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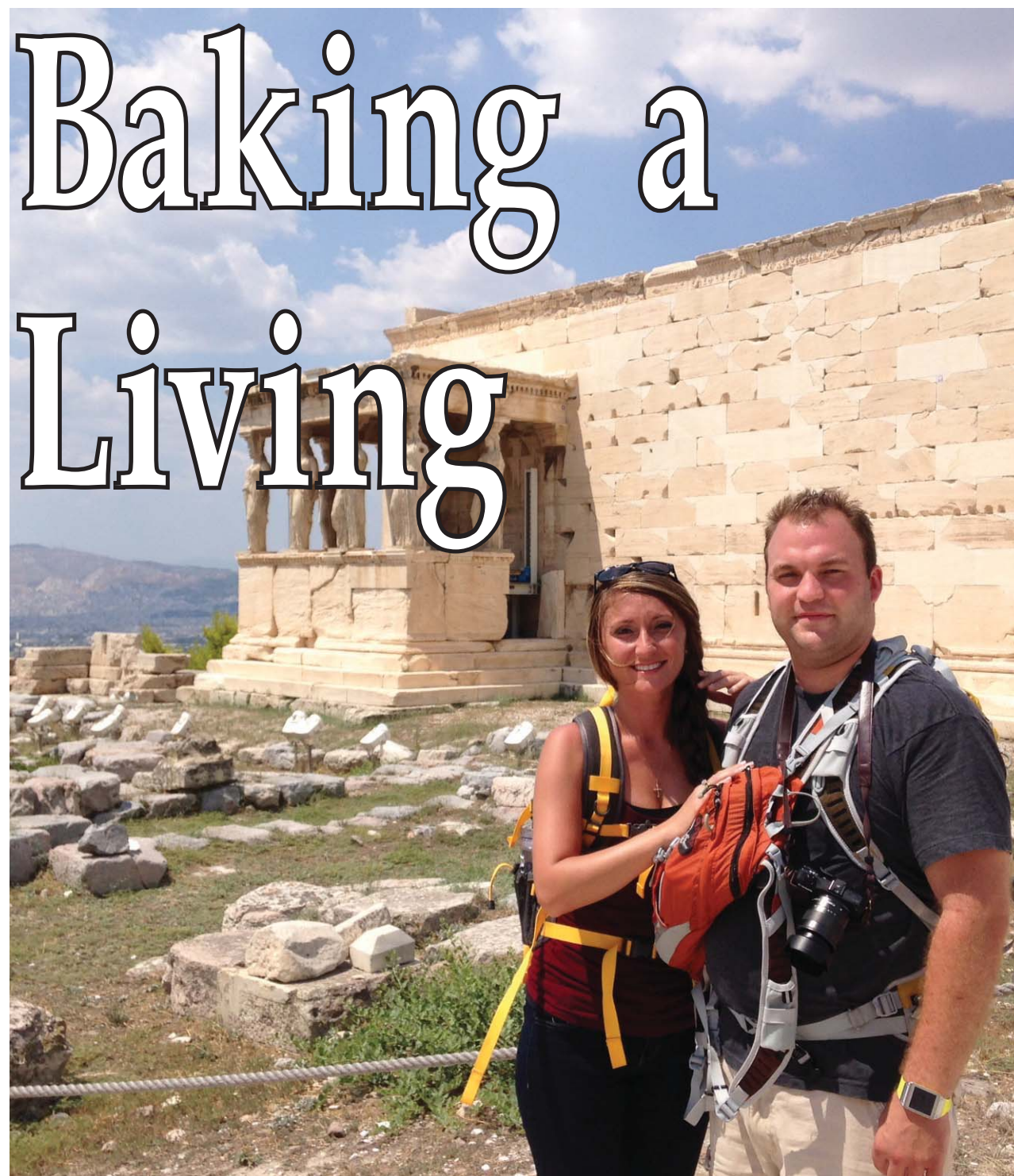
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Beth Mendros McGill (pictured with husband, David) is bringing traditional Greek food to customers while her nursing education is on hold. (Photo Provided)

by Bobby Anderson, RN - staff writer

Stories of people putting their dreams of becoming a nurse on hold are all too common.

