



## Uniform Shoppe dedicated

## to customer needs



## Tulsa and OKC stores differ in tastes

From left: Owner Jody Weise, Amy Mays, Renita Dearman, Melissa Buffington, and Traci Johnson understand the latest fashion trends in nursing at the Uniform Shoppe, located in Tulsa.

by James Coburn, Staff Writer

A fashion haven of comfort and style continues to flourish at the Uniform Shoppe in Oklahoma City and Tulsa, said Sherri Stallings, manager of the Uniform Shopp in Oklahoma City.

The Uniform Shoppe is located in the Park Plaza Shopping Center at 6044 S. Sheridan Road, just west of Sheridan in Tulsa; and

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## As featured in Oklahoma's Education Guide for Nursing 2021 edition



## AHCA/NCAL Issues Statement Following CMS Announcement On New Guidance For Nursing Home Visitation

**AHCA**  
AMERICAN HEALTH CARE ASSOCIATION

**NCAL**  
NATIONAL CENTER FOR ASSISTED LIVING

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL), representing more than 14,000 nursing homes and long term care facilities across the country that provide care to approximately five million people each year, released a statement following an announcement from the Centers for Medicare and Medicaid Services (CMS) and the Centers for Disease Control and Prevention (CDC) on new guidance for nursing home visitation.

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

"While we are still reviewing the guidance, the indication that nursing home residents can visit with their loved ones is welcome news that we fully support. It has been nearly one year to the day since visitors were restricted from nursing homes, and now thanks to the vaccines, we cannot wait to safely reopen our doors. Our dedicated staff members have done an extraordinary job filling in for loved ones and adapting visitations during this difficult time, but nothing can replace engaging with

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## HODGES

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in Oklahoma City at 10503 North May Avenue, between Hefner Road and Britton Road.

Customer service at the Uniform Shoppe has been an enduring presence for the nursing industry ever since Elaine Weise and her late husband, Albert, purchased the Uniform Shoppe in 1965. By doing so, they established a new location in Oklahoma City. Her sister and brother-in-law started the business in 1962 in Tulsa. This was when the color white was standard for nurses to wear at the time.

One thing is certain. The Uniform Shoppe has always provided its customers what they want.

"Our customers mean a lot to us and we take care of them," Elaine Weise said. "We sell fine merchandise at competitive prices."

She and her staff have made several friends through the years. The original store was located at 10th Street and Walker. Weise said she has enjoyed interacting with new and loyal customers through the years. It's part of her life and she can't think of doing anything else.

Weise has noticed a contrast in fashion has developed between what customers purchase in Oklahoma City and Tulsa. The differing tastes has been developing for a few years.

A jogger pant is more in demand at the Oklahoma City store, Stallings said. It's all about how durable and soft the fabric is, she said of the streamlined product.

"Mostly all of your uniforms are going to be the new fabrics. And also, it's all about the color. Our top color here in Oklahoma City is black, navy, and grey," she said.

Jody Weise, co-owner of the Uniform Shoppe in Tulsa said it's unusual that what is popular in one city doesn't sell in the other city when they are 100 miles apart.

"I don't think it is a brand thing. I think it is a style thing," Jodi said. "I think it may really come down to the enthusiasm of our salespeople," Jody said.

"When they really love

something and they really believe in it, I think that's what makes it go," Jody explained. "But part of it is, we will bring in beautiful groupings in both cities. And sometimes, it will just sit in one city and we'll sale a few pieces. But the other city wipes it out."

The demographic doesn't seem to be different in the two cities. And Jody can't say that one city sells more expensive items than the other.

The staff is equally excited about fashion options.

Both cities sell similar colors. A lot of hospitals chose certain colors of garments for their nurses, she said.

"Sometimes it doesn't matter what it looks like. If it's the right color, it's going to sell," Jody said.

Jody said both cities seem to cater to a jogger pant or a straight leg pant with flex panels on the sides. It's easy to move around with extra pockets.

Another brand, Landau, has a popular grouping in Oklahoma City. In Tulsa, the product was moved around in display, but it didn't sell well, she said.

