoy the fountains and raised, self-watering flower beds that are being installed next to their float pool.

An art studio and fitness gym are also on site.

Business Office Manager, Tia Crittenden, has worked with Ferguson for 10 years now, following her along her journey.

"I have a really huge loyalty to Willie. She's an amazing director," Crittenden said. "Her standards are very high."

Ferguson smiles and explains it all comes down to setting the bar high and building lasting relationships.

"I love this population," Ferguson said.

And there's no doubt this population will love HarborChase.

HarborChase is located at 10801 S May Ave, Oklahoma City, OK 73170. Call (405) 429-8386 for more information or visit: www.harborchase.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?**

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