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Opportunity abounds at Hillcrest



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

Opportunities 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

See HILLCREST Page 2

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



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Tiffany Retro Apartments, located at 5505 N. Brookline near Northwest Expressway, is offering a special to medical personnel. When you sign a 12 month lease, you receive one month free. A shorter lease will give you \$200 off the first month's rent.

The newly remodeled apartments offer unique one and two-bedroom floor plans in a mid-century style building with all the modern conveniences, including stylish features like stainless-steel appliances, granite countertops, and in-unit washer and dryers. They also feature excellent community amenities such as a beautiful, elevated pool, dog park and wash station, movie theatre, and a state-of-the-art fitness center.

Developer Glenn Ferguson, President of

See TIFFANY Page 3

HILLCREST

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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 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/>

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TIFFANY

Continued from Page 1

Ferguson Property Group, had the building added to the National Historic Register, and then gutted the interior. "We did a complete renovation of the historical building," Ferguson said. "Our plan was not to alter the look of the building but preserve it, which we think we accomplished."

Tiffany Retro Apartments are located at N. May Avenue and Northwest Expressway, just moments from I-44, making it easy to get anywhere in Oklahoma City - from Bricktown to Integris to Oklahoma City University.

More information is available at **TiffanyRetro.com** or by calling 405.601.1931.



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CAREERS IN NURSING

GIVING MORE TOMORROWS: AIR METHODS

Vickie Jenkins, Staff Writer

When it comes to saving lives, we know the importance of the doctors, nurses and the medical staff that suddenly become heroes when they least expect it. Not to forget the paramedics that cover the emergencies while flying from one location to another. One paramedic that needs recognition for an outstanding job is Nathan Kent Schmidt, NRP Senior Account Executive at Air Methods which owns and operates Tulsa Life Flight and Mediflight of Oklahoma. Nathan works at the base office in Ada, Oklahoma.

Tulsa Life Flight provides essential and lifesaving air medical services. During missions, highly trained medical teams care for patients with lifesaving interventions to significantly improve patient outcomes. These interventions include providing advanced trauma care such as advanced airway intervention, cardiac/hemodynamic monitoring, ventilator management and

vasoactive medication administration and titration, advanced surgical procedures.

Nathan has been a paramedic for twenty-five years and has worked for Air Methods for ten years. "We have a number of people that work here," he said. "In Oklahoma, we have about fifty employees but nation wide, we employ over five thousand people."

Growing up in Ada, Oklahoma, even at an early age, Nathan knew that he wanted to be a nurse or a paramedic and decided on the paramedic route. Nathan was in the first graduating paramedic class at Metro-Tech in Oklahoma City.

Asking Nathan what experience is needed to do his job, he replied, "For flight paramedic, we are required three years of experience at a busy 911 service. Special training is required that all paramedics obtain FP-C (Certified Flight Paramedic, along

with the nurses that are trained as well."

Did anyone influence you to become a paramedic? "My wife was working at the hospital in Ada and we became friends with the EMS director through a mutual friend. I was doing factory work at the time and one night after leaving work, I came upon a traffic accident in the middle of a rain storm. I was the first one on the scene and at the time, I had no medical training. The driver was pinned in the car and needed to be extricated by the fire department. In the back seat, was a three year old child in his car seat and didn't appear to be injured. Once the ambulance arrived, and the mother was in the car, the child would not let go of me. Since the child clung to me, the EMS director that was on call asked if I would ride in the ambulance and help with the child. That was the point that I decided

that this was what I wanted to do; a career so I could help them. Two weeks later, I registered and started in a basic EMT program," Nathan commented.

Nathan is a true leader. He has the qualities of a great paramedic. He is able to present an understanding and compassion composure for those in need of his help. Nathan is able to keep his train of thought during emergencies, has the ability to think outside the box and continues with compassion to help others.

What is your biggest reward as a paramedic? "That would be helping others," Nathans said. The biggest challenge? "It would be the long hours. We never really know what the situation will be. Currently, I am working in a business development role but as a team, we work together to give more tomorrow to our patients.