So when it happened to Beth Mendros McGill she cried a few tears, gave birth to twins and then turned her oven up to 350 degrees and moved on with her life.

"I cried a lot," she said, unpacking the rollercoaster ride that led her to push pause on her nursing dreams. "I was pretty emotional about it. I know when I get back to it I will be a good nurse."

To fully understand how Mendros McGill got to this point you need to know where

See BAKING Page 2

Enid Priest Shares Personal Experience with COVID-19



INTEGRIS pulmonologist, Sarah Matousek, M.D. and Father Mark Mason

On June 27, his forty-fifth anniversary of ordination to priesthood, Father Mark Mason began experiencing chills despite the fact that it was nearly 100 degrees outside. He thought perhaps he was having an allergic reaction to the hot herbal tea he was sipping. It wasn't his usual orange spice. He tried putting on heavier clothing and went to lay down, but the chills persisted – even under thick blankets.

Mason had a houseguest at the time, and as his condition deteriorated that evening, the guest made the wise decision to take him to the INTEGRIS Bass Baptist Health Center Emergency Department.

Throughout the COVID-19 pandemic, identifying symptoms of the virus has been like trying to hit a moving target. A fever over 100.4 was one of the telltale signs early on, but chills didn't make the list until April. Fortunately, by June, INTEGRIS emergency caregivers were well-versed in the multiple symptoms of COVID-19 so they tested Mason for the virus right away. He tested positive.

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BAKING

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she started.

The daughter of Greek parents, Mendros McGill grew up spending sun-kissed summers on the shores of Greece.

After graduating from Mt. St. Mary's, she earned a bachelor's degree in multidisciplinary studies at the University of Oklahoma.

Around the same time, her father wanted to help one of her brothers break into the culinary business.

"I was more the Type A, book smart one in the family and he wanted to get him established in something he loved to do and that was the culinary arts so he asked if I would get the restaurant started," she said.

Another brother - an architect - designed what would become The Greek Taverna, a local Moore hotspot that built a reputation for authentic mediterranean fare.

Those several years running the restaurant were great.

Then her father's health declined.

"It kind of changed everything," she said. "I was pregnant and my dad was well enough to walk me down the aisle. Six months down the road he had a sudden, severe stroke."

The restaurant closed and Mendros McGill set her sights on the medical field.

She earned a coveted spot in Oklahoma City Community College's accelerated nursing program.

"I loved it for a good while but it was very obvious with all my kids and husband and regimen that traditional (nursing school) would be more my speed," said Mendros McGill, who discovered she was pregnant again.

"I was so tired and so exhausted that I didn't know what was happening. We were never expecting twins would be on the table."

"The twins are kind of a game changer all around."

Charley - named after her husband's grandfather - came first at 7:11 p.m. Gianni was born two minutes later.

With a blended family, that brought the Mendros McGill family to five.



Beth Mendros McGill specializes in perfect Greek treats. (Photo Provided)

"And we're done," she laughed.

With her hands literally full, her mother-in-law Vickey McGill stepped in and offered to stay home with the babies.

"The first year was such a blur," she said.

Three months later "the most amazing person you ever met" was diagnosed with cancer in her bile duct.

"That was brutal," Mendros McGill said of seeing her mother-in-law wade through the diagnosis. "She was our biggest help, our advocate and support. The greatest joy in her life was being a grandmother. She was so excited."

Then came Covid. The family quarantined and her husband took a pay cut.

Thinking of different ways to supplement the family's income, she kept remembering the family restaurant.

"There was a lot of joy the taverna brought me," she said. "People always asked me about real Greek food. One thing I do know for sure is how to make authentic Greek food."

Her mind went into overdrive. How could she reconnect with her old customers and bring authentic Greek food back to the community.

From there, Bethie Bakes was born in her kitchen.

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You can find her on Facebook or online at bethiebakes.online.

"It also feels good to have something that was mine," she said. "I love being home with my babies and there's nothing more I would want but I needed something for me as a person, too."