"Landau came out with another new grouping. It looked different. It had a lot of the same properties. It would stretch and easy-care fabric and colors, and both cities just blow it out the door," Jody said.

But in the groupings, certain styles sell better in Oklahoma City, but Jody said they stay in the store in Tulsa.

"It's the weirdest thing," she said.

Groupings that cannot be found online are doing well in the stores.

"People are finding something that is uniquely styled, priced right and durable," Jody said. Shop the categories online at <https://theuniformshoppe.com> or visit us at us in OKC at 10503 N May Ave. Mon - Sat 9:30am - 6pm or Tulsa at 6044 S Sheridan Rd. Mon - Fri 10am - 6pm and Saturday 10am - 4pm.



The staff at the Uniform Shoppe in Oklahoma City includes from left: Ericka Branham, owner Elaine Weise, Brenda Young, and store manager Sherri Stallings.

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## STATEMENT

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family members in-person. The health and wellbeing of our residents will improve thanks to this important guidance.

"It is critical that public health officials continue to prioritize vaccines for long term care residents and staff in order to help facilitate these reunifications. After the three rounds of on-site clinics, it is unclear how long term care facilities will be able to quickly access vaccines moving forward. We need the CDC to ensure the vaccine is readily available for new admissions as well as current residents who have since decided to get the vaccine, so they are able to visit with their families per the new CMS guidance. A steady, ongoing allocation of vaccines to long term care will also help ensure we continue to build upon the progress we have already made in reducing COVID in long term care.

"It is also critical we continue

to educate staff, residents and family members, and the general public, about the importance of the vaccine, giving them the facts they need to make an informed decision. We launched the #GetVaccinated campaign in December to help in this effort, and providers are committed to increasing uptake among residents and staff."

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) represents more than 14,000 non-profit and proprietary skilled nursing centers, assisted living communities, sub-acute centers and homes for individuals with intellectual and development disabilities. By delivering solutions for quality care, AHCA/NCAL aims to improve the lives of the millions of frail, elderly and individuals with disabilities who receive long term or post-acute care in our member facilities each day. For more information, please visit [www.ahcancal.org](http://www.ahcancal.org) or [www.ncal.org](http://www.ncal.org).

## OKDHS Aging Services announces division name change to Community Living, Aging and Protective Services

Aging Services, a division of Oklahoma Human Services (OKDHS) dedicated to developing systems that support independence and quality of life for older Oklahomans and protecting vulnerable adults from abuse, neglect and exploitation, announced today a name change to Community Living, Aging and Protective Services to better reflect their services and supports across the lifespan.

"We are proud of this new name that best describes the many programs and services we offer to keep older or vulnerable Oklahomans better connected and thriving in their own communities," said Jeromy Buchanan, Community Living, Aging and Protective Services director. "Our services ensure the well-being and stability of our customers in their own homes, or support and advocacy for them while they are in institutional settings. We are dedicated to protecting independence for our customers while also protecting the safety of vulnerable adults, and are thankful for the many partners who join us in our work."

This name change takes effect immediately, and efforts have begun to rebrand the division across all mediums and assets. There is no associated cost for these changes.

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# CAREERS IN NURSING

## RN, CLINICAL EDUCATOR, INFECTION CONTROL NURSE

Vickie Jenkins, Staff Writer

Mercy Rehabilitation Hospital is an Acute Inpatient Rehab Hospital that admits patients with traumatic injuries, debilitating diseases or have certain injuries that require intensive multidisciplinary rehabilitation programs. Mercy provides its patients a variety of rehabilitation options for them to get back to their lives.

Crystal Godfrey, RN carries several titles as she spends her time at Mercy Rehabilitation Hospital. Not only is Crystal an RN, but is also in charge of Clinical Educator and Infection Control Nurse. Crystal has been a nurse for over twenty years. "Over those years, I have worked in acute care, home health, hospice, skilled nursing, long term care and assisted living. I actually

just joined the team here at Mercy Rehab last month. Prior to that, I worked at Mercy Hospital as Spine/Surgery Program Coordinator for two and half years and Inpatient Care Manager for three years," Crystal commented. "I just can't imagine doing anything else besides nursing," she added.

