

## Giving 110 percent



RN and staff  
enhance  
quality

There is a transcendent quality about Danielle Wolfington in that she always reaches for better solutions in patient care at Golden Age Nursing Home, located in Guthrie.

by James Coburn, Staff Writer

The regulatory challenge of working in long-term care is what appeals most to Danielle Wolfington, RN, Golden Age Nursing Home. Promoting quality is her forte.

"I love a challenge. There's just something about having to deal with all the aspects of leadership," Wolfington said. "At the hospital you just kind of go with the motions. There's always

a challenge here. There's always some way to promote quality. That's what I like."

She has worked at Golden Age for five years. As the assistant director of nursing at the Guthrie home she is in charge of infection control and quality assurance. Wolfington was previously MDS

See WOLFINGTON Page 2

## OCU Nursing School Ranked Among Nation's Best *Nursing School Almanac Names Kramer School of Nursing in Top 6%*



Oklahoma City University's Kramer School of Nursing is one of the best in the U.S. according to Nursing Schools Almanac.

The almanac releases a nationwide ranking each year to help aspiring nurses compare programs.

"We are thrilled to be included in this list of top nursing schools," said Lois Salmeron, dean of

See OCU Page 3

# WOLFINGTON

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coordinator.

She earned her Bachelor of Science in Nursing degree in December at Northern Oklahoma College. She is currently in the master's degree program for family nurse practitioner.

She worked a little bit at OU Medical Center, but was drawn back to long-term care.

She was only 16 when she became a CNA.

Today, you can see the smile in her eyes above her face mask as her admiration for coworkers shines through.

"I like the fact when I'm sitting in my office that I can hear my staff members talk to residents like they're very close to them," Wolfington said. "And the residents even reach for the staff member's hand and stuff like that when they are at the window visiting. They tell their families how much they love the staff. So, it tells me that behind the scenes, they are making a positive experience. You

know how tough long-term care is right now. I feel that they do the best they can to try to make situations a little better."

Vaccinations against COVID-19 began for the residents and nursing staff on January 7.

"I think sometimes that we are too close, and it almost feels like, sometimes, that I am mad at my sister, she said with laughter," she said.

"But you come back the next day and it's like my family needs me."

There are always challenges and a way to promote quality of life. She strives to make her work person-centered, she said, with preferences. Wolfington is efficient when handling expenses.

"I don't so much like when surveyors come, but I like it when they say, 'Oh, you did good on that,'" she continued.

In 2019 The American Health Care Association and National Center for Assisted Living (AHCA/NCAL), the leading association for long term and post-acute care, recently held its 70th Annual

Convention & Expo at the Orange County Convention Center in Orlando, Fla.

"That's one thing I love to show — that you have pretty good processes and quality of life," she said.

One thing that touches her life in a painful way is the COVID-19 pandemic, she said. Coronavirus has changed Wolfington, she explained, because almost a year has past since residents have not been able to touch their families.

"It makes me very sad," she said. "It really does."

Indoor visits are prohibited, however, when the weather is nice, they are able to provide outdoor visits by using plexiglass booths to shield residents from possible contamination of coronavirus. They continue to do window visits with phones and have iPads to further facilitate the process. Nurses understand the human need of togetherness among families and loved ones.

Some nurses have worked 12-hour shifts day-after-day to care for the welfare of patients.

"They don't want their residents to be without. They don't want us to be short-staffed. They don't want the residents to get anything less than they normally get," Wolfington said.


Wolfington commends the frontline of CNAs for diligent work when missing holidays, weekends, and family events in order to care for the residents. CNAs show up for work when scheduled and not spend holiday times with families.


"I know that sounds sad to say, but honestly I think that's pretty noble to do that."

She is frank when telling nursing students that long-term care is hard work, especially with the pandemic.

"But you help people that count on you, and they love you," she said. "And it's a really good feeling, so I do usually bring that up. I always tell them to reach for more. Go back to school — get promoted."