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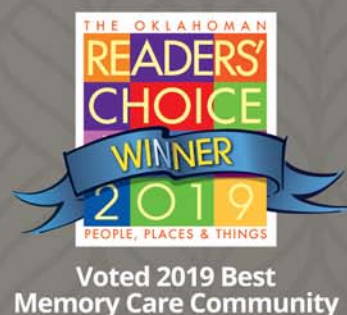


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SCHMIDT

Continued from Page 4

I really can't imagine doing anything else. I know it's a cliché but for me the saying, if you love your job you'll never work a day in your life is true to life," Nathan said. How has the Coronavirus changed your life? Nathan replied, "There were virtual visits for almost six months and we were not able to see family members. The extra precautions that we had to take in our field of work was adhering to the standard precautions of mask wearing, social distancing and hand washing. For our medical crews it has been a huge change with the extra PPE's they wear and longer transport times due to limited bed availability."

"On every flight we have a flight nurse and flight paramedic. It brings the best of both worlds together to make a great team."

The nurses bring the experience of ER/ICU together with the pre-hospital experience of the paramedics. Asking Nathan to sum up his life in three words, he said, "Blessed exciting, fortunate."

For more information visit:
<https://www.airmethods.com/>



Nathan Kent Schmidt, NRP Senior Account Executive at Air Methods has been a paramedic for twenty-five years. Air Methods owns and operates Tulsa Life Flight and Mediflight of Oklahoma.

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Kiamichi Medical Clinic is looking to hire a Full-Time Receptionist. Must be hard working, friendly and eager to serve the public. 204 East Jackson. Hugo, OK.

We Are Seeking Minimum Data Set Nurse (Licensed Practical Nurse and Registered Nurse) Needed.

Apply at Beacon Ridge Senior Mental Health. 102 E. Line Ave. Sapulpa, OK 74067

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We are seeking Director of Clinical Services/Director of Nursing

Education: Registered Nurse - Must possess, as a minimum, a Nursing Degree from an accredited college or university. Experience: Must have, as a minimum, 3 years of experience as a supervisor in a hospital, nursing care facility, or other related health care facility. Must have, as a minimum six (6) months experience in rehabilitative & restorative nursing practices. North County Nursing and Rehabilitation. 2300 W Broadway St, Collinsville, OK 74021

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The Senior Living Industry. Current Positions Available: Licensed Practical Nurse (Full-time) Certified Nursing Assistants/Certified Medical Assistants, Dining Room, Cook, Servers.

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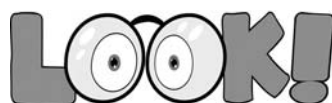
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161 LICENSED PRACTICAL NURSING

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ResCare is a one of a kind company who not only offers the chance to change people's lives but also offers educational, vocational and job placement for people of all ages and skill levels. Right now, we have an exciting opportunity for you to join our team as a Licensed Practical Nurse / Licensed Vocational Nurse (LVN) to provide care to those with intellectual and developmental disabilities. ResCare 1601 S Main St Ste 400, Tulsa, OK 74119

We are looking for an Licensed Practical Nurse Care ATC Inc located at 9902 E 43rd St a, Tulsa, OK 74146. We are looking for an LPN who has an excellent patient/customer service skills and an outgoing, 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.

161 LICENSED PRACTICAL NURSING

WE ARE SEEKING 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.

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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

Registered Nurses - Adult Unit - Full-time Evenings at Parkside Inc. 1620 E 12th St, Tulsa, OK 74120. Current Oklahoma Registered Nurse without restrictions.

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Demonstrates the ability to be flexible, organized and function under stressful situations. Affordable Medical and Dental Insurance. 15 days PTO in the first year (23 days PTO year 6) and 7 paid holidays. 401-K match provided by Parkside after 1 year of FT work, which is 100% vested. We have other exceptional benefits (e.g., Life Insurance, Extended Illness Benefit, Long Term Disability).