"I guess you could say that I have dual roles here. My typical day varies, based on needs, but for the most part, as Clinical Educator, much of that work is focusing on ensuring the nurses have the skills and training to succeed in their role as a rehabilitation nurse, as well as coordinating the onboarding process for new hires. As an Infection Prevention nurse, I monitor, collect and analyze

infection data and trends and report those findings to our interdisciplinary team which consists of Nursing, Quality, Pharmacy, Physician, Chief Clinical Officer and Chief Executive Officer. Much of it is collaborating with staff and physicians, providing education and training, implementing evidence based infection control."

"Growing up in a small rural community in northwestern Oklahoma, I graduated from Gage Public Schools with a class of twelve, yes, that's right, only twelve graduates," she said with a laugh. "Can you imagine? To tell you the truth, when I was little, I never even thought about being a nurse. Even though I loved playing with the first aid kit and patching up animals.

I had a dream of becoming a fashion designer and living the city life, but God had other plans for me."

"As time went on, I had a friend who was going through LPN school and I would hear her talk about her clinical experiences which sounded fun and interesting! Plus, I was a single mom. I finally realized that LPN school was the better option as it was cheaper, shorter and had much more serious job potential and room for growth," Crystal commented. "Attending Western Technology Center in Burns Flat, OK, I became a licensed practical nurse. Later, I went on to get my RN at Rose State College in Midwest City, OK. I don't regret any of it."

See GODFREY Page 5



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## GODFREY

Continued from Page 4

"Being a nurse has shown me that skills CAN be taught. In my opinion, a good nurse needs to have a positive attitude, compassion and flexibility. The ability to adapt to the ever changing environment and demands of healthcare, plus maintaining a positive outlook is crucial to the success of a nurse," Crystal said.

Asking Crystal what her biggest reward was as a nurse, she replied, "Honestly, I can mention several," she said. "One is hearing the patients' stories and seeing their successes. Working as part of a team and seeing a project come to fruition and succeeding in making positive changes. Another one is teaching others and being taught as well, it is so rewarding to have opportunities for growth on both a personal and professional level. Last but not least, making a difference, whether it be a co-worker or patient or family member," Crystal explained,

What advice would you give

to someone going into the medical field? "I would tell them that being a nurse is very rewarding! I would tell them the importance of learning organizational skills and time management skills. It is all important to celebrate your successes no matter how big or small. Enjoy every moment!"

On a personal note, Crystal has a wonderful, supporting boyfriend and two grown sons. She loves antiques, flea markets and vintage textiles. "I enjoy spending time on the patio around the fire pit with my loved ones. I like road trips and sightseeing and music. I like playing board or card games but most of all, making the best of times with my family and friends."

If you could sum up your life in three words, what would those words be? "Adventure, learning and compassion," Crystal said.



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**We are seeking Certified Nursing Assistant (CNA).**  
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### 140 GENERAL NURSING

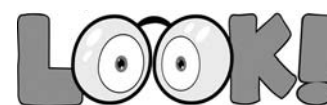
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Purcell Municipal Hospital located at 1500 N Green Ave, Purcell, OK 73080 is in need of a PRN, or as needed, Clinic Nurse/LPN for the after hours / urgent care clinic. Monday-Friday 8a-7p, varied weekends: Saturday 10a-6p, Sunday 10a-4p. No holidays. 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.

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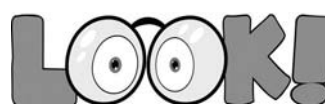
at Angels Care Home Health 27 N Vann St, Pryor, OK 74361. Primary function of the LPN is to administer skilled nursing care, under the supervision of a registered nurse, for clients of all ages in their place of residence, coordinate care with the interdisciplinary team, patient/family and referring agency. Qualifications: Graduate of an accredited school of vocational nursing. Current state license as an LPN, Current State's Driver's License. Two year experience as an LPN, home health preferred. Proof of current CPR and Hepatitis profile.

