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Stonegate Senior Living adds ICP Division to Clinical Team



Stonegate's Infection Control Nurses from left to right: Cindy Shehan, LPN, Tara Placker, LPN, DON, Jan Herring, LPN, Tiffany Bryant, LPN, Mary Coppage, LPN, Mary Ustler, RN, Dawn Ferris, RN, Marilyn Rink, RN, Vicky Spencer, RN, Savannah Petrick, LPN, and Regional ICP, Cindy Christian.

The Covid-19 pandemic has changed the long-term care community forever. Tamara Meadows, RN, the Divisional Director of Clinical Operations for Oklahoma with Stonegate Senior Living, stated that it brought infection control in long-term care to the 21st century.

"It highlighted the importance of our infection control program, while also highlighting the need for additional staff to assist with all the different infection control activities," commented Meadows.

Towards the middle of last year Stonegate's Chief Clinical Officer, Dianne

Sullivan-Slazyk, RN determined along with the owners of Stonegate, that a new permanent role of an infection control preventionist in each facility was needed.

Already on staff at Stonegate, was the

STONEGATE
Continued from Page 1

Director of Quality, Rhonda Abercrombie, RN who had extensive epidemiology experience with the CDC. So, it was a natural fit for Rhonda to lead the infection control department, which includes two Regional ICP nurses in the state of Oklahoma, along with 4 in Texas and Colorado.

The Regional ICPs have oversight of each ICP nurse in each of Stonegate's 11 skilled facilities throughout the state of Oklahoma. Their job duties vary from routine Covid testing, sometimes as often as twice a week on all residents and employees, to the routine infection control surveillance with tracking and trending of infections.

The ICPs will play a big part of staying in compliance with the newest guidance from CMS on educating residents and staff on vaccinations.

Although they have had a very good turn out with vaccination rates of residents, Director Abercrombie states, they would love to see an increase in the amount of staff vaccinations.

"We have partnered with our consulting pharmacy, PharMerica, to do our own vaccine clinics, which are open to staff, residents, and families," said Abercrombie.

Asked, if these ICP nurses are temporary, Abercrombie states, "The owners of Stonegate have committed to these being permanent positions, which we are very proud!"

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2021 Nurse of the Year: Integris Baptist Medical Center - Stephanie Greenhoward, RN, BSN, CMSRN

Vickie Jenkins, Staff Writer

INTEGRIS Baptist Medical Center is Oklahoma's center for health care excellence. Their award-winning and nationally recognized hospital has a decades-long proven track record of providing an unsurpassed level of care that Oklahomans deserve, reaching beyond the walls of the Oklahoma City facility into the neighborhoods and communities that need them most. Challenging standards, exceeding expectations and building hope; this is what they are all about.

First of all, a big thank you to all of the doctors, nurses and medical staff at Integris Baptist Medical Center. All of them show the utmost professionalism and compassion that holds them to high standards. One particular nurse that to recognize is Stephanie Greenhoward, RN, BSN, CMSRN.

Born in Oklahoma City, OK,

Stephanie knew when she was a little girl that she wanted to be a nurse when she grew up. "I always wanted to be a nurse because I wanted to be a part of making a difference in the lives of others and caring for them in difficult times in their lives," Stephanie said. "I have some family members in the medical field; a sister and some cousins that are nurses and I am sure that they influenced me to be a nurse in some way or another," she added.

Stephanie went to Brown Mackie College for her associates in nursing and later went to South University for her Bachelors. Being a nurse reassures the fact that nursing was a real calling for her and she can't image doing anything else. "My biggest reward as a nurse is knowing that I DO make a difference in someones life. I feel like I have certain qualities that

a nurse needs to have; caring, empathy, good communication skills, loving without judging and selflessness. I try to live up these qualities each and everyday," Stephanie commented. "If someone were interested in being a health care professional, I would tell them to continue on, make sure it was the one thing they felt a real need to do and above all, always take care of yourself."