Little things in life build to help humanity when given with love. And love is not in short supply at Golden Age Nursing Home.





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## OCU

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the nursing school. "Our faculty and staff work tirelessly to prepare and support students in the completion of their nursing degree, passing their licensure and certification exams, and finding success in their nursing career."

The school's national certification pass rates for the traditional Bachelor of Science degree and doctorate of nursing practice family nurse practitioner students consistently exceed the national average.

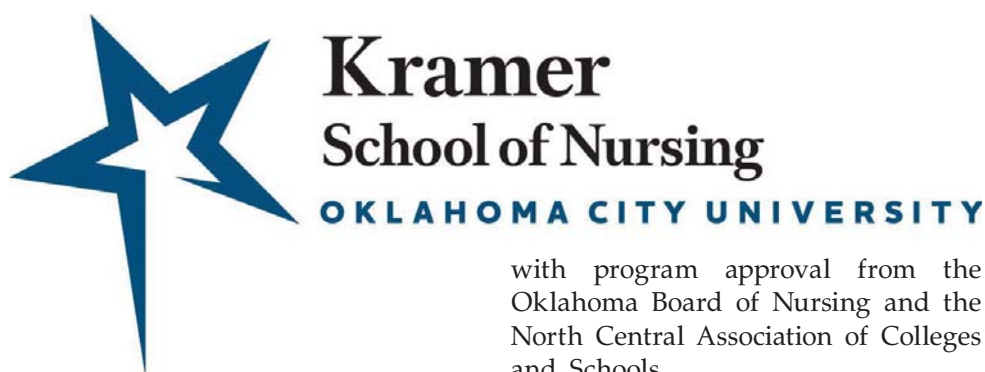
The almanac conducted an assessment of more than 3,000 nursing schools and ranked them by their academic prestige, program breadth and depth, and student success on

nursing licensure examinations. The full methodology is available online.

The Kramer School of Nursing offers a wide range of undergraduate and graduate programs. The school fosters a learning environment where students are challenged to think critically and holistically, encouraging them to use their passion and knowledge to advance the profession of nursing.

In 2017, the school dedicated the Meinders Simulation Center, featuring seven fully equipped simulated hospital rooms with anatomically correct manikins to allow students to practice in realistic patient care scenarios.

The Kramer School of Nursing is accredited by the Accreditation Commission for Education in Nursing



with program approval from the Oklahoma Board of Nursing and the North Central Association of Colleges and Schools.



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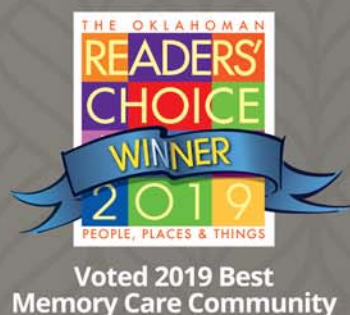


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# CAREERS IN NURSING

## CARING FOR OTHERS COMES NATURALLY: THE LAKES CARE CENTER

Vickie Jenkins, Staff Writer

The Lakes Care Center, a Phoenix Healthcare, LLC is located in NW OKC, near beautiful Lake Hefner. Nature's beauty always adds another element to recovery.

The Lakes has provided exceptional Skilled Nursing/Therapy and Long Term Care, to the residents of Oklahoma City, since 1997. Their goal is to treat every resident like family, by providing an atmosphere of dignity & compassion, through respect & integrity.

Diana McMiller is the Administrator of The Lakes and Lisa Lippoldt is the RN/DON of the facility. Lisa is an exceptional nurse, possessing compassion, empathy and the ability to see each individual as a family member.

"We treat our residents like family," Lisa said. "Each resident has a care plan that is tailored to meet their physical, mental,

psychosocial and spiritual needs. We provide a holistic approach and think outside the box to meet their needs. We treat the family members of our residents with dignity and respect as well. We understand what our residents and their family members are going through during the pandemic and are adjusting daily to meet their needs as well," Lisa added.

