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Accidents Will Happen



ER is Always Prepared

Cortney Barrett, RN works at Integris Community Hospital West. Cortney is a natural when it comes to helping others in the ER, no matter what the situation might be.

by Vickie Jenkins, Staff Writer

A big thank you to all of the doctors, nurses and medical staff that put themselves on the frontline each and every day as our world fights the pandemic. Not only are the big hospitals at risk, but the Emergency Clinics and Emergency Hospitals are too. Here, at Integris Community Hospital, they see an average of

forty to fifty patients a day. That is a lot of emergencies!

One particular person that you will find at Integris Community Hospital West is Cortney Barrett, RN. Cortney has been a nurse for four years and has worked at this location for a year and a half. "My first job was in ICU at Mercy,"

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OBU College of Nursing Hosts Prayer Majors



The OBU College of Nursing held a "Blessings of the Hands" ceremony Monday, Aug. 10, on the first day of the fall semester. The ceremony commissioned all junior nursing majors as they enter the nursing program of study. OBU photo.

The OBU College of Nursing held a "Blessings of the Hands" ceremony Monday, Aug. 10, on the first day of the fall semester. The ceremony commissioned all junior nursing majors as they enter the nursing program of study.

Dr. Robbie Henson, dean of the College of Nursing, described the ceremony as, "a time of recognizing their calling to be the hands and feet of Jesus as they learn to care for people who are at points of transition in their life--the joy of a birth, the pain of trauma, the fear of the

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BARRETT

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she said. "Now, I enjoy working in the Emergency Department."

Cortney has an interesting story of how she came about becoming a nurse. "I became a nurse for several reasons. First, because my oldest daughter was born at twenty-six weeks gestation due to some complications of pregnancy. She was flown to OU Children's NICU where she spent the first two months of her life. I was eighteen years old at the time and the amazing care and empathy that was shown to me by the nurses in the NICU was the greatest gesture of compassion I had ever experienced. I had a hard time leaving Addie's side when she was there. I remember one of the nurses telling me that I was a good mom for wanting to spend all of my time with her. To this day, I will never forget how I was cared for by the nurses. Now, as a nurse, I want to give back to others what was done for me," Cortney said with a smile. "Second, when I was very young, my Papa, Eddie Blue took me to the nursing homes to give communion to the patients there. I was always excited to go just to show an act of kindness. Third, my mom

became a nurse when I was about five years old so I grew up with a nurse in the house," Cortney explained.

Cortney grew up in Fletcher, OK; a small town about twenty miles north of Lawton. "I went to Platt college for LPN and LPN-RN school. I went to the University of Texas Arlington for my BSN. I am currently attending Chamberlin University to get my Masters in Family Nurse Practitioner. I just started a few weeks ago and I am super excited to be on this journey," Cortney commented. "I want to continue my education in the medical field."

What is your biggest reward as a nurse? Cortney replied, "My biggest reward is seeing the patients fear and anxiety subside when I take the time to explain what is happening as well as sitting down, really caring for their spirit and well being by having a meaningful conversation with them or holding their hand. When I can do this in the middle of chaos, this is the best reward, hands down. God gave me the ability to show His love to my patients in some of their worst moments in life and I am so glad that I can share this with my patients. Also, being able to be a patient advocate. I love that I can have a voice and can educate my patients

so that they can receive the best care possible. I like that I can lighten the mood in the medical field. I always say, be a light into the darkness."

When it comes to mentors during school, Cortney stated, "My best friend, Krystina, my husband and family have been my biggest supporters during my nursing and educational journey. There is one nursing professor that has always stood out to me and that was one of my LPN professors, Lisa Kelly. She has such an outgoing personality and has always been exceptionally good in everything she does."

As far as Cortney's personal life goes, she has been married to her

husband, Shane, for ten years. They have four children; Addie, Shelby Emery and Clay. "We live on twelve acres and have lots of animals."

How has the coronavirus changed your life? "Covid has made us nurses be extra resourceful with our use of time management skills, leaning on our team, trusting our instincts and using more precaution throughout the day. I do everything to protect myself, my family and my patients," Cortney said.

Summing up her life in one word, Cortney replied, "That word would definitely be extraordinary."