When asking Stephanie to describe herself, she replied, "I am a thirty-two year old army veteran, nurse, mother, wife, sister and friend. I enjoy spending time with my family, raising my children, and working at Integris Baptist with my work family. I am a leader and a follower. I lead to follow and follow to lead."

"When it comes to being a nurse, I have been a nurse for four years, all four years here.

I love my job! My typical day consists of meeting my patients and developing a plan for the day in order to reach daily set goals. Once the relationship has been established, physical assessments and medications are performed and given. Throughout the day, I am assisting with daily living activities, education and advocating for my patients and their families. I'm also a charge nurse so I assist my team with their daily tasks when they are unable to complete them at different times throughout the day."

On a personal level, Stephanie is married to a wonderful man and has four children and five bonus (step) babies. "I admit that my one hobby is sleeping," she said with a smile.

"The biggest challenge I see

See GREENHOWARD Page 5



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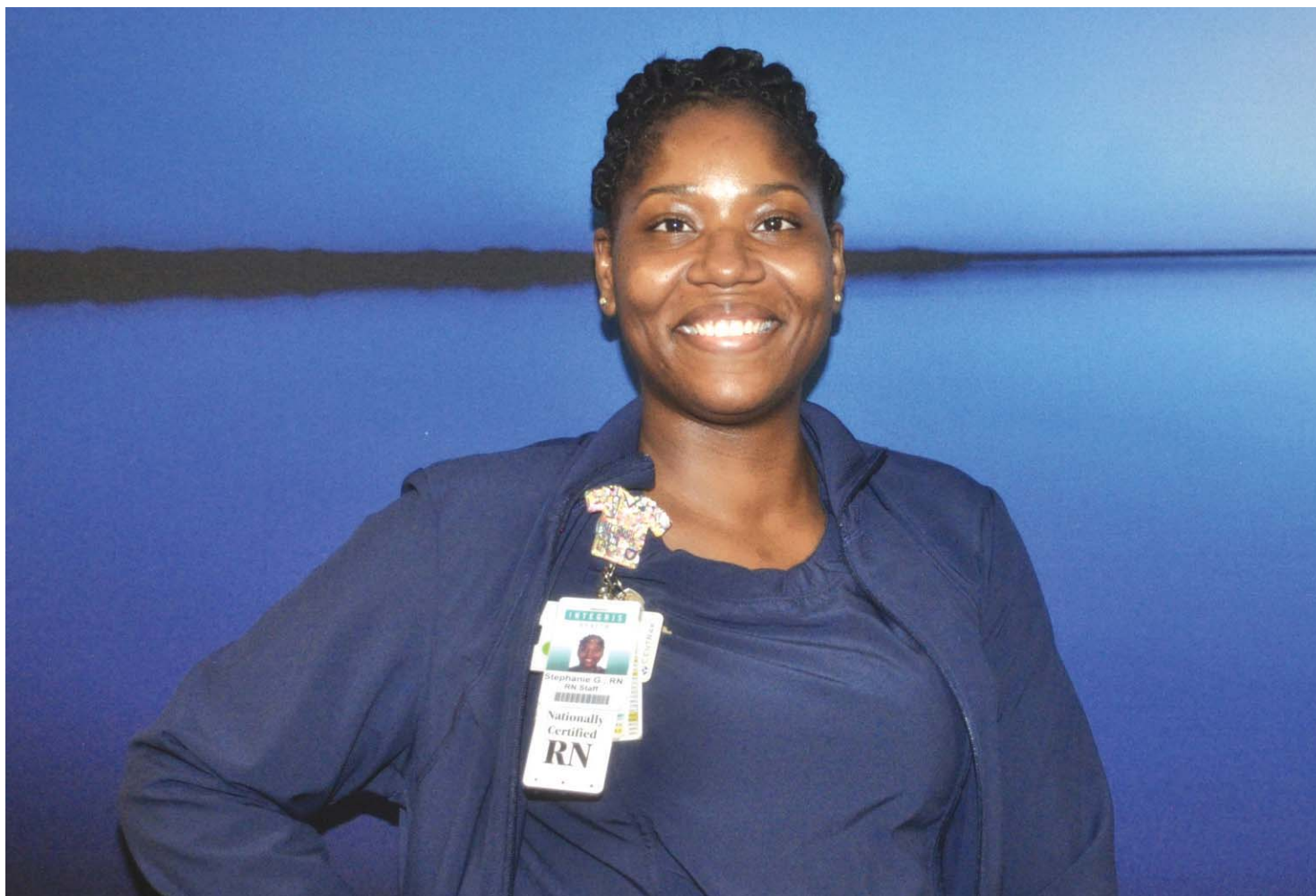
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GREENHOWARD