204 REGISTERED NURSE

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We are seeking Full-Time Night Shift Registered Nurse

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We are seeking Registered Nurse Case Manager

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.

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Tulsa Spine Specialty Hospital | Oklahoma Heart Institute | Utica Park Clinic

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(AS PUBLISHED IN THE 2021 EDUCATION GUIDE TO NURSING)

Equipping servant leaders in a professional community

Since 1975, the mission of Harding University Carr College of Nursing has been to develop nurses as Christian servants. The University's mission permeates classroom and clinical instruction taught by highly trained professionals from a Christ-centered worldview. Close faculty-student relationships and mentorships foster personal, academic and professional growth. Offering undergraduate and graduate programs prepares students to perform well in any healthcare setting. **What nursing tracks does Harding offer?** The **undergraduate** tracks are designed to meet the individualized needs of students, all leading to a Bachelor of Science in Nursing degree. **These include:** • Four-year, full-time/part-time traditional track • 18-month accelerated second-degree program • Individualized track for students who hold a current unencumbered nursing license without a bachelor's degree. An individualized degree completion plan is collaboratively designed with the

student (full-time/part-time available)

- Honors classes

The **graduate** tracks are designed to meet the individualized needs of professionals, resulting in a Master of Science in Nursing.

These include: • Family Nurse Practitioner • Full-time and part-time options • Customizable options for those who already have an MSN • Eligible to sit for national certification exam upon program completion • Delivery: hybrid format, with online courses and three on-campus intensives throughout the program • Master's Entry into Professional Nursing • Traditional bachelor's entry or accelerated bachelor's to master's options • Eligible to sit for NCLEX-RN exam upon program completion • Delivery: on campus with some online classes

What sets Harding trained nurses apart from other nursing schools? The undergraduate nursing program has a 99.2% first-time NCLEX-RN pass rate since 2016 and has been ranked the No. 1 Nursing Program in Arkansas by RegisteredNursing.org for four years in a row. This ranking is based on how well a program supports students toward licensure and beyond.

Harding's nursing graduates are well-equipped to enter the field, with high job placement rates and a 100% first-time Family Nurse Practitioner National Certification pass rate since the program's first graduates in 2017.

The first of its kind in Arkansas, the master's entry into professional nursing program prepares graduates for eligibility to take the national nursing license exam to become Registered Nurses. The program provides on-campus, state-of-the-art simulations and diverse clinical experiences in Searcy, Little Rock and surrounding counties to aid students in understanding patient clinical skills and administration and leadership in nursing. Applicants with any undergraduate degree can apply. There are Arkansas nursing prerequisites.

What if I have a degree in another field but have decided healthcare is my passion? The Master of Science in Nursing - Master's Entry into Professional Nursing option is a great path for students who already have a bachelor's in another area of study.

How do the programs interact with the community? Students assist in a variety of community clinical settings that serve diverse patient populations. They also provide health screenings at area churches and various university sponsored events.

Does Harding offer a study abroad program? For more than 40 years, Harding has been training nurses not only for a career in traditional healthcare settings but also to work in health missions. Medical mission opportunities exist locally and abroad in short-term and long-term options. Opportunities are open to graduate and undergraduate students.

Visit: <https://www.harding.edu/academics/colleges-departments/nursing>



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OU Health Adult and Pediatric Epilepsy Programs Gain Reaccreditation

OU Health Epilepsy Center and its programs for advanced-level care of adults and children with epilepsy have again achieved Level 4 accreditation from the National Association of Epilepsy Centers. Level 4 centers are recognized for their capacity to offer more complex forms of care, including neurodiagnostic monitoring, as well as more extensive medical, neuropsychological and psychosocial treatments. Programs must meet rigorous criteria for accreditation every two years.