She knows one day that will mean going back to earn her RN.

"When I set my mind to do something I do it," she said. "Even if it takes me years."

"That's one of my end goals is to finish my nursing degree. I've had to relook at seeing what's been going on with Covid 19 and front line workers. I don't think I've ever appreciated the medical field as much as I do know."

"I want to be arm and arm with what they're doing."

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PRIEST

Continued from Page 1

Mason knew precisely when he had been exposed to COVID-19. He had recently eaten dinner with individuals who later tested positive. They were all asymptomatic at the time of the meal. Mason had planned on getting tested himself, but the virus beat him to it.

After spending a few hours at INTEGRIS, Mason began to improve. Because his symptoms were not serious enough for him to be admitted, he was sent home and told to self-quarantine, which he did. Something that is not easy to do when you are a Catholic Priest at multiple parishes, including St. Francis Xavier and St. Gregory Catholic Church.

Mason was recovering well at home. It had been several days since his diagnosis, and he thought he was over the worst of it. But he underestimated the power of the illness.

On day 10, he wasn't feeling well. His doctor, INTEGRIS physician Jon Mills, D.O., recommended he use a pulse

oximeter to measure his blood oxygen levels at home since, at 71 years old, Mason is at higher risk of serious complications from the virus.

His blood oxygen levels were falling, and he was having trouble breathing. At the urging of Dr. Mills, he returned to the Emergency Department at Bass and was quickly admitted. Mason spent 15 days at INTEGRIS recovering from COVID-19 —eight of those days were in the Intensive Care Unit.

Mason was placed in a negative air flow room, a room that pulls air inward from the hallway, to decrease the risk of him infecting other patients. INTEGRIS had already prepared for patients like Mason by converting extra rooms to negative air flow and made additional preparations in the event of a surge.

Mason narrowly escaped being put on a ventilator but was given a life-saving cocktail of Remdesivir, convalescent plasma, steroids and anti-inflammatories.

"I was very lucky to be at this hospital when I came down with COVID-19," declared Mason. "I feel

like I received the best treatment in the world."

"Father Mason is a great example of how quickly patients with COVID-19 can become severely ill," said INTEGRIS pulmonologist, Sarah Matousek, M.D. The team of pulmonologists at INTEGRIS were key players in his survival. "Part of the reason he did so well was because he was in good physical shape prior to his illness, but he also stayed in touch with his physician and they closely monitored his symptoms, taking

action when necessary."

Mason was released from the hospital on July 23. He continues to have lingering effects from COVID-19 but is certainly on the road to recovery. He wants to thank everyone involved in his care, especially his team of caregivers in the ICU, Edward Payton, Hannah Kokojan and Alaina Maxey. He is also grateful to the Enid community for their continued prayers, as he feels confident the community played a major role in his success.

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CAREERS IN NURSING

LEGACY OF LOVE AND COMPASSION: MERCY LOGAN COUNTY

Vickie Jenkins, Staff Writer

Guthrie, Ok is a unique territorial city that truly embodies the essence of the era and the spirit of Oklahoma. There are museums, shops, galleries and a town full of Victorian bed and breakfasts. Set in an urban setting, you will also find Mercy Hospital Logan County; considered Oklahoma's territorial capital. The ongoing restoration efforts make the town's downtown area the largest Historic Preservation District in the nation. Mercy Hospital Logan County is a 25-bed critical access hospital serving Guthrie, Logan County and surrounding areas in central Oklahoma, including Edmond, Stillwater, Perry and Kingfisher. Our specialty clinic provides services in cardiology, nephrology, podiatry, pulmonology and spine care/pain management. We also provide respiratory care including pulmonary function testing. -Mercy Hospital

Logan County-

This is also where you will find a hospital full of outstanding nurses that go the extra mile to take care of their patients. One particular individual that shines in the spotlight is Shari Medcalf, RN, MSN and has been a nurse for fifteen years, serving the last six years at Mercy.