Continued from Page 4

here at the hospital is the shortage of nurses. One of my famous lines that I find myself saying a lot of the time is, 'I got lives to save,'" Stephanie said. "As far as being a nurse? I wouldn't have it any other way." Stephanie's life is not without recognition. Last year, she was recognized as Nurse of the Month for December 2020 and this year, she is Nurse of the Year for 2021. It's no surprise considering the way Stephanie has a way of showing her kindness and love to everyone, as though radiating that comforting feeling to others when she is around, giving her time and attention to the patient.

How has the Coronavirus affected your life? "The Coronavirus has changed so many lives including my own. During the pandemic, I have been fortunate enough to remain virus-free while taking care of the patients in need. Extra precautions include making sure I'm wearing a mask at all times, even with family and friends."



Stephanie Greenhoward, RN, BSN, CMSRN is proud to be recognized as Nurse of the Year for 2021 at Integris Baptist Medical Center.

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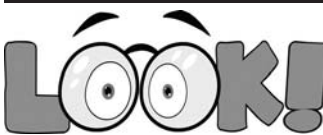
161 LICENSED PRACTICAL NURSING

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Bratzler Receives Humanism in Medicine Award

Dale Bratzler, D.O., MPH, who has been a leading voice on COVID-19 safety for Oklahoma, OU Health, and the University of Oklahoma, has been honored with the Leonard Tow Humanism in Medicine Award.

The award, bestowed by the OU College of Medicine, is given annually to a faculty member who demonstrates excellence in promoting scholarship, encouraging high standards of care, and integrity and commitment to compassionate care of patients and to the art and science of medical practice.

Bratzler, who serves as OU Health's Chief Quality Officer, was named Chief COVID Officer for OU when the pandemic arrived. Bratzler is also professor and chair of the Department of Health Administration and Policy in the Hudson College of Public Health at the OU Health Sciences Center. In addition, he is a professor in the OU College of Medicine.

"2021 is a year that I hope bestows accolades on those who carried us through 2020. There is no one who has better portrayed the compassionate, scientifically proficient physician on the Health Sciences Center campus than Dale Bratzler," read a letter of support for the award.

In addition to his ongoing work in response to COVID-19, Bratzler has been a campus leader for many initiatives. As Chief Quality Officer for OU Health, he oversees healthcare quality measurements and improvements. He is a leader in interprofessional education, which brings together students from many different healthcare disciplines to learn how to care for patients as a team, and he works with students as they see patients in Oklahoma City free clinics.

Bratzler provides expertise on population health, in which healthcare providers proactively work to improve the health of specific populations of people with the greatest needs. He is also a national expert on surgical site infections, which are the most common and expensive form of hospital-acquired infections. He was the lead author of a study that resulted in new guidelines being adopted by the Centers for Disease Control and Prevention (CDC) on steps to reduce the likelihood of surgical site infections.