Paycom CEO Makes Multi-Million Dollar Donation to New Hope Lodge

The American Cancer Society of Oklahoma (ACS) is one step closer to groundbreaking on a new Hope Lodge, thanks to a generous \$5 million donation from Chad Richison, founder and CEO at Paycom.

"Everyone is either zero or one degree away from cancer," said Jeff Fehlis, executive vice president for ACS South Region. "It's a disease that touches us all, and that's why it is so important to bring Hope Lodge to Oklahoma. The investment Mr. Richison has made will be felt in all corners of the state."

This year, the American Cancer Society estimates that 20,540 Oklahoma residents will be diagnosed with cancer and that 8,420 will die from the disease. It also estimates 3,700 cancer patients will travel 40 miles or more for treatment in Oklahoma City.

"We firmly believe your ZIP code should never determine whether you live or die," Fehlis added. "We are very fortunate to have partners like Mr. Richison investing in the state's health care and for his compassion and contributions to patient's recovery and peace of mind."

The Chad Richison Hope Lodge of Oklahoma City will have 34 guest rooms, each with a private bathroom. Free, on-site parking will be available, as well as fully equipped kitchens, laundry facilities, common guest lounges and a dining room. It will serve approximately 2,400 patients and caregivers annually, providing approximately 14,600 free nights

of lodging valued at \$1,971,000 in annual savings.

"Providing community style lodging and other essentials to patients and families during their battle with cancer is a much-needed service that hopefully takes one less stress off their minds," said Richison. "I'm pleased to be part of bringing this new concept to Oklahoma and grateful for what the American Cancer Society is doing with the Hope Lodge experience."

The new facility will be built near the Stephenson Cancer Center at NE 8th St. and N Phillips Ave., with land leased for \$1 per year from the University of Oklahoma Health Sciences Center. The Chad Richison Hope Lodge of Oklahoma City will be the only free lodging program available for adult cancer patients and their caregivers.

"Our world has turned upside down the past few months as a result of COVID-19," Fehlis said. "But cancer hasn't stopped and neither has ACS. The pandemic has created challenges which we must now factor into construction, making sure we are creating a safe environment for our guests. We have a chance every day to do good in the world, and partners like Mr. Richison are a great example."

Currently ACS operates more than 30 Hope Lodge locations throughout the United States and Puerto Rico. Groundbreaking on the new Hope Lodge Oklahoma City is set for fall 2020. Additional information can be found at: cancer.org/hopelodgeoklahomacity.



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OBU

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unknown."

The "Blessing of the Hands" ceremony took place just east of Stavros Hall, home to the College of Nursing. Laura Gramling and Megan Smith, both assistant professors of nursing, planned the ceremony, while senior nursing students Katy Fischer and Liz Walker provided live worship music. Henson spoke the blessing and the entire nursing faculty prayed over the students in small groups.

While 2020 is an unprecedented time, especially in nursing and health care, the "Blessing of the Hands" ceremony allows junior nursing students to safely pray and worship with one another. In the midst of the uncertainty, Henson says that the students are "reminded that there is no safer place to be than in the center of God's will."

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



With its campus located in Shawnee, OBU offers 10 bachelor's degrees with 88 fields of study and five master's degree programs. The Christian liberal arts university has an overall enrollment of 1,868, with students from 37 states and 40 other countries. OBU has been rated as one of the top 10 regional colleges in the West by U.S. News and World Report for 28 consecutive years and Oklahoma's highest rated regional college in the U.S. News rankings for 25 consecutive years. OBU is one of three universities in Oklahoma and the only private Oklahoma



university listed on Great Value College's rankings of 50 Great Affordable Colleges in the Midwest. The Wall Street Journal ranks OBU second in the nation for student engagement among all U.S. colleges and universities.

Forbes.com consistently ranks OBU as a top university in Oklahoma and the Princeton Review has named OBU one of the best colleges and universities in the western United States for 15 consecutive years.

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CAREERS IN NURSING

APRN PROVIDES SCOPE AND DEPTH OF CARE: EXPRESS FAMILY CARE

Vickie Jenkins, Staff Writer

In northwest Oklahoma City, on Wilshire Boulevard, you will find Express Family Care. The clinic serves northwest Oklahoma City and provides primary care, urgent care and women's health care services.