**161 LICENSED PRACTICAL NURSING****Licensed Practical Nurse**

Home Health - Weekends PRN at Encompass Health - Home Health and Hospice in Stillwater, Oklahoma. At Encompass Health - Home Health, the LPN administers skilled nursing services to clients requiring intermittent professional services. These services are performed in the clients' home in accordance with the physician's orders and the established plan of care, under the direction and supervision of the Branch Director and Supervising RN, and teaches the client, family and other members of the health care team. 2318 West 7th Street, Stillwater, OK 74074.

**204 REGISTERED NURSE****We are seeking Full-Time Night Shift Registered Nurse**

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**204 REGISTERED NURSE****We are seeking Registered Nurse Case Manager**

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(AS PUBLISHED IN THE 2021 EDUCATION GUIDE TO NURSING)

**O**pportunities in nursing are seemingly endless, but it's rare one employer can offer as much to advance a nurse's career as Hillcrest HealthCare System.

The opportunity to provide exceptional patient care in a progressive environment in multiple specialties across multiple campuses exists within Hillcrest.

Melissa Trujillo, director of talent acquisition, says nurses can find it all with Hillcrest HealthCare System.

"I feel like 90 percent of our movement is internal transfers," Trujillo said. "I think it's the progression of our facility makeup. We have facilities that have less than 50 beds and all the way up to more than 650 beds. They all have unique specialties and cases they can handle.

"It gives you a career track, basically."

Serving communities throughout eastern Oklahoma, Hillcrest HealthCare System (HHS) includes Hillcrest Medical Center, Hillcrest Hospital South, Oklahoma Heart Institute, Bailey Medical Center, Hillcrest Hospital Claremore, Hillcrest Hospital Cushing, Hillcrest Hospital Henryetta, Hillcrest Hospital Pryor, Tulsa Spine & Specialty Hospital and Utica Park Clinic.

Across its hospitals and health care facilities, HHS offers 1,143 beds and employs a team of more than 6,500.

Eight facilities and two physician practice groups offer

# Opportunity abounds at Hillcrest

Hillcrest HealthCare System nurses like Emily Hammett, RN, have an array of choices to take their career within Hillcrest.



a multitude of opportunities for nurses.

"I think as an HR group we offer a tailor to your skillset and a tailor to your liking. We are a place that promotes transferring from within," Trujillo said.

Not only are nurses able to transfer within facilities but being owned by Ardent Health Services allows nurses to transfer to other states.

Whether it be facilities in Texas or New Mexico or along the East coast the options are there.

"We really offer internal mobility," Trujillo said. "If they were to transfer here to New Mexico they would keep their PTO and their years of service. I would say we pride ourselves on internal mobility because we would rather that RNs stay in our system."

"We have lots of opportunities within the system for movement and exposure."

Hillcrest Medical Center, 1120 S Utica Ave., employs nearly 2,500 in multiple units. Hillcrest

Hospital South, 8801 S 101st E Ave., staffs nearly 1,000.

Hillcrest South offers a nursing residency program for those graduating in the spring.

"You enter the program, get exposure to multiple units and once you're out of the program then you're well-equipped to go into whatever unit you desire," Trujillo said. "What we're really hoping is they get exposure to units they may think they would not be interested in."

Trujillo points to Hillcrest's medical/surgical units that have an added specialty such as trauma or ortho.

"To me, you don't know what you don't know," Trujillo said. "And since it's temporary and a residency program you're getting that exposure and moving on to the next one. You might have an experience that resonates with you and persuades you to go to the less popular unit just because you're finding out what your niche is."

Hillcrest also offers up to \$2,500 per semester in tuition

reimbursement for career advancement. Relocation and sign-on bonuses are also available for new grads.

"Not a lot of facilities in the area offer both of those things for a new grad," Trujillo said.

The system is a large one but time and attention is spent on onboarding new hires and making sure they feel comfortable.

"We've put a lot of time and effort into it to make sure the new grad feels safe. It's a lot of detail-oriented training," Trujillo said. "I think we've narrowed down the reasons why nurses quit, leave or leave the profession all together is because they don't feel adequately trained enough to do their job or they feel unsafe."