Cherie Herren, M.D., pediatric neurology specialist and director of OU Health epilepsy programs, said, "We are excited to again be accredited by the National Association of Epilepsy Centers as a Level 4 Epilepsy Center in both adult and pediatric epilepsy. As the only Level 4 Epilepsy Center in the state of Oklahoma, our programs place OU Health at the forefront of epilepsy care, unrivaled for its extensive collaboration between adult and

pediatric epileptologists, and adult and pediatric neurosurgeons who specialize in epilepsy care. All work in concert with neuropsychologists, neuroradiologists, dietitians, epilepsy nurses and more."

Andrew Jea, M.D., MHA, FACS, FAAP, OU Health's vice-chair of the Department of Neurosurgery and chief of Pediatric Neurosurgery, said a comprehensive pediatric epilepsy program requires singular specialists, state-of-the-art technology, and close partnerships with referring physicians. "At Oklahoma Children's Hospital, we've taken it to another level - the highest level. This effort has earned the pediatric epilepsy program accreditation as a Level 4 Program as designated by the National Association of Epilepsy Centers, and we couldn't be more proud. We serve as a tertiary and quaternary referral center for patients with epilepsy within our state, region, and beyond. From the pediatric neurosurgery perspective, it

means that we are ready and able to provide advanced epilepsy surgery services to children of all ages. There is no need for a child in Oklahoma to ever leave the state for world-class epilepsy care."

Andrew Conner, M.D., OU Health neurosurgeon, cited the adult epilepsy surgery program at OU Health, which offers comprehensive evaluation and surgical treatment for patients suffering from medically intractable epilepsy. "Our team of specialists is committed to providing excellent patient-focused care in the state of Oklahoma. We offer the entire breadth of epilepsy surgical options - right here at home. In addition, our research efforts are truly cutting-edge, focused on reshaping the entire field of epilepsy evaluation and surgical management with the patient at the very heart of our work."

Herren said NAEC designation is important to patients as an indicator of the most comprehensive services and advanced treatment options, which are unavailable anywhere else in the state. The OU Health Epilepsy Center offers surgical procedures to



treat adults and children with epilepsy as well as managing ketogenic diet and other dietary therapies in the treatment of epilepsy.

"I very much appreciate the support shown by colleagues and staff members who have contributed to this achievement," Herren said. "We look forward to the growth and expansion of our program as we continue to provide the highest level of care to patients in Oklahoma and the surrounding area as a Level 4 epilepsy center."

NAEC is a non-profit association founded in 1987 by physicians committed to setting a national agenda for quality epilepsy care. Its mission is to support epilepsy centers in delivering quality, comprehensive care to people with epilepsy by establishing standards of care, advocating for access to high-quality epilepsy center services, and providing knowledge and resources to its member centers.

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OMRF receives \$495,000 to study causes of birth defects, miscarriage

The National Institutes of Health has awarded the Oklahoma Medical Research Foundation \$495,000 to use a new approach to study the genetic origins of miscarriage, infertility and certain birth defects.

OMRF scientist Roberto Pezza, Ph.D., received a two-year grant to study the development of chromosomes, the parts of cells that carry genetic information on everything from eye color to height. Most people inherit a set of 23 chromosomes from each of their parents. When that number is off by even one, birth defects or miscarriage often result.

With new technology, Pezza's lab will be the first to mark single chromosomes in mice with fluorescence.

Using 3D time-lapse imaging, the researchers will then follow each chromosome and the proteins that make them up through the complete process of cell division.

"Not only will we be able to target and track a specific protein, but we can also inhibit genes we couldn't before and test what happens," said Pezza, who joined OMRF from the NIH in 2009. "We've waited a long time for technology to reach a level that allows us to do this."

The approach will allow the scientists to get a step-by-step look at the movements within cells that can lead to genetic conditions like Down syndrome, Turner syndrome

See OMRF next page

ANA Applauds Passage of Workplace Violence Prevention Legislation by U.S. House of Representatives



The American Nurses Association (ANA) applauds the U.S. House of Representatives for passing the Workplace Violence Prevention for Health Care and Social Service Workers Act (H.R. 1195). This legislation, approved by a vote of 254-166, will help to better protect all health care professionals and require health care and social service industry employers to develop and implement comprehensive workplace violence prevention plans. Safe work environments are fundamental to promoting positive health outcomes for patients and communities.