Here, you will find Kalli Wolf, APRN, CNM, FNP-C, who has been a NP for two years. With a bright smile and friendly personality, Kalli explains why she works in the medical field as a Nurse Practitioner. "I love the scope and depth of care this role allows me to provide. As a dual-certified family nurse practitioner and nurse-midwife, I have an opportunity to invest broadly in patient education and preventive care," Kalli said. "While I spent a significant portion of my midwifery education learning to care for pregnant women and catch babies, I also developed expertise in and passion for other aspects of reproductive health, including gynecology, contraceptive and menopause. Many people assume

that midwifery only deals with pregnancy and birth which in reality it encompasses a broad spectrum of primary and reproductive care. There are unfortunately very few opportunities in this state for nurse-midwives to practice the full extent of our training, and I have not attended a birth in nearly two years."

Kalli attended the University of Oklahoma Health Sciences Center for her Bachelor of Science in Nursing Degree, and graduated from Vanderbilt University with her master of Science in Nursing degree in 2018. "My first job as a nurse was in the Oklahoma panhandle at Urgent Care of Guymon. I have worked at Express Family Care for almost six months, providing primary care, urgent care, and reproductive health services."

Kalli lived in several different states when she was growing up, including Texas, Arizona and Oklahoma. "When I was little, I had a wild idea

of becoming a dolphin trainer and a skydiving instructor! Actually, I changed my mind every couple of years but that changed as I got older."

My mother was a nurse practitioner and my brother graduates from nurse practitioner school in December. I guess you could say it runs in the family," she said with a smile. "They had a big influence on me."

"When I was in school, I studied anthropology as an undergraduate, and my professors encouraged my interest in midwifery and nursing that originated from writing about health topics from a sociocultural perspective. I also had the example of my mom and brother, who became nurses before I did," Kalli said.

"I entered the nursing profession with the original goal of becoming a midwife. This desire originated from an undergraduate anthropology thesis about home birth, which focused on

the social and historical context of modern obstetrics and its implications for midwives and birthing people alike."

Asking Kalli what qualities make a good APRN, she replied, "The ability to listen and truly empathize with patients from diverse backgrounds and walks of life, and the desire to advocate for patient navigating a corrupt and fractured health care system. I believe that nurses should devote energy and activism to racial justice, health equity and gender equality within and beyond the medical system." What is your favorite part of your job? "Providing patient education and watching patients take control of their life," Kalli said. Asking Kalli what her biggest challenge was, she replied, "That would be helping the patients navigate the challenges posed by health insurance or lack thereof, including coverage of medications and

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Kalli Wolf, APRN, CNM, FNP-C enjoys working at Express Family Care where she provides primary care, urgent care and women’s health care services to her patients.

WOLF

Continued from Page 4

access to specialty care.”

When asking Kalli if she was a leader or a follower, she said, “I consider myself to be an independent thinker, and I have always pursued my goals from a place of personal responsibility and initiative.” Kalli can be proud of her accomplishments. She received the Outstanding Senior Leadership Award and the All Around Best Undergraduate Student Award from the OU College of Nursing in 2016.

“I have always had a passion for knowledge and exploration. I began to travel in high school and I take ever chance I get to visit others parts of the country and the world. I have an interest in diverse cultures and languages. I have studied half a dozen languages and I am currently learning Japanese with the goal of someday, visiting Japan,” Kalli said.

On a personal note, Kalli is married to her wonderful husband, Alex Revera. Her hobbies include reading, gardening and spending time outside with their two rescue dogs, a golden retriever, Rosie, and a black lab named Spock.

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SITUATION
UPDATE:

• As of this advisory, there are 54,172 confirmed positive cases of COVID-19 in Oklahoma.

• There are 14 additional deaths identified to report. No deaths were identified in the past 24 hours.

*Two in Canadian County, one male in the 50 - 64 age group and one female in the 65 or older age group.

*One in Cherokee County, one male in the 65 or older age group.

*One in Oklahoma County, one female in the 50 - 64 age group.

*One in Payne County, one female in the 65 or older age group.

*Two in Pittsburg County, one female and one male in the 65 or older age group.

*One in Pushmataha County, one male in the 65 or older age group.

*Five in Rogers County, five males in the 65 or older age group.

*One in Tulsa County, one female in 50 - 64 age group.

• There are 744 total deaths in the state.

