



From Teacher to School Nurse - A Second Career



Kendra Davis, LPN will be going back to high school in August 2021 but this time, she will be entering her second career; school nurse.

by Vickie Jenkins, Staff Writer

August 2021 won't come quick enough for Kendra Davis, LPN. Why? That's when the 2021 school year starts. Kendra just earned the title of Nurse at one of Oklahoma's local high schools. "I graduated June 17 of this year from Francis Tuttle Technology Center. A fantastic school about which I cannot say enough good things. Thank you Krystal and Sue; my instructors,"

Kendra said.

Kendra spent a big portion of her childhood moving. She was born in Colorado but lived in Texas, New Mexico, Maryland,

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HISTORIC SIGNING CREATES NEW HEALTH SYSTEM FOR OKLAHOMA



Oklahoma health care takes a major step forward with the historic agreement signed today between the University of Oklahoma and University Hospitals Authority and Trust to merge their clinics and hospitals into Oklahoma's first comprehensive academic health system - OU Health.

"Today marks an extraordinary moment decades in the making for Oklahoma in our quest to become a healthier state," said OU President Joseph Harroz Jr. "The healthiest states have one thing in common: an academic health system that brings together patient care, research and the training of tomorrow's health care leaders. Before today, we had each of those pieces, and while they worked together, they operated separately with different management structures. Now, this merger unlocks unlimited potential as we bring together research-driven care and education that will make Oklahomans healthier, lead to economic prosperity and move our state forward."

The merger creates new, singular leadership, operational and financial functions. As a result, OU Health will offer a seamless patient experience, improve care outcomes, and provide more access to the latest treatments found nowhere else in the state.

"As an academic health system, we now have all key participants at the table making strategic decisions for a single enterprise," said G. Rainey Williams, Jr., Board Chair of University Hospitals Authority and Trust. "This merger aligns OU Health with the healthcare model that has proven successful in enhancing healthcare for the healthiest

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DAVIS
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Virginia and Israel. "I moved to New Mexico and then to Oklahoma for college in 1994 where I married an Okie boy and settled here to raise a family."

"When I was a little girl, my practical career choices were always between teaching and nursing. My in-practical dreams were to be a prima ballerina or a synchronized swimmer in the Olympics," Kendra said with a smile. "For the last twenty years, I have taught off and on in public schools, along with raising my children. A few years ago, I got to a place where I wanted and needed a change, and nursing was what I wanted to do next. God opened the right doors and I simply walked through them. I feel so blessed to be able to do both of my top career choices in my lifetime. My dad was a nurse; one of those great nurses. He is a huge inspiration to me and he always helps me learn nursing concepts that I need

clarification on. He was one of those nurses that went far and beyond. I want to be like him. My mama is also a huge inspiration to me. She inspired the change in the first place," Kendra commented. "She had also changed careers in mid-life and I knew that since she did it, I could too."

Asking Kendra what qualities make a good nurse, she replied, "I haven't been in the trenches, so to speak, so to all of the amazing nurses who have been in the trenches, I salute you and ask you to indulge my naive idealism. I believe to be a good nurse, you have to genuinely care about people. The really good nurses that I see aren't just competent, they really care. There are so many great nurses in Oklahoma and my priority is to be one of them."

"Going to nursing school was an especially rewarding part of my life. I loved being there. I found something that I was legitimately passionate about. I enjoyed learning about

anatomy, physiology and the medical technology. I love patient care and want to learn everything about it all! My hard work was recognized with an award for academic excellence that I was presented with in front of my class. I had great instructors, family and friends that helped me through nursing school. My biggest cheerleaders were my husband, my parents and best friend, Kari. Every time I talked to Kari, she was very encouraging. She would call me the best nurse in the world, even when I started school," Kendra said with a laugh. "Everyone should have a best friend like Kari."

On a personal note, Kendra has been married for twenty-three years to her wonderful and supportive husband, Barry. They have two teenagers, a daughter, Arwyn, who will be a senior this year and a son, Coen, who will be a sophomore. "Being a teacher off and on for years, along with being a stay-at-home mom was good for me. Now, I'm ready for my second career," Kendra stated.