"I chose to work in the nursing profession because I have a passion for serving others both as a caregiver and leader. I believe that there is no greater honor than caring for the sick during their most vulnerable times and building a successful team that serves in a way that brings honor to Christ. Every day, I have the chance to change someone's life and leave a legacy of love and compassion," Shari said. "I have the privilege of working for a ministry that allows and even encourages me

to show my faith in Christ while serving to meet the needs of my patients and leading my team by example. I have worked for the ministry at Logan County for two years and the main reason why I plan to continue investing my time and skills at this ministry is the tremendous honor I have to serve others in a way that brings glory to Christ," Shari commented.

Growing up in Ponca City, Ok, Shari attended UCO for her BSN and attended the University of Texas at Arlington for her MSN. "When I became a nurse, I started serving in the MedSurg Unit. I quickly fell in love with the opportunities available within the ministry and found my place with the Mercy family. I now serve as the Charge Nurse of the Emergency Department, MedSurg and the Swing program, which is a rehabilitation program where we

help the patient gain some of their independence."

Asking Shari if anyone influenced her to become a nurse, she replied, "Yes, my mom. She served as a nurse from MedSurg to Education to Administration. She served as a Chief Nursing Officer for over twenty years and was a great encourager."

Shari's typical day stays busy. "I begin by familiarizing myself with each of the patients in the hospital. I then care for the needs of my assigned patient load while also working as a Servant Leader for my team," she commented. "I consider myself a leader that mirrors the Servant Leader Model."

When asking Shari to describe herself, she replied, "I'm actually an introvert who is willing to try new things and accept new challenges. I

See MEDCALF Page 5



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Set in an urban setting is Mercy Hospital Logan County, located in Guthrie, OK. One exceptional nurse, Shari Medcalf, RN, MSN invests her time and skills into her patients.

MEDCALF

Continued from Page 4

consider myself to be a successful leader when my team is successful. I identify as a Servant Leader and part of a team that strives to show the love of Christ in all we do for our community and those who serve in it." Shari considers her biggest reward as a nurse, the way she honors Christ in whatever she does.

When Shari is not working, she likes to spend time with her husband of fifteen years, and her eight year

old daughter and her four year old son. "I love going to the local rodeos to watch my kids," she said with a smile. "We also have two dogs, Boots and Bentley, along with three horses," she added.

How has the Coronavirus changed your life? "I have two young children that are adapting to the new challenges in education and that has been a real challenge in itself," Shari said.

If you were to sum up your life in one word, what would it be? "It would be blessed," Shari replied.

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SITUATION
UPDATE:

COVID-19
Oklahoma Test
Results

• Following the State's meeting with White House Coronavirus Task Force Ambassador, Dr. Deborah Birx, interim Commissioner Lance Frye is reminding Oklahomans of the the Public Health Advisory issued last week that strongly recommends:

* Orange and Red counties: Individuals age 11 and older wear face coverings in public settings, with exemptions including while eating at a restaurant, in a private office space, or at a religious ceremony where physical distancing can be achieved. * Orange and Red counties: Restaurant staff wear face coverings and tables should maintain six feet of distance or more. * Statewide: Individuals age 11 and older wear face coverings when visiting nursing homes, long-term care facilities, retirement homes, medical facilities, prisons, or other communal living facilities. * Statewide: With the "Safer in Oklahoma" policy, individuals entering the State of Oklahoma from an area with substantial community spread, will wear a face covering in all public spaces and limit participating indoor gatherings for 10-14 days in accordance with CDC guidelines.

• As of this advisory, there are 48,711 confirmed positive cases of COVID-19 in Oklahoma. • There are four additional deaths identified to report. No deaths were identified in the past 24 hours.

* One in Cleveland County, one male in the 65 or older age group. * One in Oklahoma County, one male in the 65 or older age group. * Two in Tulsa County, one female and one male in the 50 - 64 age group.

• There are 665 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 would determine the identity of any reported cases.*

Data Source: Acute Disease Service, Oklahoma State Department of Health.
*As of 2020-08-17 at 7:00 a.m.