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

COVID-19
Oklahoma Test
Results

Confirmed Positive Cases	54,172
*Total Cumulative Negative Specimens to Date	776,659
*Total Cumulative Number of Specimens to Date	840,677
**Currently Hospitalized	553
Total Cumulative Hospitalizations	4,527
Identified Deaths in the Past 24 hours	0
Total Cumulative Deaths	744

**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 2020-08-25 at 7:00 a.m.

Oklahoma's Nursing Times

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140 GENERAL NURSING

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

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

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

140 GENERAL NURSING

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

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

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!

140 GENERAL NURSING

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

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

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 South Darlington Avenue, Suite #650, Tulsa, OK 74135.

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161 LICENSED PRACTICAL NURSING

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

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 Registered Nurses (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 and maintain a current CPR and 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.

204 REGISTERED NURSE

We are seeking Registered Nurse Case Manager at Aspire Home Care and Hospice in Stillwater, OK. (855) 527-7473. A RN administers skilled nursing care to patients on an intermittent basis in their place of residence. This is performed in accordance with physician orders and plan of care under the direction and supervision of the Director of Clinical Services/Branch Manager. Supervises care of Licensed Practical Nurse and Home Health Aide.

Registered Nurse - Full-time Days (LTACH) at Post Acute Medical, LLC located at 3219 S 79th E Ave, Tulsa, OK 74145. In order to work at our facility, our RN's need: To hold a current license as a RN by the Board of Nurse Examiners of the State in which the facility is located. To have and maintain a current CPR and ACLS certification. *New team members will have 6 months from date of hire to obtain an ACLS certification if they do not currently have one.

204 REGISTERED NURSE

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.

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INTEGRIS Baptist Medical Center Adds Second ER Medical Director

INTEGRIS Health is proud to announce that Dillon Roach, M.D., will be joining the INTEGRIS Baptist Medical Center Emergency Department leadership team as the associate medical director. With INTEGRIS Medical Group employed providers assuming coverage responsibility for the Emergency Department at the INTEGRIS Portland Ave. campus on July 1, there was a need for additional leadership to cover both the Portland and Northwest Expressway Emergency Departments.

Roach has been a member of the INTEGRIS ER team for 11 years beginning immediately after completing his residency at the University of Kentucky. He

I N T E G R I S
Health

has served in several previous leadership roles including Chairman of the Sepsis Committee and, his most recent role, Chairman of the Emergency Department.

"I'm looking forward to this opportunity," says Roach. "I think we are uniquely positioned to positively impact both the patient's level of care and the ED experience now that we have two great locations to better serve the community."

Roach and Ryan Fish, M.D., will share the role. The duo will cover both campuses.

OMRF finds clues to reversing heart dysfunction in older adults

A new finding from the Oklahoma Medical Research Foundation shows that a heart dysfunction associated with cardiovascular failure in aging adults may be reversible.

According to the American Heart Association, more than 6 million people in the U.S. are living with heart failure. Although it can happen to anyone, the chances increase as we age. OMRF scientist Ann Chiao, Ph.D., is investigating why — and whether it can be stopped.

"Using experimental models of the aging heart, we targeted diastolic dysfunction, a common problem in older adults that occurs when the heart can't relax properly between beats," said Chiao, whose lab is part of OMRF's Aging and Metabolism Research Program. "It can lead to more significant cardiovascular problems, but there's currently no

proven treatment."

Chiao and her team zeroed in on the mitochondria of heart cells and how they are impacted by oxidative stress, the imbalance caused by byproducts of metabolism called free radicals.

"Mitochondria are the powerhouses of cells," Chiao explained. "As cells process oxygen for power, their mitochondria emit free radicals, byproducts of oxygen that can lead to organ dysfunction."

It's known that lowering high levels of free radicals in cells improves organ function. But in a new finding, Chiao and her team demonstrated that suppressing free radical production later in life reversed existing age-related diastolic heart damage and improved cardiac function. The findings were published in the scientific journal

See OMRF page 10

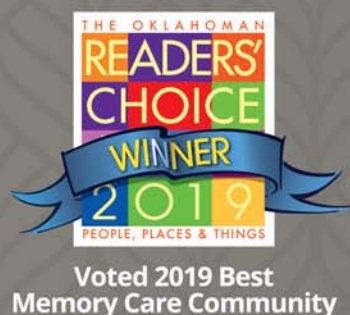


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(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

RSU Program Provides Path to Success

Nursing and health care are among Rogers State University's hallmark academic programs, which includes bachelor's degrees on its Claremore and Bartlesville campuses.