Growing up in El Reno, OK, Lisa knew from the age of six, that she wanted to be a nurse. "I always carried my grandpa's medicines to him when it was time and I pretended to be a nurse. When I was a senior in high school, I was interviewed, telling them I was going to go to school and become an LPN. I am glad that I stuck with it," Lisa said. Lisa obtained her LPN in 2006 and her RN in 2011.

"I have always had a desire to make a difference in others lives. That is my biggest reward by being a nurse. When I leave here in the evenings, some days, I feel completely defeated, although I know that I had an impact on someone; whether it was talking football or music, or lending my phone to someone so they can FaceTime their family member, I know that I did something right."

The Lakes is large in size and has one hundred fifty beds; currently having forty-nine residents. Lisa's typical day consists of checking her email and then greeting the residents and staff, followed by first meeting (clinical), second meeting (standup), and third meeting (Medicare). Lisa can be found assisting the residents and staff, along with answering calls from family members and doctors.

There are reports to be done, Infection Preventions, Vaccinations, Restoring Programing and Risk Management. Plus, putting orders in, following up with pharmacy and then wrapping up the day. "This is when the residents want to talk or have something to share," Lisa said. "It's a busy day yet, I wouldn't change anything. I love getting to know all of the residents and I feel like we are all family," she said with a smile.

Asking Lisa what advice she would give to someone wanting to go into the medical field, she replied, "If I were talking to a new grad, I would tell them to always follow their heart. When someone stops following their heart and just starts going to a job every day, it will bleed them dry. Being a nurse is an emotional roller-coaster with

See LIPPOLDT Page 5

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## LIPPOLDT

Continued from Page 4

highs and lows. The high points make all of the low points worth it."

"Of course, we have to deal with the challenges here at The Lakes too. The biggest challenge is COVID; it has crushed the lives of so many in such a short amount of time. The residents aren't able to sit with their family during mealtime or participate in group activities. They aren't able to see their chaplain, priest or pastor. I find it challenging to contour staff to understand what this is doing to the resident and family. It's hard to fathom when staff gets to go home at the end of their shift," Lisa commented.

"On a personal level, COVID changed my life at home too," Lisa said. "We have definitely slowed down. We still see our family and friends but it is a much smaller group. I was able to receive my first COVID vaccination after fighting COVID myself. I lost one of my dearest friends to COVID last month. I certainly feel that everyone needs to take precautions not only to protect themselves but their loved ones as well."



Lisa Lippoldt, RN/DON enjoys caring for the residents at The Lakes Care Center, located by Lake Hefner in NW OKC.

Asking Lisa how she would sum up her life in three words, she replied, "Laugh, cry repeat."

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

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

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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

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(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

# Southern Nazarene School of Nursing: Traditional Undergraduate Program with a New Shine

The Southern Nazarene University (SNU) School of Nursing (SON) has been graduating nurses since 1982. SNU graduates have established a reputation for not only being well educated but having those most important qualities of caring, empathy, and sympathy towards their clients. SNU graduates embody the philosophy of the school of nursing, which can be summarized in the words THINK, DO, LOVE!

Many wonderful and outstanding individuals have worked as faculty members at the SNU School of Nursing over the years, each making a unique contribution to the profession through their teaching arts. The current faculty have recently completed a major revision to the traditional undergraduate curriculum to ensure the courses meet the current required standards of education expected from

the regional employers. In addition, the importance of recognizing the global health environment has been brought to the forefront. Nursing students at SNU have a number of outreach opportunities, both local and international. These opportunities are expanding with each year!

As far as the SNU campus, two well-known "faculty" may be seen at the SON. Tillie Mae and Baby Snookums, both Mini Australian Shepherds, are certified by the Human Animal Link of Oklahoma as Therapy Dogs. Students enjoy the dogs and often find a non-judgemental listening ear when nursing school becomes too stressful. The dogs often "work" the lobby, going from student to student to provide a happy greeting or visiting a classroom prior to an exams to bring a sense of calm.