"My hobbies include dance classes and going kayaking. I love roller-coasters, (the scarier, the better) and roller-skating. I am very interested in trying kite boarding. I do not like cooking at all! I would describe myself as friendly and authentic. I love being in my forties. I wish I could put my forty year old mind in my twenty year old body though. Why does everything hurt now?"

How would you describe yourself in three words? "Keep moving forward! I want to tell people they are not stuck. We have this culture where we are expected to figure out what we want to do and who we want to be right out of high school, doing it for the rest of our lives. I say you can be as many different things as you want to be. My mama taught me that."





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SIGNING

Continued from Page 1

states in our nation and will propel our campus for the next 50 years."

The merger also brings the research and education missions of the enterprise into closer alignment with the care of patients. Enhanced collaborations between physicians and researchers will transform patient care as they search for new answers to complex medical problems. In addition, the new organization will reinvest clinical earnings into research and educational activities.

Executive Dean of the College of Medicine Dr. John Zubialde added: "This is an exciting new era in the history of the OU College of Medicine. Oklahomans will benefit from the latest in research-driven advancements and increased access to health care, and the next generation of OU-trained physicians will carry our tradition of excellence into the future."

While the official merger and signing is a long-awaited achievement for OU Health, growth and changes have already been underway, even during the height of the COVID-19 pandemic. The new eight-story North Tower of the OU Health University

of Oklahoma Medical Center opened in fall 2020, bringing 144 additional beds, 32 new operating rooms and advanced technologies. There is also an ongoing modernization of IT infrastructure and the implementation of Epic, the new electronic health record that will facilitate conversation among healthcare providers across the enterprise. "The official signing of the merger represents the culmination of a vision, but it is only the beginning of our growth and the innovations that will be developed to address the healthcare needs of Oklahomans," said Senior Vice President and Provost of the OU Health Sciences Center and Acting Board Chair of OU Medicine, Inc. Jason Sanders, M.D., MBA. "We already have assets found nowhere else in the state - such as the National Cancer Institute-Designated Stephenson Cancer Center; a Level 1 Trauma Center; and Oklahoma Children's Hospital, a comprehensive facility for children and mothers. The future is even brighter because of a merger that optimizes our ability to provide the highest quality of care to everyone who needs our services."

OU Health 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 doctor 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 OU Health Stephenson Cancer Center was named Oklahoma's top facility for cancer care by U.S. News & World Report in its 2020-21 rankings. OU Health also was 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.



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Rent a Daughter/Son

Vickie Jenkins, Staff Writer

Just for Seniors is a licensed companion-sitter agency providing services to help families care for aging loved-ones. We provide a variety of "rent-a-daughter" services that help fill-in for families when busy schedules will not allow. Our goal is to keep the seniors you love living safely and comfortably at home without the need for a care facility.

Our passion is getting seniors out of the house and engaged in the community while they still can. We love working with seniors to find fun and stimulating activities that get them excited and improve their quality of life. - *Just for Seniors*

Just for Seniors has been in business since August 20, 2012. Deborah Wallace started the business because her mom needed someone

to help her. "It was after my dad passed away, my mom had several small strokes and could no longer drive. I was working at Chesapeake at the time so taking time off during the day was very challenging. Trying to handle things in the evenings and weekends was exhausting. I was also very concerned that she was spending most of her time in the house watching TV. I wanted her to at least get a change of scenery on a routine basis. I needed someone to take her to the beauty shop every week and to lunch a couple days a week. I needed someone to take her grocery shopping and run errands so I didn't have to do it on my time off. All the commercial options we found had a three to four hours service minimum. That

was more action than she could handle. Ultimately, we were able to find someone privately to help her, but I knew there was a need," Deborah explained.

Currently, we are the only Just for Seniors; we are not a franchise. There are six part-time employees, five in the OKC metro area and one in Stillwater. Officially, they are called, Just for Seniors Associates. "Unofficially, they are called, Rent-a-Daughter/Son," Deborah said with a smile. "We have approximately ninety clients signed up to use our service. Roughly, thirty to forty people use us each month."

Deborah grew up in Oklahoma. "My dad was a Methodist minister so we moved around Oklahoma every three to four years. I was born in Lawton and lived in Chickasha, Choctaw, Hugo, OKC, Weatherford, Pryor and Guymon before graduating OU in 1988. I moved to Houston, staying there until 2007 when I returned to OKC to help my parents. That was quite a few moves! I currently live in Bethany and plan on staying here

for a while," she said.