Confirmed Positive Cases	48,711
*Total Cumulative Negative Specimens to Date (As of Aug 14)	706,619
*Total Cumulative Number of Specimens to Date (As of Aug 14)	762,899
**Currently Hospitalized (As of Aug 14)	506
Total Cumulative Hospitalizations	4,021
Identified Deaths in the Past 24 hours	0
Total Cumulative Deaths	665

Oklahoma's Nursing Times

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**Oklahoma's
Nursing Times**

OU Nursing Professor Named to American Academy of Nursing's 2020 Class of New Fellows

Melissa Craft, Ph.D., APRN-CNS, AOCN, a faculty member in Nursing Academic Programs in the Fran and Earl Ziegler College of Nursing at the University of Oklahoma, recently was selected to join the American Academy of Nursing 2020 Class of Fellows. The newest class of 230 distinguished nurse leaders represents 39 U.S. states, the District of Columbia and the U.S. territory of Guam, as well as 13 countries.

Craft, the only 2020 recipient from Oklahoma, was selected through a competitive application process that evaluates a nurse leader's contributions to advance the public's health.

"Induction into the academy is significant recognition of Dr. Craft and her many contributions to OU's Fran and Earl Ziegler College of Nursing and the nursing profession at large," said OU College of Nursing Dean Julie Hoff, Ph.D., M.P.H., R.N.

Craft has nearly 40 years of experience as a nurse and clinical

nurse specialist (CNS) in cancer nursing. During her career, she has provided care navigation, genetic counseling and genetic testing to over 15,000 patients and families. Craft has also mentored nurses, students and faculty in professional development on the art and science of caring for cancer patients.

Her lifelong work has focused on enhancing care for oncology patients and optimizing professional opportunities for nurses. In her current administrative role as interim senior associate dean, she continues to teach and maintain a program of research focused on using expressive writing/storytelling to assimilate thoughts and feelings about particularly intense or traumatic events, such as cancer and cognitive challenges after

chemotherapy.

Active in interprofessional education and practice, Craft has received numerous awards and recognition for her professional and community service.

The 2020 inductees will be recognized for their significant contributions to health and health care at the American Academy of Nursing's annual Transforming Health, Driving Policy Conference, to be held virtually in late October.

In announcing the recipients, Academy President Eileen Sullivan-Marx, Ph.D., R.N., FAAN, said, "I am honored to welcome this exceptional class to the American Academy of Nursing. Their work, across many fields of expertise, exemplifies the power of nursing knowledge in creating meaningful change. As a policy organization, we strive to improve health and achieve health equity through nursing leadership, innovation and science. Growing the academy's fellowship bolsters our collective strength and further enables us to meet our policy priorities. Now, more than ever, our collaboration is critical, and I am excited to congratulate this dynamic class of Fellows during the International Year of the Nurse and the Midwife."

The American Academy of Nursing serves the public by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge. Academy Fellows are inducted into the organization for their extraordinary contributions to improve health locally and globally. With more than 2,700 Fellows, the academy represents nursing's most accomplished leaders in policy, research, administration, practice and academia.



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(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

OU College of Nursing launches BSN-DNP program

Long known for its history of innovation and producing some of the state's best in nursing, the OU Fran and Earl Ziegler College of Nursing took the next step last fall, announcing a new BSN-DNP program.

"Really it's limitless what these graduates can do and we're so excited to be preparing them at the doctoral level," said Program Director Amy Costner-Lark, DNP, APRN. "We're very excited to get this first group in."

The BSN-DNP program allows nursing students to earn their doctorate of nursing practice after earning a bachelor of science degree in nursing. Students in the BSN-DNP program will focus on advanced nursing competencies.

"The most important thing to remember is our healthcare system is increasing in complexity and patients are sicker and going home sooner than they ever have before," Costner-Lark said. "The program prepares nurses to practice at the highest level to ensure quality outcomes, to provide cost-effective care and use evidence-based practice. We're creating high-quality clinicians and high-quality nurse specialists and high-quality nurse executives to transform the health of Oklahoma and the nation."