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**THINK. DO. LOVE.**

# Oklahoma Geroscience Research Collaboration Continues with Grant

The University of Oklahoma Health Sciences Center has been awarded a \$5.3 million federal grant renewal to continue a partnership with the Oklahoma Medical Research Foundation and the Oklahoma City Veterans Administration Medical Center on research into the biology of aging and the role it plays in the onset of diseases like cancer and diabetes.

The five-year grant is from the National Institute on Aging, a component of the National Institutes of Health. It funds the Oklahoma Nathan Shock Center of Excellence in the Basic Biology of Aging, the only such program in Oklahoma and one of only eight in the United States.

"Aging itself is a primary risk factor for developing disease. The field of research on aging

– called 'geroscience' – aims to understand the process of aging and how it causes the increased incidence of diseases such as cancer, heart disease and diabetes. We also study ways of slowing aging, which would have a dramatic effect on most age-related diseases," said Arlan Richardson, Ph.D., director of the Nathan Shock Center and a professor of research in the Department of Biochemistry and Molecular Biology, OU College of Medicine.

Oklahoma's Nathan Shock Center is distinctive among its peers in that it is a collaboration between an academic institution, a private research institution, and a VA Medical Center. The Nathan Shock Center has been key in recruiting top new researchers, who are drawn to

the extensive resources of the program, Richardson said. The Shock Center awards pilot grants to researchers, allowing them to further their investigations and apply for larger grants. Since the Shock Center began in 2015, it has awarded \$400,000 in grants to researchers, mostly junior faculty members. Researchers also have access to specialized equipment, including methods of analysis that are specific to geroscience.

Researchers are conducting wide array of research into the process of aging itself and the role of aging in specific conditions. Holly Van Remmen, Ph.D., co-director of the Nathan Shock Center and a researcher at OMRF, focuses on sarcopenia, which causes a loss of muscle mass and function as people age. While not life-threatening, sarcopenia

is common and significantly decreases quality of life. Van Remmen is moving closer to testing an intervention for the condition.

"In our research, we've come to understand that the muscle does not work alone. It's the interactions between the muscle and the motor neurons that make the muscle move," said Van Remmen, who holds the G.T. Blankenship Chair in Aging Research at OMRF. "The motor neurons are very sensitive to changes during aging, and when they start to degenerate, they also detach from the muscle, and that's what leads to loss of muscle mass and function."

Other researchers are focusing on the link between aging

See GRANT next page

## AHCA/NCAL Issues Statement Regarding COVID-19 Vaccine Rollout In Long Term Care

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL), representing more than 14,000 nursing homes and assisted living communities across the country that provide care to approximately five million people each year, released the following statement regarding the pace of the COVID-19 vaccination rollout.

The following statement is attributable to Mark Parkinson, president and CEO of AHCA/NCAL:

"With record-breaking cases in nursing homes right now due to soaring community spread, no one could wish for a swifter delivery of the vaccine than those living and working in long term care facilities. While we must be efficient in order to save the lives of our most vulnerable, we must also be thoughtful and targeted in our approach.

"Since the creation of the pharmacy partnership program for

long term care, we knew that this rollout would take time: to approve the vaccines for use; to have enough supply for each state to activate the program; to encourage states to prioritize our population; to distribute and ship the vaccine to the pharmacies; to prepare the clinics for our residents who have complex conditions; to gather consent among residents or their health care representatives; and to educate staff, residents and family members about the need to take the vaccine. The plan from the beginning was to vaccinate long term care residents and staff with the first dose over three to four weeks, beginning the last two weeks of December. Therefore, we are in the midst of the pharmacy partnership program really getting underway, and we believe this program is operating in accordance with its intended timeline.

"As of right now, we are not aware of widespread issues or delays with this vaccine rollout, and if there were, we would be among the

first to sound the alarm. We continue to assist a minority of member providers who come to us looking for assistance or clarity, but the majority of providers tell us that their clinics have been scheduled or have already occurred and that overall, the program is running smoothly.