Starting high school in Weatherford, OK, Deborah graduated high school in Pryor, OK. She earned her undergrad BBA in Management Information Systems from OU. She earned her graduate MBA in Finance and International Business via night school from the University of Houston.

Deborah wears many hats as a business owner and says that each day is dramatically different. "After spending twenty-five years in an office, I try to spend as little time as possible in the office now," she said. "My office time is usually focused on accounting and administrative activities," Deborah said. "I am the primary marketer so I am responsible for networking and marketing activities. I work with families to find resources that address their loved ones' needs. I still do some caregiving so I might be helping a client with something," she added.

Asking Deborah what her biggest reward is from Just for Seniors, she

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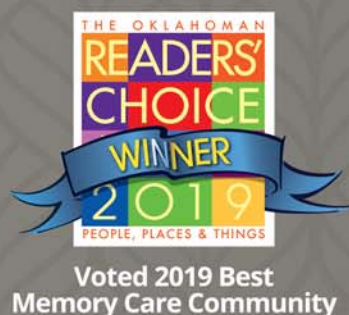


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RENT

Continued from Page 4

replied, "Helping a senior solve a problem that be a challenge for them could be something easy for me or an associate. Sometimes, resolving little issues can make a huge difference in the quality of someone's life. That brings me satisfaction that I never felt during my twenty-five years in corporate America. I love working with the seniors and knowing that they are being taken care of."

"Finding good Senior Associates is something we are looking for each day. We are growing quickly and we are always looking for new associates in certain parts of town. It is a challenge to find people of the right fit." On a personal note, Deborah likes spending time with her wonderful husband, Steve. "We don't have any human children but we try to save as many dogs as possible. We currently have a crazy rescued Pomeranian."

For more information visit: <https://justforseniorsok.com/>



Deborah Wallace is the owner of Just for Seniors; a licensed companion-sitter agency providing services to help fill-in for families when busy schedules will not allow.



Keon, of Stuart, Okla., was a joyful two year old. He was surprisingly athletic and destined to play for the Stewart Hornets, often picking up rocks and sticks to play baseball. Keon was a happy baby, and was never found without a smile.

Both Denise and Wayne, Keon's parents are both registered donors, and when they found out Keon had the opportunity to save lives, they were excited about the legacy he would leave on this earth.

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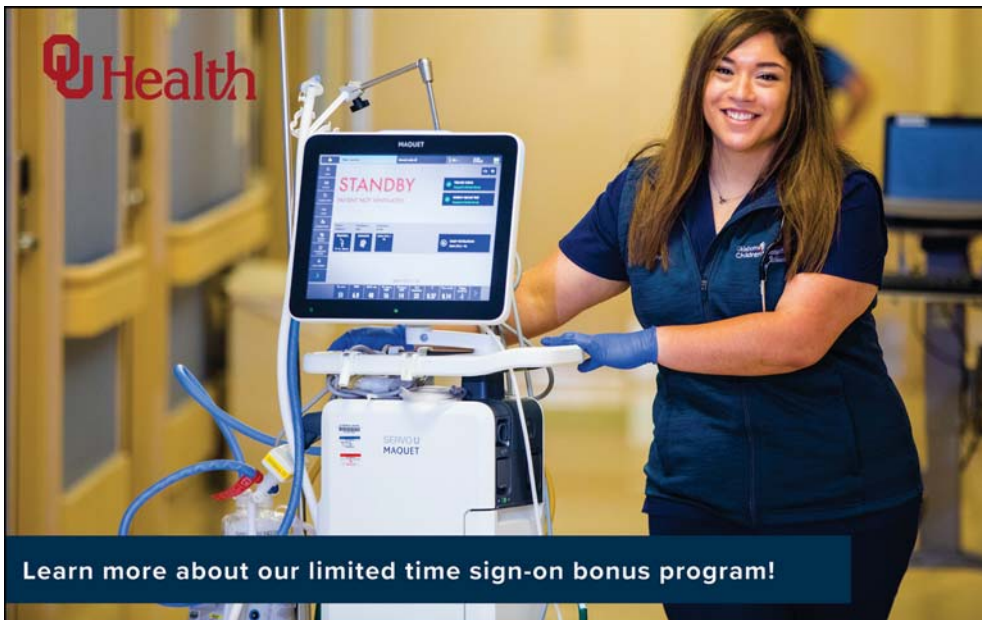
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We are in need of a PRN, or as needed, Clinic Nurse/ Licensed Practical Nurse for the after hours/ urgent care clinic.