We anticipate by 2025, a DNP will be the required educational standard to enter practice for advanced practice nurses. The addition of the program helps move the OU College of Nursing in line with other medical specialties requiring doctorates for advanced practice, such as pharmacy, physical therapy and audiology.

The BSN-DNP program will offer three specialty pathways: Family Nurse Practitioner; Adult/Gerontology Clinical Nurse Specialist; and Executive Leadership.

"Given the increasing complexity of patients in a rapidly transforming healthcare system, preparing nurses to practice at the highest level is critical to ensure quality outcomes," Costner-Lark said. "Offering a BSN-DNP program is aligned with the American Association of Colleges of Nursing position statement on the DNP as entry-level for advanced practice nurses. The University of Oklahoma has a rich history of preparing exceptional nurses, and this program will continue to provide high-quality clinicians who focus on evidence-based practice and quality improvement for the citizens of Oklahoma and beyond."

Julie A. Hoff, PhD, MPH, RN serves as the dean of the college of nursing and notes the DNP is uniquely positioned to support innovation and entrepreneurship within the profession and



OU College Nursing Dean Julie Hoff says the new BSN-DNP program is one of the most robust in the state.

will help guide healthcare delivery into the future.

"Given the current health status of Oklahoma the DNP program will really provide us with the ability to advance health sooner in the state of Oklahoma," Hoff said. "This will really answer that call as well as advance the care that is delivered."

"It's not just care at the level of individuals it's care across families, communities and populations."

Costner-Lark said OU students have a wealth of resources at their disposal throughout their journey.

"We're certainly a leader in education in the state of Oklahoma and also a leader in healthcare," Costner-Lark said. "Our partnership with OU Medical, Inc. not only gives us access to high quality research that's being performed but also opportunities for our students to train in a cutting-edge hospital and clinics across the state."

"It's been a very exciting process to develop this program."

One of the nation's few academic health centers with seven professional colleges — Allied Health, Dentistry, Medicine, Nursing, Pharmacy, Public

Health and Graduate Studies — the University of Oklahoma Health Sciences Center serves approximately 4,000 students in more than 70 undergraduate and graduate degree programs on campuses in Oklahoma City and Tulsa.

OU Medicine — along with its academic partner, the University of Oklahoma Health Sciences Center — is the state's only comprehensive academic health system of hospitals, clinics and centers of excellence. With 11,000 employees and more than 1,300 physicians and advanced practice providers, OU Medicine is home to Oklahoma's largest physician network with a complete range of specialty care. To Learn more visit www.nursing.ouhsc.edu

Hardesty Family Foundation donates \$1 million to OMRF

Tulsa's Hardesty Family Foundation has made a \$1 million gift to the Oklahoma Medical Research Foundation.

The grant will fund the expansion of OMRF's Aging and Metabolism Research Program, which focuses on ways to prevent, treat and even reverse conditions that impact older adults.