OU Health — along with its academic partner, the University of Oklahoma Health Sciences Center — is the state's only comprehensive academic health system of hospitals, clinics and centers of excellence. With 11,000 employees and more than 1,300 physicians and advanced practice providers, OU Health is home to Oklahoma's largest physician network with a complete range of specialty care. OU Health serves Oklahoma and the region with the state's only freestanding children's hospital, the only National Cancer Institute-Designated OU Health Stephenson Cancer Center and Oklahoma's flagship hospital, which serves as the state's only Level 1 trauma center. Becker's Hospital Review named University of Oklahoma Medical Center one of the 100 Great Hospitals in America for 2020. OU Health's oncology program at Stephenson Cancer Center and University of Oklahoma Medical Center was named Oklahoma's top facility for cancer care by U.S. News & World Report in its 2020-21 rankings. OU Health was also ranked by U.S. News & World Report as high performing in these specialties: Colon Surgery, COPD and Congestive Heart Failure. OU Health's mission is to lead healthcare in patient care, education and research. To learn more, visit ouhealth.com.



Dale Bratzler, D.O., MPH, has been honored with the Leonard Tow Humanism in Medicine Award.



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INTEGRIS Health Launches State's First Post-COVID Recovery Program

With nearly half of all Oklahomans now vaccinated, we are making great strides in our battle against COVID-19. We continue to see fewer and fewer hospitalizations due to the disease, and those who are hospitalized are experiencing shorter hospital stays thanks to the development of better treatment options.

However, recovery from COVID-19 isn't the same for everyone. That's why INTEGRIS Health is leading the way by starting the state's first Post-COVID Recovery Program.

The program provides a streamlined care pathway for patients to access comprehensive general and specialty medical care in a patient-centered environment. While post-COVID complications vary greatly, the most common

lingering symptoms are shortness of breath, fatigue, weakness, brain fog, anxiety, depression, and other conditions.

INTEGRIS Health has put together a multi-disciplinary team of primary care providers, specialists, and behavioral health experts, to help individuals recover from those symptoms. Our current specialty offerings include:

- General medicine
- Behavioral health
- Pulmonology
- Neurology
- Cardiology
- Other specialties available

"While many COVID-19 patients recover from this disease with little to no long-term effects, unfortunately, some patients do suffer from lasting complications," said Jeffrey Cruzan, M.D., the president of INTEGRIS Medical Group. "These 'long haulers', as they are called, need comprehensive and coordinated treatment pathways, which is exactly what this program is designed to offer."

Eligible patients must meet the following requirements:

- Have a previous COVID positive diagnosis
- Be three to four weeks out from initial diagnosis
- Be continuing to exhibit symptoms/side effects of the disease



At this point, INTEGRIS Health is only accepting insured patients, but is actively working to expand care for all patients. Patients can request an appointment by calling 405-552-0345.

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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.

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 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.



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

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," Jody said. "I think it may really come down to the enthusiasm of our salespeople."

It's not the pricing or brand name, 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 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.

Getting to the heart of women's health

As part of National Women's Health Week (May 9-15th), experts at the Oklahoma Medical Research Foundation got to the heart of the matter: **cardiovascular disease**.

It's the leading cause of death for women in the Sooner state. But prevention isn't out of reach, and small changes can add up to longer, healthier life.

1. Food for thought

"Your gift to your heart is a moderate diet of vegetables, whole grains and lean proteins. It's the tried-and-true Mediterranean diet," said OMRF Vice President of Research Rodger McEver, M.D., a cardiovascular biologist.

The fare results in lower cholesterol, blood pressure and blood glucose levels. Each is a risk factor for heart disease when not kept in check.

2. Keep moving

A U.S. Centers for Disease Control and Prevention study published in 2020 found more than 30% of Oklahoma women are physically inactive.

"A sedentary lifestyle leads to obesity, a risk factor for heart disease," said McEver. But, he added, you don't have to become a marathoner to turn things around.

"Start with walking or a low-impact exercise like yoga. When you see how it improves how you feel, making it a priority will be easier."

3. Count sheep

"Studies have shown that women are more likely than men to experience sleep problems. Catching Z's has an outsized impact on your heart," said OMRF physician-scientist Eliza Chakravarty, M.D.

According to the American Heart Association, "short sleep" — defined as less than six hours per

night — is a risk factor for high blood pressure and stress. It also makes weight loss more difficult.