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

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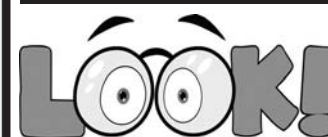
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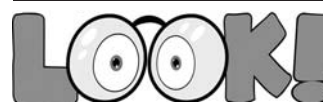
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2020 Jim Thorpe Award Recipient Trevon Moehrig Tours Hospital and Meets Rehab Patients

Paycom Jim Thorpe Award Winner Trevon Moehrig toured the Jim Thorpe Rehabilitation facility at INTEGRIS Southwest Medical Center today, visiting with patients and signing autographs.

It was quite a treat, as the Paycom Jim Thorpe Award is given annually to the top defensive back in college football. "It was a great honor to have Trevon take time out of his schedule to come motivate and inspire our patients," says Keith Wilton, the director of Jim Thorpe Rehabilitation. "We know the Jim Thorpe Award is about more than what happens on the football field. It is largely based on character as well, and Trevon's exceptional character was on full display today."

Trevon Moehrig is now a Las Vegas Raider. He was a safety at Texas Christian University. Not only did he shine in his career as a Horned Frog, but he is leaving one of the greatest legacies ever for a TCU defensive back. In January, he became the first TCU player to win the Paycom Jim Thorpe Award. He's still in disbelief. "I thought man, this is crazy," he said. "You play football when you're a kid and see guys get this award and man it's just a dream come true."

He adds, "Seeing those guys before me, it's just an honor to even be on the same list as them."

The Paycom Jim Thorpe Award is named after history's greatest athlete, Jim Thorpe, and



Las Vegas Raiders safety Trevon Moehrig tours the Jom Thorpe Rehabilitation Center and Paycom Headquarters.

is presented by the Oklahoma Sports Hall of Fame in Oklahoma City. Thorpe excelled at every sport in which he competed, _____ including football where he played on the offensive and defensive side of the ball.

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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 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

Opportunity abounds at Hillcrest

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



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."

Continued on next page

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HILLCREST

Continued from Page 10

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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"When I was a new RN, everyone welcomed me to the Hillcrest family. I felt at home right away. Hillcrest respects and acknowledges their employees from the housekeepers to the managers. Our voices are heard when we need change and administration respects that."

- Alexis, RN

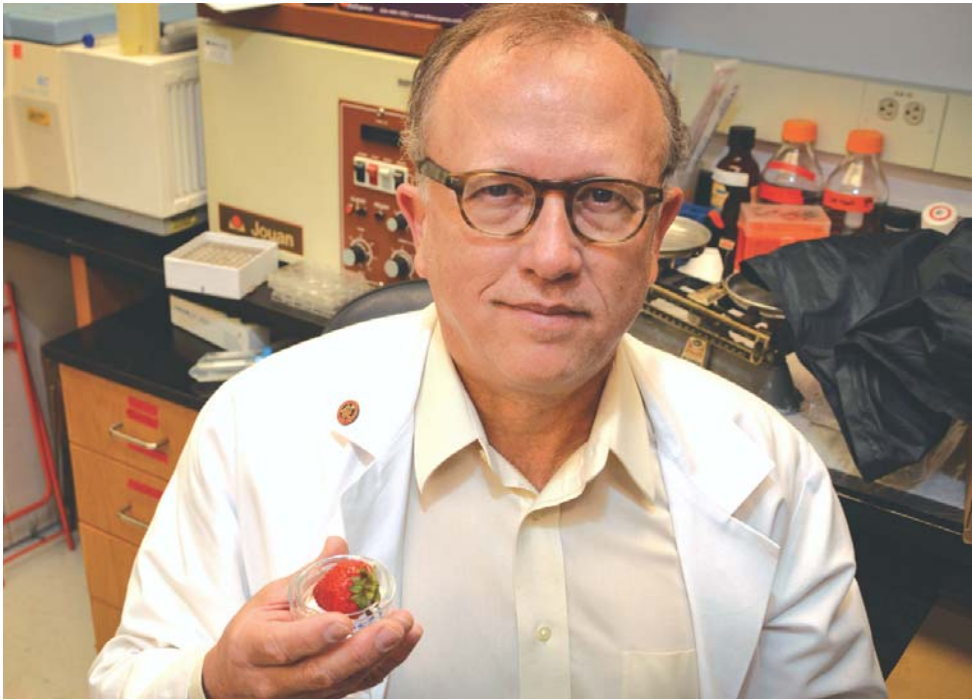
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Study shows strawberries lower serious health risks