RSU is a dynamic regional university providing its students with the complete college experience where students can live on campus (both traditional and family housing options) and participate in a myriad of student activities, including student organizations dedicated to health sciences.

The university supports a rigorous academic program that attracts many students who plan to attend medical school complete their undergraduate studies through RSU's program in medical/molecular biology. RSU's nursing program produces students who consistently score better than the state and national averages on the RN licensure exam.

Rogers State's health sciences programs are some of the most rigorous

in the region, producing graduates that are in high demand. RSU nursing graduates maintain a nearly 100% placement rate, securing excellent jobs throughout the region.

RSU's nursing faculty with a collective total of more than 130 years of experience in both academic teaching and practical experience. The university offers several lab environments to give students skillful training for residential environments, hospital beds, isolated acute care, and high fidelity simulation.

For those who want or need to work while attending school, almost 8 in 10 RSU students work while attending school allowing them to achieve their educational goals while balancing financial and family obligations. While RSU is the only public university with on-campus housing in the Tulsa metro area, the university has a large number of commuter students who live at home while attending RSU.

RSU consistently earns national recognition for affordability, both for traditional classes and its RSU Online program. U.S. News and World Report has noted RSU has one of the nation's top 10 lowest, in-state tuition rates, and also highlighted that RSU Online was among the nation's 10 least expensive public online programs. The university also has been consistently recognized for having one of the region's lowest student debt load for graduating students with nearly half of last year's graduating class earning a diploma without taking a student loan.

The main campus in Claremore features the Stratton Taylor Library, new student residences with bed space for more than 800, the Chapman Dining Hall complete with inclement storm shelter, renovated historic buildings and the 50,000 square-foot Dr. Carolyn Taylor Center, which features ballroom space for community events. Rogers State also is home to RSU Public Television and RSU Radio FM 91.3.

Find your own path to educational success by visiting www.rsu.edu/nursing or call 918-343-7631 to learn more or to schedule a campus tour.



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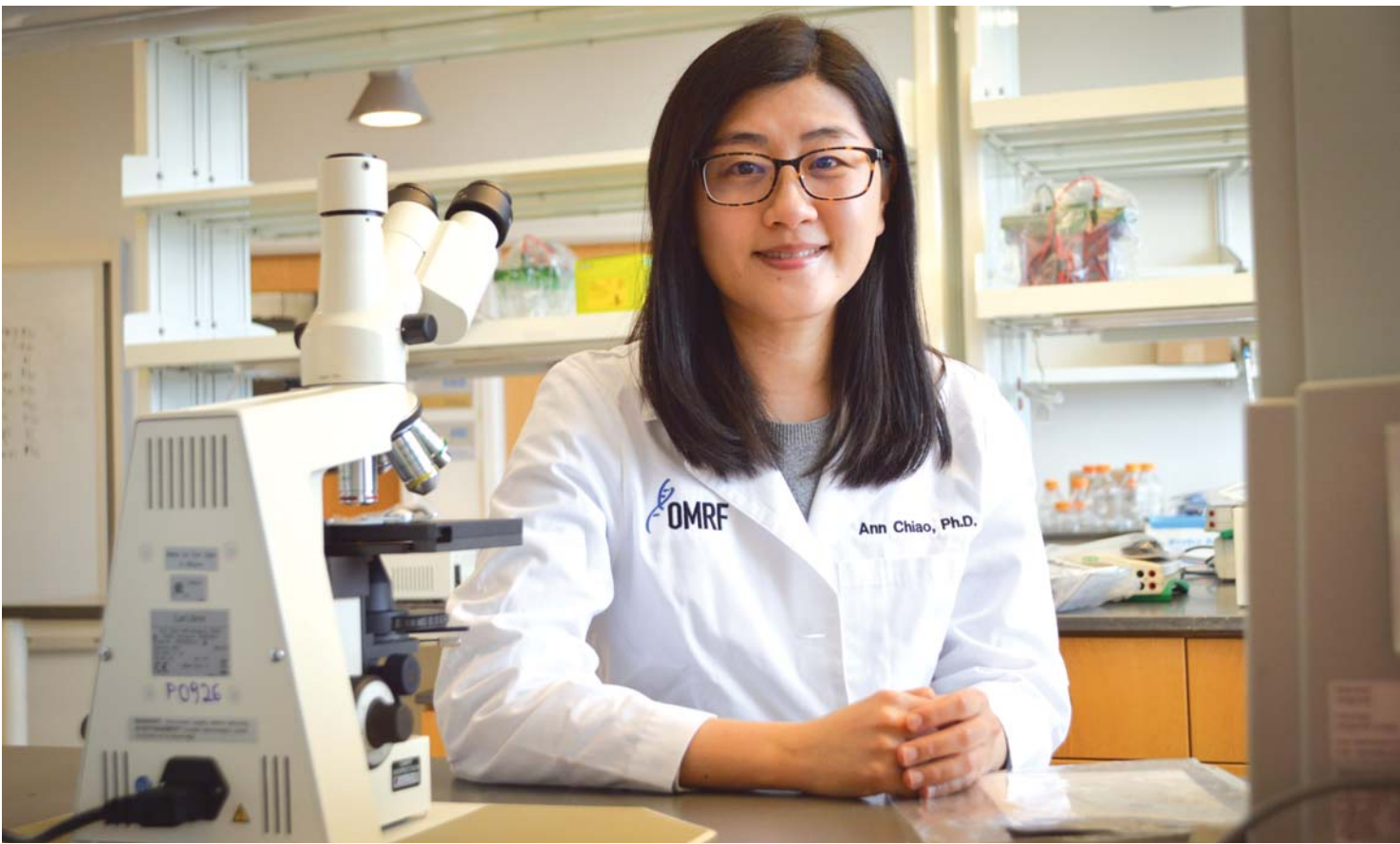
Continued from Page 8