"As with any effort of this scale, there will be issues, and vaccine hesitancy is our primary focus at this moment. Uptake among residents and staff is varying widely, but in general, staff seem to be mirroring the general public's reaction: excitement mixed with hesitation about the vaccines' development and safety. We launched the #GetVaccinated campaign to encourage all long term care residents, families and staff members to consent to the vaccine as well as provide credible information to help inform their decision. We call on public health officials, social media companies, and members of the media to combat misinformation



about the vaccine to aid in this effort.

"And pardon the pun, but we get more than one shot at this. We remain hopeful that uptake for the vaccine will improve as this pharmacy partnership program continues to unfold in the coming weeks and months in the subsequent clinics.

"This is a monumental effort to vaccinate millions of our nation's vulnerable seniors and their caregivers, and we are confident and grateful that everyone involved is working as hard and as fast as they can while still ensuring we get this right."

# NURSE TALK

*I would be on Grey's Anatomy!*



Priscilla Valles, CMA

*It would definitely be Chicago Med.*



Bendi Keller, LPN

*If you were an actress, what medical TV show would you appear on?*



Oklahoma City  
Indian Clinic

*I would like to be on Scrubs!*



Deborah Byrd, LPN

*As strange as it sounds, I would be on the show, Dr. Pimple Popper!*



Kandie McMahon, LPN

## GRANT

Continued from Page 10

and cancer, including that of Stephenson Cancer Center researcher Deepa Sathyaseelan, Ph.D. As part of normal aging, people build up inflammation in their bodies, which creates a higher risk for age-related diseases like cancer. Sathyaseelan is trying to block one of the cell signaling pathways that causes inflammation.

"Aging and cancer are interrelated – you cannot separate them because aging is the biggest risk factor for most cancers," she said. "Rather than targeting individual diseases, if we can learn how to positively affect or slow down aging, we may be able to have an overall preventive effect on diseases."

The VA Medical Center's support of the Nathan Shock Center is important for its own patient population, 70% of which are over 50 years old, including veterans of the Vietnam War, many of whom are now over

70. Several researchers at the OU Health Sciences Center and OMRF also have research grants from the VA and use equipment funded by the VA.

"The key part of the Nathan Shock Center is the collaboration of these three institutions. This work would not be possible by any one institution alone," Richardson said. "This is an exciting time to work in geroscience research."

Research reported in this press release was supported by the National Institute on Aging of the National Institutes of Health under the award number P30AG050911-06. Renewal of the Nathan Shock Center grant was also supported by the Presbyterian Health Foundation, which funds research at OMRF and the OU Health Sciences Center, as well as an annual Geroscience Symposium.



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# SITUATION UPDATE: COVID-19

Cases	320,586
*Total Cumulative Negative Specimens to Date	2,477,328
*Total Cumulative Number of Specimens to Date	2,799,072
Acute Care OSDH Licensed Facility Hospitalizations	1,784
Other Types of Facilities Hospitalizations	177
Total Cumulative Hospitalizations	18,418
Total Cumulative Deaths	2,703

- This week, 76 Oklahoma counties are in the “orange” and one county in the “yellow” risk level for the COVID-19 Risk Level System. OSDH continues to monitor closely the statewide hospitalization trends for COVID-19.
- The COVID-19 Risk Level System will be updated every Friday in the Situation Update at 11:00 a.m. This week’s map can be seen in this update below the test results chart.
- As OSDH continues to meet with stakeholders across the state, the COVID-19 Alert Map is subject to further revisions as science and public health guidance advances with the ongoing pandemic.
- As of this advisory, there are 320,586 cases of COVID-19 in Oklahoma.
- 3,504 is today’s 7-day rolling average for the number of new cases reported.
- There are 31 additional deaths identified to report.
- There are 2,703 total deaths in the state.
- Additional hospitalization data can be found in the Hospital Tiers report, published evenings Monday through Friday.
- For more information, visit <https://oklahoma.gov/covid19.html>.