A study led by Oklahoma Medical Research Foundation physician-scientist Hal Scofield, M.D., found that 2.5 servings of strawberries per day can lessen the risk of heart disease, stroke and diabetes.

As little as 130 calories per day could make a significant impact on your cardiovascular health.

That's approximately how many calories are in about 2.5 cups of strawberries. And it's the amount a new study led by Oklahoma Medical Research Foundation physician-scientist Hal Scofield, M.D., found is needed to lessen our risk of heart disease, stroke and diabetes.

"This is the ideal health finding," said Scofield, a physician and medical researcher in OMRF's Arthritis and Clinical Immunology Research Program. "Strawberries don't require a prescription, and they're available year-round."

Previous work in Scofield's lab showed that strawberries could have a positive impact on health. But in the new study published in the journal *Nutrients*, researchers were surprised to find that such a reasonable amount of the berries

could make a difference.

Scofield found that in people with obesity, the daily consumption of 32 grams of freeze-dried strawberry powder mixed with water (the equivalent of about 14 oz. of fresh strawberries) lowered participants' blood glucose, improved good lipids and reduced LDL cholesterol, all factors for heart attack and stroke. Study participants also showed improved insulin resistance, an underlying cause of Type 2 diabetes.

But like the omega-3 fatty acids in fish, the researchers found the natural compounds in strawberries to be most beneficial when consumed as part of a whole.

"We know that eating fish has more health benefits than taking fish oil pills. This appears to be the same for strawberries," said Scofield, noting that freeze-dried, powdered berries retain

the nutrients of fresh berries. "We aren't certain why, but it supports the idea that eating real, whole foods is important."

Scofield's lab has previously shown that strawberries are an effective anti-inflammatory measure to reduce pain associated with osteoarthritis, the leading cause of disability and joint replacements in adults in the U.S.

"The idea that strawberries have anti-inflammatory and heart-healthy compounds is not new, but applying the benefits directly to specific diseases is," said

Scofield. "The bottom line is to eat well. We're supposed to eat five servings of fruits and veggies a day. This is just one more indicator that the benefits of that are real."

Scientists at the University of Oklahoma Health Sciences Center, Oklahoma State University and the University of Nevada at Las Vegas contributed to the work. The research was supported by National Institutes of Health grant Nos. U54GM104938 and 5P20GM109025 and institutional funds from OUHSC and UNLV.

SITUATION UPDATE: COVID-19

COVID-19 Cases	458,483
New Cases	303
New Cases 7 day Average	225
Active Cases	1,951
CDC/NCHS Provisional Deaths	8,616
Acute Care OSDH Licensed Facilities/Location*	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	2 (1)
Region 2 (NE)	10 (3)
Region 3 (SW)	8 (1)
Region 4 (EC)	9 (2)
Region 5 (SE)	8 (2)
Region 6 (Central)	11 (3)
Region 7 (Tulsa)	59 (22)
Region 8 (OKC)	20 (6)
Total	127 (40)
Other Types of Facilities	
Focus Facilities	5 (0)
Rehabilitation Facilities	0 (0)
Tribal Facilities	7 (1)
Other Facilities Total	12 (1)

Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2021-06-24 at 7:00 a.m.



PREPARE TO BE SURPRISED.

Meet the Maddox family. Their thirteen-year-old daughter, SaNiyah, has cerebral palsy and is confined to a wheelchair. SaNiyah's entire life – her happiness, her health, her every need – all depends on her family and help from the team at Special Care. But they also have two adorable young sons, demanding jobs and – on top of everything else – they foster an infant who needed a home, too. It's more than most of us could handle.

But here's the big surprise. The Maddoxes not only receive help from United Way agencies, they find room in a budget stretched to its limit and they give to the United Way. **Can you?**

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