eLife.

“This study is an important step in the process of looking for potential drugs or interventions to improve heart function in the elderly,” said Holly Van Remmen, Ph.D., who leads OMRF’s Aging and Metabolism Research Program. “Our goal as a group is to develop ways to delay, lessen or even reverse some of the negative changes that occur with natural aging. Dr. Chiao is doing phenomenal work to improve heart function for all of us as we age.”

Medication that could reverse cardiac aging would be life-changing for many — and this study shows the potential is there, explained Chiao. “The drug compound we used in the study is currently in clinical trials for heart failure and rare diseases involving heart muscles, but further study is needed,” she said.

Her lab will now dive deeper into the findings to help identify the best potential drug targets in heart cells. And for those who want to keep free radicals in check before arriving in their latter decades? The solution may not come from a medication at all.



Oklahoma Medical Research Foundation scientist Ann Chiao, Ph.D.

“Research shows that regular, moderate exercise and an active lifestyle play a significant role in protecting the body from oxidative damage,” Chiao

said.

This study was supported by from a Glenn/AFAR Postdoctoral Fellowship for Translational Research on Aging and a pair of grants (5T32AG000057, K99/R00 AG051735) from the National Institute on Aging, a part of the National Institutes of Health.



ELLie
Liver Recipient




Our daughter, Ellie, was born in November 2008. When she was 3 months old, we found out she had a liver problem. We went to Children’s Hospital in OKC, but were soon sent to a transplant center in Nebraska for evaluation. On March 18th, Ellie was put on the list for transplant. We came back home to wait. Ellie was treated at Children’s twice a week, until she began to lose weight in May. We went back to Nebraska the day after Mother’s Day, and she was admitted to the hospital. While there, I was evaluated as a living donor for Ellie, and we soon learned I could give her part of my liver. Ellie’s transplant was on May 22, 2009. It was the hardest thing that I’ve ever done, but the

easiest decision of my life. We came home Father’s Day weekend.

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.





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NURSE TALK



I would choose a Gladiator four- door Jeep. I would have big tires and drive it with the top off, and drive all over town!



Sonia Barbour, RN

An RV best describes my life. I usually have everything ready to go!



Brynn Evans, PACU Nurse

What kind of car describes your life?



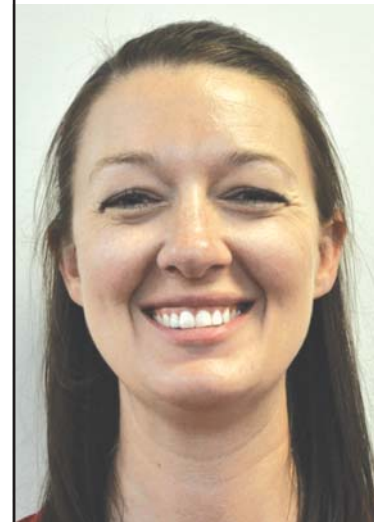
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I drive a Kia Telluride. It's kind of like me; fun, adventurous, sporty, and kind of fancy.