\*The total includes laboratory information provided to OSDH at the time of the report. As a result, counts are subject to change. Total counts may not reflect unique individuals.

\*\*\*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 2021-1-08 at 7:00 a.m.

# Fitness resolutions after Covid-19?

## Take it slow, experts advise

When Jeff Greenlee picked up a Boston Marathon souvenir shirt for his 2014 race, he never imagined the most significant steps he would take in it would be in a hospital.

The 58-year-old marathoner from Altus, Oklahoma, was hospitalized for a week with Covid-19 in November. Covid-related pneumonia and acute respiratory distress syndrome wreaked havoc on his body, so when it came time for his first walk through the halls of Jackson County Memorial Hospital, Greenlee says, "I had to put on something to motivate me better than the hospital gown."

More than 300,000 Oklahomans like Greenlee have now tested positive for Covid-19. While many will contemplate returns to exercise routines in the new year, experts at the Oklahoma Medical Research Foundation and Greenlee agree: Don't rush it.

"A short, slow walk down the street with my wife was the goal," said Greenlee of the days after his discharge. His wife Lisa, also a runner, had a less severe bout of the virus. The pair found those early excursions frustratingly tiring; Greenlee often needed to supplement his oxygen after the brief outings.

Two weeks after returning home, Greenlee, who has more than a dozen marathons under his belt and a personal record of 3 hours and 24 minutes (a pace of about 7 minutes and 49 seconds per mile), recorded his first post-Covid mile on the treadmill. The time was 15 minutes, 30 seconds. "And I actually was okay with that," he said.

OMRF President Stephen M. Prescott, M.D., noted that while post-viral fatigue is not unusual, the full footprint Covid-19 may leave appears large, even if it is not yet fully understood. "Heart and lung damage are documented even in people with mild cases of the virus," said Prescott. "That's good reason for caution when jumping back into exercise."

In an Austrian study of 86 Covid-19 patients, researchers found that six weeks after being discharged, damage from inflammation and fluid in the lungs was present in 88% of



Jeff Greenlee of Altus, Oklahoma, was hospitalized with Covid-19 for a week in November 2020. An endurance athlete, Greenlee donned a Boston Marathon shirt to provide motivation for his first walk after being confined to a hospital bed for several days.

patients. After 12 weeks, that number dropped to 56%, an indication that the lungs have a mechanism to repair themselves. At the six-week mark, nearly 60% of patients in the same study showed signs of diastolic heart dysfunction that also appeared to improve with time.

OMRF physician-scientist Eliza Chakravarty, M.D., said that coronavirus survivors of all fitness levels should listen to their bodies and their doctors as they return to exercise routines.

"'Mind over matter' doesn't work when it comes to inflammation," said Chakravarty. "If you feel sick, wait. Start slowly; do only 50% of your original routine. If you experience abnormal chest pain or shortness of breath, stop and contact your doctor."

Greenlee has worked up to taking two brisk walks a day near his office in downtown Altus, where he's market president of NBC Oklahoma bank. He says he's not ruling out another 26.2-mile finish in Boston if the race goes forward in late 2021, even if it's slow by his standards. "If I can have that carrot dangling

out there and get in a five-hour marathon, I'd do it," he said.

And for those who have avoided the virus but have fitness resolutions for the new year, Chakravarty says there's no time like the present to start a simple exercise routine from the safety of your own home. A recent American Heart Association study added to the mounting evidence that people with obesity are more likely to be hospitalized and have poor outcomes with the virus.

"Start small. Commit to taking a daily walk, or pick a short exercise



Jeff Greenlee of Altus, Oklahoma, during the 2014 Boston Marathon. He was hospitalized with Covid-19 for a week in November 2020.

video on YouTube and stick with it," she said. "In the era of Covid-19, those changes may pay off in more ways than one."

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