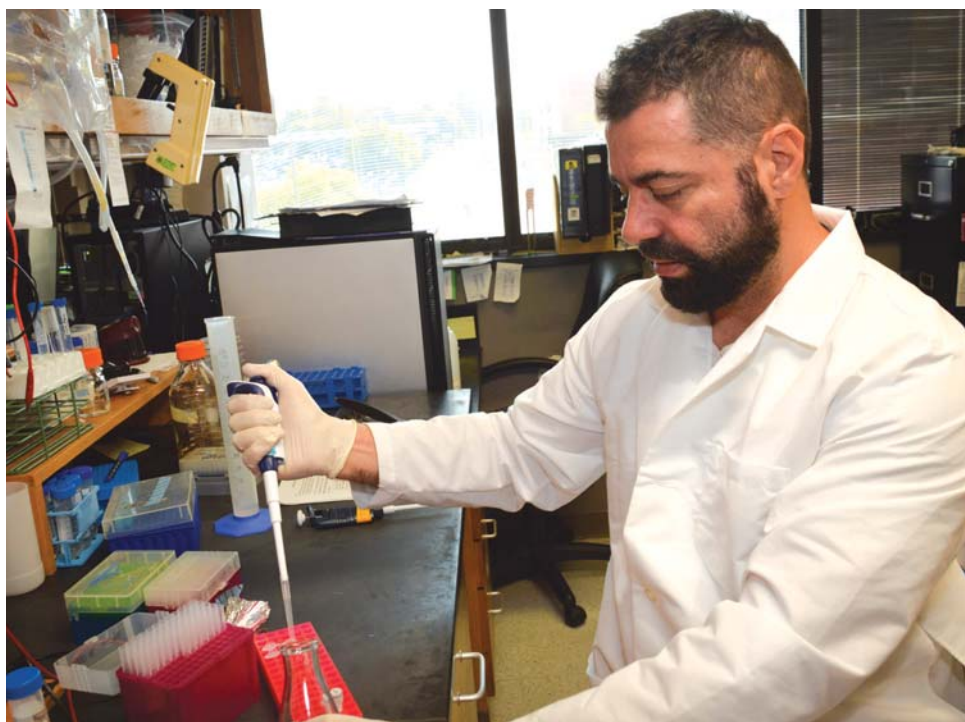
"ANA commends those members of Congress who remain

committed to keeping this critical issue at the forefront and working toward a meaningful solution," said ANA President Ernest J. Grant, PhD, RN, FAAN. "The ongoing reports and occurrences of nurses experiencing unwarranted verbal and physical abuse, even while combating a persistent pandemic, are entirely unacceptable and must not be tolerated. Employers must take action to not only implement plans, but also to enforce "zero tolerance" policies and remove all barriers that discourage nurses from safely reporting occurrences of violence and abuse. Systems and processes for safe reporting are key to protecting the well-being of our nation's nurses and to fostering healthy, safe, and respectful work environments."

Workplace violence continues to be a top concern for nurses even during the COVID-19 pandemic. In a 2019 survey of over 5,000 nurses, 1-in-4 nurses say they experience some form of assault and only 20 - 60% of these incidents are

reported. ANA works tirelessly to raise awareness and help end workplace violence and harassment of all forms in every health care setting through multi-faceted strategies, position statements, calls-to-action, and grassroots efforts, and the national initiative, #EndNurseAbuse. Visit ANA's #EndNurseAbuse resource center to learn more and take action.

The American Nurses Association (ANA) is the premier organization representing the interests of the nation's 4.2 million registered nurses. ANA advances the profession by fostering high standards of nursing practice, promoting a safe and ethical work environment, bolstering the health and wellness of nurses, and advocating on health care issues that affect nurses and the public. ANA is at the forefront of improving the quality of health care for all. For more information, visit www.nursingworld.org



Oklahoma Medical Research Foundation scientist Roberto Pezza, Ph.D.