"I think a lot of our programs are focused around making that new grad feel safe but yet giving them the exposure and skills that they need to be successful on down the road as an RN." For more information visit: <https://hillcrestmedicalcenter.com/>



# OMRF accepting applications for Teen Leaders program

The Oklahoma Medical Research Foundation is seeking applications for its 2021-22 Teen Leaders class. Applications are due April 1.

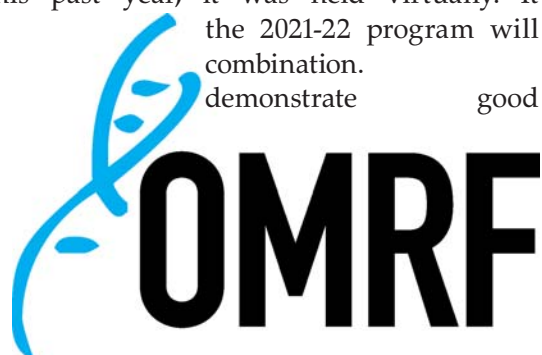
Now in its ninth year, the program is open to high school students entering sophomore, junior and senior years. Through group activities and panel discussions with OMRF scientists and state civic leaders, the program gives teens tools to be change-makers in their communities and learn how they can become advocates for medical research and improving human health. "Each year, this program inspires students to give back to their communities," said program coordinator Caroline Allen. "We're excited to welcome another class of young leaders who will become difference-makers for OMRF and Oklahoma."

Selected students will learn the fundamentals of fundraising and development, board structure, networking, and using social media. Teens will also work together on a special event to cap off program activities in the spring.

Group sessions will begin in September and continue through the 2021-22 school year. Although the program has traditionally taken place in person, during this past year, it was held virtually. It is not yet known whether the 2021-22 program will be in person, virtual or a combination.

Applicants must demonstrate good academic standing and attend school in Oklahoma. There is no cost to participate.

For more information and to apply, visit [www.omrf.org/teen-leaders](http://www.omrf.org/teen-leaders).



OMRF Teen Leader applications are open through April 1. It is not yet known whether the 2021-22 program will be in person, virtual or a combination. Pictured, the 2019-20 OMRF Teen Leaders.

**Corban** was a loving little boy with an infectious smile and dazzling blue eyes. He never met a stranger and would melt your heart whenever you saw him. Corban was rambunctious and "all boy".

His name means "A Gift from God," now Corban is with God. Three days after his second birthday, he tragically lost his life in a swimming accident.

In life he gave us joy, in death he gave others joy as his organs and tissues were donated, so others could live. Endless smiles, big blue eyes and giant hugs that gave me the best feeling ever – are just a few things I will miss.

While we miss Corban, we will never forget him, knowing his spirit lives on in the lives of others provides us comfort. I wish you could have met our "little man" because you would have loved him.

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](http://www.LifeShareRegistry.org). You may also call 800-826-LIFE (5433) and request a donor registration card.



## OU Health Hosts Virtual Ceremony of Remembrance

March 18, 2020, is the date when the first Oklahoma life was lost to COVID-19 in the pandemic that continues to have a dire global impact. Observing that grim anniversary, OU Health will host a virtual event to acknowledge the first pandemic fatality in our state, and to commemorate all lives lost in the year that followed. The ceremony at OU Health University of Oklahoma Medical Center will be live-streamed via Facebook on March 18, 2021, at 7:30 p.m.

Danny Cavett, director of Pastoral Care for the University of Oklahoma Medical Center, said events such as the planned remembrance ceremony play an important role to help people process traumatic events. "The pandemic experience has reminded us how much we need each other, and how faith anchors us through adversity," he said. "It is appropriate to acknowledge the depth of our loss. Paradoxically, one way we express our loss is by celebrating the life of each person we loved who is no longer with us. There is healing in this process that helps us move forward with purpose and resolve."

The remembrance ceremony will honor and commemorate those who lost their lives to COVID-19. Presenters will include interfaith clergy, a number of physicians and other frontline healthcare professionals also will share perspectives and reflections about their experiences during the pandemic year, and the ways it has influenced their lives, personally and professionally. With the hospital's new patient tower and water feature as the backdrop, the event will include the lighting of luminaries to honor those who lost their lives to COVID-19, with music provided by members of the Oklahoma City Philharmonic. All are invited to attend using the Facebook live stream which can be found on the OU Health Facebook page: [facebook.com/ouhealth](https://facebook.com/ouhealth).