"Sleep does your entire body good. Clocking seven or eight hours of rest each night has a domino effect that helps everything from your heart to your immune system," Chakravarty added.

4. Say no to tobacco

Tobacco damages blood vessels, raises blood pressure and makes your heart work harder by reducing the amount of oxygen your blood can carry.

"Giving up smoking is one of the best decisions you can make for your heart," said McEver. "Within just a year or two of quitting, your risk for coronary heart disease drops sharply."

5. Know the signs

Although some women have no symptoms of heart disease, many experience chest pain or discomfort, shortness of breath, pain in the neck, jaw, throat, upper abdomen or back, and nausea, vomiting and fatigue.

"Heart disease often goes undetected until a woman has an emergency like a heart attack," said McEver, noting that women are more likely to die following a heart attack than men.

For that reason, says Chakravarty, women need to know the signs of a cardiac emergency and practice prevention.

"More often than the chest pain radiating in the arm and neck we see in men, women experience dull, gnawing pain in the chest and abdomen along with nausea," Chakravarty said. "A healthy lifestyle is every woman's best defense. Start small, and the changes add up."



Oklahoma Medical Research Foundation physician-scientist Eliza Chakravarty, M.D.



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Applications deadline extended for 2021 Oklahoma Aging Advocacy Leadership Academy

The Oklahoma Aging Advocacy Leadership Academy (OAALA) is accepting applications for 2021. For 23 years, OAALA has provided free training for individuals to be informed volunteer community leaders and advocates for Oklahoma’s aging population. The application deadline has been extended through until Saturday, May 15, 2021.

The six month course lasts from June to Nov. 2021. Classes meet all day Wednesday and Thursday via Zoom on the following dates (subject to change):

- Session 1: June 9 and 10
- Session 2: July 14 and 15
- Session 3: Aug. 11 and 12
- Session 4: Sept. 8 and 9
- Session 5: Oct. 6 and 7
- Session 6: Nov. 3 and 4

Attendance and participation is required for each of the twelve full days. There is no cost to participate as tuition is covered by sponsors, including (when applicable) lunch, books, resource materials and overnight accommodations for those who qualify. Travel reimbursements may be provided under the State Travel Reimbursement Act. Applicants should demonstrate a willingness to use constructive advocacy techniques to effect social change and a commitment to build communities that include and value all older persons and persons with disabilities. They should also demonstrate sensitivity to the needs of people and the ability to see things from the point of view of others.

“OAALA graduates make considerable impacts on the services and supports available to older Oklahomans, as well as advocating for their best interests,” said Jeromy Buchanan, Director of OKDHS Community Living, Aging and Protective Services. “We are proud of their leadership in service to our state, and their commitment to advocacy for Oklahoma’s aging population.”

For more information or to request an application, contact Miranda Kieffer directly at 405-209-7054 or Miranda.Kieffer@okdhs.org, or the OKDHS Community Living, Aging and Protective Services main line at (405) 521-2281.

SITUATION UPDATE: COVID-19

COVID-19 Cases	451,830
New Cases	185
New Cases 7 day Average	140
Active Cases	1,205
CDC/NCHS Provisional Deaths	8,414
Acute Care OSDH Licensed Facilities/Location*	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	3 (0)
Region 2 (NE)	4 (1)
Region 3 (SW)	7 (2)
Region 4 (EC)	3 (0)
Region 5 (SE)	3 (0)
Region 6 (Central)	12 (4)
Region 7 (Tulsa)	35 (12)
Region 8 (OKC)	60 (19)
Total	127 (38)
Other Types of Facilities	
Focus Facilities	6 (1)
Rehabilitation Facilities	0 (0)
Tribal Facilities	2 (1)
Other Facilities Total	8 (1)

Focus, Rehabilitation and Tribal Facilities numbers are not assigned to a specific region as their patient populations reside across the state. Information provided through survey of Oklahoma hospitals as reported to HHS as of the time of this report. Response rate affects data. Facilities may update previously reported information as necessary.

Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2021-05-21 at 7:00 a.m.



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