OMRF

Continued from Page 10

and Klinefelter syndrome when errors occur. Knowing how, where and when chromosomes pair is key to designing interventions to prevent mistakes in the process in the first place.

"This work will yield understanding

about chromosomes that we've never had before," said Pezza. "The widespread potential is nearly limitless."

The grant, R21 HD103562-01A1, is funded by the Eunice Kennedy Shriver National Institute of Child Health and Human Development, part of the NIH.

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SITUATION UPDATE: COVID-19

Cases	446,550
*Total Cumulative Negative Specimens to Date	3,553,497
*Total Cumulative Number of Specimens to Date	3,969,315
Acute Care OSDH Licensed Facility Hospitalizations	205
Other Types of Facilities Hospitalizations	6
Provisional Death Count (CDC/NCHS)	8,206

- As of this advisory, there are 446,550 (304 new today) cases of COVID-19 in Oklahoma.
- 241 is today's 7-day rolling average for the number of new cases reported.

- Today's Provisional Death Count (CDC/NCHS): 8,206
- 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, or locate other vaccine opportunities at 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 2021-04-23 at 7:00 a.m.



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Mercy Oklahoma City Celebrates Return of Volunteers

In any given year, Mercy Hospital Oklahoma City's more than 300 volunteers log thousands of hours in service to our co-workers and patients. But for more than a year, almost all of those efforts came to a halt because of the pandemic. While some volunteers continued to knit baby caps for newborns from home and assist in vaccination clinics, most were unable to do the jobs they love. Now, as COVID-19 cases hit new lows, volunteers are eager to get back to work and serve.

"So many of our volunteers serve at Mercy because they truly feel they are called to do this work, and when they couldn't serve during the height of the pandemic, it was a real challenge for them personally," said Mel Henry, manager of volunteer services at Mercy Hospital Oklahoma City, recognizing their contributions during National Volunteer Week. "They are often the first and last faces our patients and visitors see as they come in and out of our facilities and they are dedicated to plugging in and helping wherever they are needed. They do so much, and we have missed them tremendously."

Mercy's volunteer program was put on hold in spring 2020 as the pandemic began. A few volunteers were welcomed back in November, and more are returning feeling more comfortable after receiving their vaccination.

"Many of the jobs they did on patient floors before the pandemic are not available due to strict COVID-19 precautions, but these volunteers are so selfless that they always tell us to put them wherever they're needed," said Henry. "We've also been able to create new ways

to serve throughout the hospital at screening stations, in the pharmacy and co-worker health."

Around 100 of the approximately 300 volunteers have already returned to service.

"Our volunteers are truly invaluable," said Jim Gebhart, president of Mercy Hospital Oklahoma City. "Many of our volunteers may not be able to return to our halls anytime soon, mostly because they have underlying health conditions that put them at higher risk for the virus. We are hopeful that others in the community will step in to serve and sign up to volunteer."

Mercy volunteers include teenagers who want experience in the medical field, middle-aged people looking to give back, seniors who want to stay active and people with disabilities learning job skills. Volunteers commit to as little as one hour a month to as much as 40 hours a week. There are myriad ways in which volunteers serve.

"Studies have shown that when people volunteer, they improve physical health, reduce depression, increase self-worth and are likely to be more connected to their communities," said Dr. Katherine Garland, an internal medicine physician at Mercy who has long believed that volunteering is a prescription for happiness. "Benefits can be seen at any age, but older adults who volunteer one to two hours a week experience lower rates of depression and an increased lifespan."

To learn more about volunteering at Mercy Hospital Oklahoma City, click here to visit [mercy.net](https://www.mercy.net) or call (405) 755-1515.



Ed and Joan Harper - 16 years of volunteering at Mercy OKC.



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