# NURSE TALK

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Rose Armstrong, RN

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*Money to open a free-  
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## SITUATION UPDATE: COVID-19

Cases	432,793
*Total Cumulative Negative Specimens to Date (As of 03/12/21)	3,206,809
*Total Cumulative Number of Specimens to Date (As of 03/12/21)	3,610,721
Acute Care OSDH Licensed Facility Hospitalizations (As of 03/12/21)	253
Other Types of Facilities Hospitalizations (As of 03/12/21)	22
Total Cumulative Hospitalizations	24,704
Provisional Death Count (CDC/NCHS)	7,555

- As of this advisory, there are 432,793 cases of COVID-19 in Oklahoma.
- 519 is today's 7-day rolling average for the number of new cases reported.
- Today's Provisional Death Count (CDC/NCHS): 7,555
- Additional hospitalization data can be found in

the Hospital Tiers report, published evenings Monday through Friday.

- Register online to receive a notification when you're eligible to schedule a COVID-19 vaccine appointment at [vaccinate.oklahoma.gov](https://vaccinate.oklahoma.gov), or locate other vaccine opportunities at [vaccinefinder.org](https://vaccinefinder.org).
- 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 2021-03-15 at 7:00 a.m.

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# A Simple Screening Can Save a Life

## March is Colon Cancer Awareness Month

Wade Cole of Oklahoma City had just celebrated his 50th birthday when he jokingly told his wife that it was time for him to get a colonoscopy. "I told her, 'that's just what you do when you turn 50'. I had no way of knowing it would be a decision that would save my life."

Cole wasn't experiencing any symptoms, but made an appointment with a gastroenterologist anyway. He thought it would be a routine procedure. He never expected them to actually find anything. "The doctor came in and said 'Wade I'm sorry, we found cancer'. I didn't really hear anything else he said," remembers Cole. "I just started thinking about my wife Kecia and my two girls."

Both of Cole's parents had recently died of cancer, so in his mind - he was just given a death sentence. "That was the only reference I had. I thought you get cancer, you die. It's that simple."

Cole went to see Romeo Mandanas, M.D., a medical oncologist at the

INTEGRIS Cancer Institute. "Wade did the smart thing and did not put off his colonoscopy," says Mandanas. "He was healthy, active and asymptomatic and still had cancer. Had he waited, this could have been a completely different story for Wade."

"Dr. Mandanas told me for my type of cancer there was only one treatment and I could get it at MD Anderson or I could get it here one mile north of my house - and so I just stayed here and got my treatment close to home," states Cole.

He underwent surgery to remove the cancer from his colon and received chemotherapy to kill the cancer that had spread into his lymph nodes. "Dr. Mandanas is amazing, I mean that man is amazing," credits Cole. "He was the calm I needed for the storm of emotions I was feeling."

Sheila Wilkerson was Cole's primary nurse. He claims she was just as important to his survival as any treatment option he received. "Wade was very anxious and my heart went out to him because he is such a kind and gentle person and I just wanted to help him," says Wilkerson. "I thought if I can get him just to smile once during the day, I've done my job and I've done it well."

Cole beat his cancer, however he still returns to the INTEGRIS Cancer Institute every other week - not as a patient but as a volunteer. "I volunteer in the infusion center. I do odd jobs and talk to patients just beginning their cancer journey. What better place to give back than to those who took care of me?"

Cole hopes by sharing his story he can encourage others to get a colonoscopy. When colon cancer, also known as colorectal cancer, is found at an early stage before it has spread, the 5-year survival rate is about 90-percent. When cancer has spread outside of the colon or rectum, survival rates are lower. To schedule a colonoscopy today, visit [integrisonk.com/colonoscopy](https://www.integrisonk.com/colonoscopy).



Wade Cole just celebrated his 50th birthday when he jokingly told his wife that it was time for him to get a colonoscopy.

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