Nicole Saxton, RN

I would definitely choose a race car! I am always running 90 to nothing all day long!



Kelly Vinson, RN



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HOUSE CALLS ARE BACK FOR AT-RISK SENIORS

Senior assistance program goes exclusively mobile



Amanda Fish, restorative aide with Valir Pace, brings physical therapy services to Susan Cote, 73, and other seniors across central Oklahoma.

More than six months have passed since the COVID-19 pandemic sent at-risk seniors into self-isolation. The centers where they used to enjoy meals, meet friends, and receive therapy and other services remain closed, but their need for camaraderie, nutrition and care remains unchanged. So, one Oklahoma program has taken its show on the road and online.

"We took our entire practice at the center and just uprooted it. Now, we are caring for everybody decentralized," said Kevin Morefield, director of Community Development for Valir Pace, a program that provides all-inclusive care to medically and economically challenged seniors in central Oklahoma.

PACE (Program of All-inclusive Care for the Elderly) currently cares for more than 270 senior citizens, each with a unique set of circumstances and needs. Susan Cote, 73, of Oklahoma City is among them.

"Ready to do some exercises," said PACE Restorative Aide Amanda Fish as she entered Cote's home for a recent physical therapy house call. Cote now receives her therapy as well as a variety of other services in the comfort of her own home.

"I get my blood work done here.

PT comes out. I have a home health aide. They deliver food and drinks for me. I am all set. Everybody comes to me and I like that," Cote said.

Fish, who used to see patients for therapy at PACE's facility just west of downtown Oklahoma City, has been on the road providing care ever since COVID-19 forced the temporary closure of the PACE center.

"I am in Warr Acres, Noble, Norman – so it's a lot. Sometimes it is kind of difficult, but we just take it day by day and I am lucky to have co-workers who help out if needed," Fish said.

On this day, Fish also delivered a tablet to Cote so that she could visit with her health care provider virtually.

"Sounds like you are doing very well. I am very proud of you," said PACE Nurse Practitioner Justin Henson, talking to Cote as she held the tablet for her online checkup.

"I am coming along really well," Cote said. "I am not 100 percent yet, but I'm getting a lot stronger than I was when I left the hospital."

Technology has helped a lot as the PACE team adjusts to life and work amid a pandemic. By marrying technology with old-fashioned house

calls, they have continued to provide care and support to PACE participants.

"I think it has been great to get to go out to their homes, to see where they live and to be in their own environment. Our goal at PACE is to keep people out of nursing homes, where they can live their own life at their own house," Fish said.

PACE is not unaccustomed to providing services at home, but Morefield said never at this level.

"We have always offered home health, mobile meals and other services in the home. It's just that before COVID-19 hit, many of our participants came to our day center on weekdays where they got breakfast and lunch, onsite therapy and a full health clinic, as well as a variety of activities. Now, we take all of those things to participants so they can stay safely at home."

Morefield said the program has added resources to meet the expanded demands on their team and the team has stepped up to the challenge too, developing new ways to stay connected with participants.

"We are also doing virtual activities with Bingo; Tai Chi with our PT department; nutrition classes with our dietitians every day. So, they are interacting with our team a lot

from a technology standpoint," he said. "Our entire focus is on getting participants proper medical care and therapy, as well as socialization, meals, transportation and more. We are still doing all of that. None of it has stopped. We're just doing that in a different way and to a different level."

Change has become a way of life for the team at PACE as they continue to shift, adjust, refine programs and protocols. One thing that has not changed, though, is their focus on keeping the seniors in their program healthy and living independently. Though team members and participants are anxious to return to the PACE center, Morefield said it is too soon to say when they will be able to reopen.

"People want to come back and we want them to come back. They are part of our family and we love seeing them. We want to be able to shake hands and hug participants again, but at the end of the day, we need to make sure they are safe and healthy."

He added they are still adding participants and will continue to follow CDC, state health and government guidance to keep participants safe at home until it is advisable and safe to reopen their center to participants again.

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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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