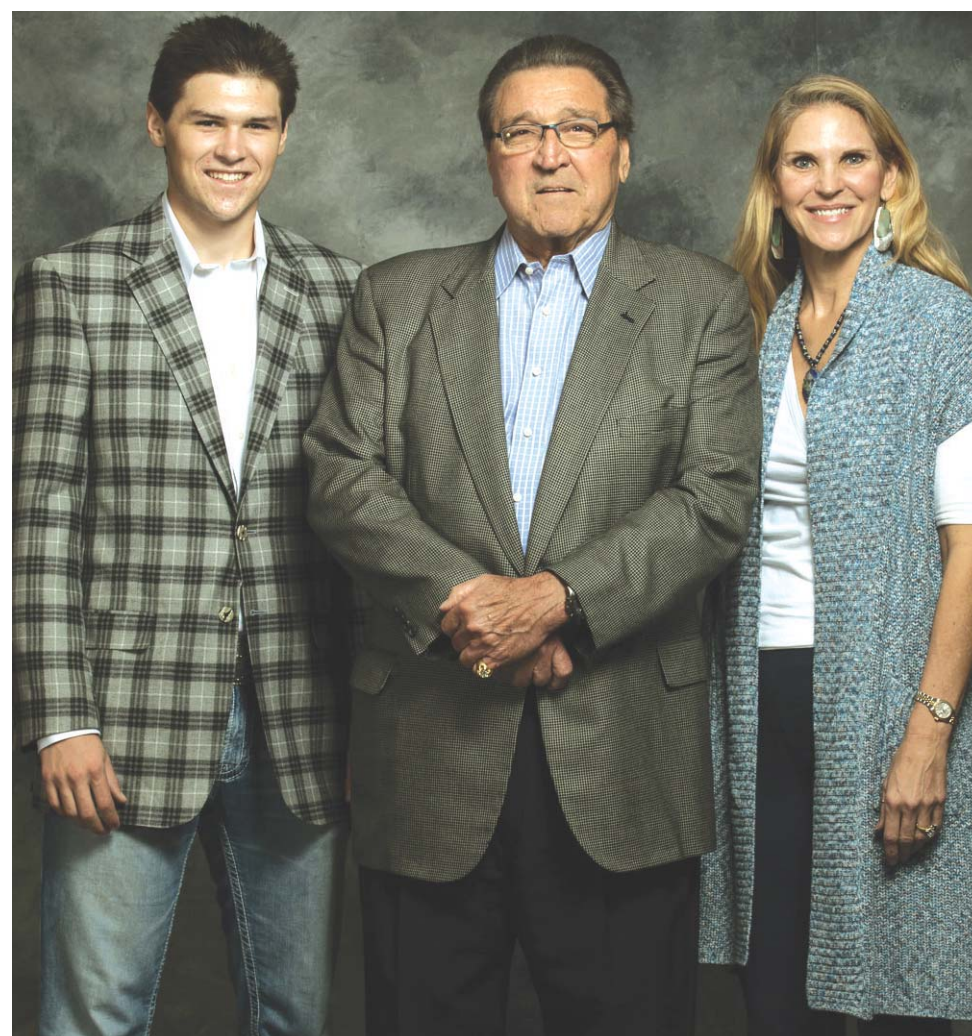
"The Hardesty family set out to make a difference in the lives of all Oklahomans and give back to the state they call home. With this extraordinary gift to medical research, they've done it yet again," said OMRF President Stephen Prescott, M.D. "Thanks to their generosity, our scientists will be able to continue the innovative work that leads to life-changing — and life-saving — discoveries."

The \$5.2 million expansion of the Aging and Metabolism Program includes the renovation of new a laboratory suite, state-of-the-art equipment and start-up funds for three new scientists and their teams.

The program is led by Holly Van Remmen, Ph.D., who guides a team of researchers looking into age-related conditions like heart failure, diabetes, muscle and vision loss, arthritis, Alzheimer's, and dementia. U.S. rates of these diseases and the healthcare costs associated with them have soared in recent years as American lifespans have increased.

"Scientists at OMRF are doing work that will make a profound difference in the lives of all

See OMRF page 13



From left to right, Connor, Roger and Michelle Hardesty.



In December 2014, Brandi had a case of strep throat which resulted in the diagnosis of dilated cardiomyopathy. Unable to tolerate any of the medications to treat it, she was told that ultimately a heart transplant would be needed to save her life. Her health began to decline daily, and she spent nearly a month in the Intensive Care Unit before she received a new heart. Brandi's life was saved by a selfless donor, and is now able to exercise, travel and enjoy time with her friends and family.

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. You may also call 800-826-LIFE (5433) and request a donor registration card.

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It would have to be a smile.



Laura Gunter, RN

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Meghan Bedwell, RN

What is your nursing super power?



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Christina Hopkins, RN

They say I'm the IV whisperer.



Amanda Modena, RN



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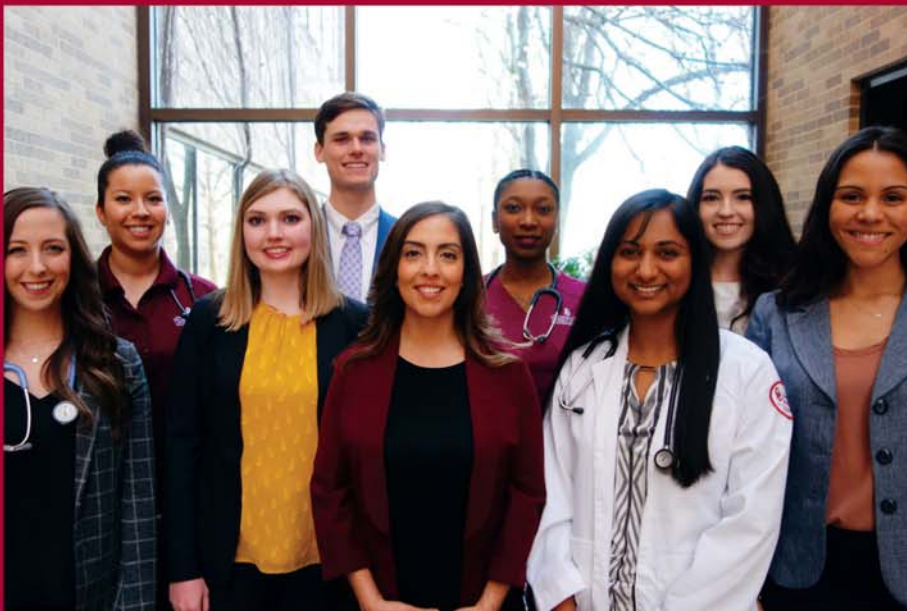
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- Faculty-led practice and research mentoring across Bachelor's, Master's and Doctoral programs
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- One college, three locations: Oklahoma City, Tulsa and Lawton



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Spataro Wins CTCA Daisy Award



Tabitha Spataro, Cancer Treatment Centers of America® (CTCA) Tulsa winner of this quarter's DAISY Award.

Tabitha Spataro was recently recognized at Cancer Treatment Centers of America® (CTCA) Tulsa as the winner of this quarter's DAISY Award. The DAISY Award is an international program that rewards and celebrates the extraordinary, compassionate, and skillful care given by nurses every day. CTCA Tulsa® is proud to be a DAISY Award Partner and have the chance to regularly recognize one of its nurses with this special honor.

Nurses are with us during our most vulnerable and challenging moments. That's what inspired Tabitha to become a nurse – so she could be in a profession

where she could help those in need. "Nursing is more than just a job; it's a lifestyle. Each patient is a unique individual, and I treat each patient the way I would want to be treated," said Tabitha. She also has a unique appreciation of each patient's situation, as she understands what it's like to be a patient herself due to having an autoimmune disease. "I feel blessed to have been through the health struggles I've had because it has given me a way to understand how many patients feel in many circumstances," said Tabitha.

Prior to CTCA, Tabitha worked in women's health and then

moved into radiation oncology followed by working as a travel nurse. She came to CTCA five years ago and loves caring for her oncology patients and their loved ones.

One of Tabitha's patients shared their experience and appreciation of Tabitha:

"I was so concerned when I first started my chemotherapy. But after my first treatment, Tabitha made me feel so comfortable and at ease; it's like she was family, and she explained everything step by step. I just knew if I had her every time, she would take good care of me and everything would

be ok. She is so compassionate and caring if you needed help on anything, and she was right there to help in any way she could. All the nurses I had were good, but she just shows you how much she cares and is dedicated to being the best nurse she can be. She is my hero. I thank God for blessing me with her."

Tabitha is married and has a one-year-old daughter, and she loves spending time with her family. She used to interpret for the deaf and has used that skillset to teach her daughter how to use sign language to communicate.

OMRF

Continued from Page 10

Oklahomans, extending not just the years in a life, but the life in those years," said Hardesty Family Foundation Trustee Michelle Hardesty. "Our family is pleased to again support OMRF's critical, cutting-edge medical research, the dividends of which will be felt across generations and around the

world."

Founded in 2005 by F. Roger and Donna J. Hardesty, the Hardesty Family Foundation has given more than \$2 million to support medical research at OMRF over the last decade. An OMRF lab will be named in the family's honor to memorialize their generous contributions that will allow more to live longer, healthier lives.

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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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