

A dream come true

Nurse practitioner navigates healthy living



Tenessa Pinkerton, APRN, CNP, FNP-C, provides individual health care planning, primary care and urgent care at the Oklahoma Center for Healthy Living, located in Oklahoma City

by James Coburn - staff writer

A unique opportunity in the world of health care awaits you at the Oklahoma Center for Healthy Living, located on North Rockwell in Oklahoma City.

The clinic is modeled after a direct patient care model, said Tenessa Pinkerton, APRN, CNP, FNP-C.

As a nurse practitioner with SSM Health, Pinkerton focuses on family medicine and sees a variety of patients at the Oklahoma Center for Healthy Living clinic.

"So instead of your usual routine of billing insurances — things of that nature — it has a membership fee," Pinkerton said. "So, these patients with a membership can see me 10 times that month. And it's all part of that membership."

Pinkerton also does individual health care planning besides primary care and urgent care at the center. Patients will oftentimes say they

See DREAM Page 2

INTEGRIS Health to Host Systemwide Hiring Event



INTEGRIS Health, Oklahoma's largest health care provider, is hosting a systemwide hiring event to fill positions at locations across the state. The hiring event will be held from 8 a.m. to 5 p.m. on Thurs., Aug. 19, in the Oklahoma Station Ballroom at the Omni Oklahoma City Hotel, 100 W Oklahoma City Blvd, Oklahoma City.

Interested candidates should bring two copies of their resume and come prepared to interview for open positions including those in the areas of clinics, mental health, dietary, patient services, nursing, allied health and more. Qualified applicants may receive an offer of employment during the event. There will also be multiple raffles throughout the day for attendees. Some hard-to-fill positions will qualify for sign-on bonuses.

"This is one of the biggest hiring events we've ever had," said Mark Robinson, director of Talent Acquisition. "We're looking for caregivers across many disciplines who want to make a difference in their lives and the lives of others. We're confident we can provide that opportunity at INTEGRIS Health."

In addition, INTEGRIS Health will be partnering with Youth & Family Services of Oklahoma to give back to the community

See Event Page 3

DREAM

Continued from Page 1

have already seen their physician and learned everything appeared well in their health exam. They ask Pinkerton for further explanation. So, she will sit down with patients to relate the meanings behind medical terms and diagnosis.

Membership is designed for seniors age 50 and older. Patients wanting to learn more about blood pressure medication learn from Pinkerton that medication is only a part of a healing process. She helps to navigate lifestyle changes involving exercise and healthy nutrition that helps the medication work better to achieve optimal health. Pinkerton sees the challenges people face and the rewards earned by a healthy lifestyle.

"It's fantastic. A large majority of my health care career was spent in emergency room services. You don't always get to see the end result of following patients through and helping them actually attaining their health goals," she continued. "It's really been extremely rewarding."

Pinkerton did her undergraduate studies at the University of Central

Oklahoma and earned her Bachelor of Science in Nursing degree in 2003. Pinkerton earned a Doctor of Nursing Practice degree in 2017 at Oklahoma City University's Kramer School of Nursing.

The Oklahoma Center for Healthy Living facility is owned by the City of Oklahoma City as part of MAPS 3. Healthy Living OKC (HLOK) is the nonprofit organization managing the facility. SSM partners with HLOK in support of the clinic located there.

She also has provided live health education a couple of times a month on Facebook during the pandemic. Previously the presentations were in person. That has been beneficial in reaching a larger platform of people.

"I went from speaking to 20 to 25 people to 600," she explained.

The public is invited to a free open house at the clinic from 8 a.m. to 5 p.m. Monday-Saturday, on Aug. 16-21; and from 8 a.m. to 5 p.m. Monday-Friday, Aug. 23-27 at the center, located at 11501 N. Rockwell Ave., Oklahoma City. There is no cost for admission for the open house.

Non-members will have an opportunity to learn about the clinic and/or tour the facility.

Pinkerton's life has been touched

by the people she has met. She was able to spend extra time with patients during the early stages of COVID-19 to help them learn about the impact of the virus.

"Just being another person and being there to be thanked for helping someone is always extremely rewarding," she said.

She is often gifted with baked goods and cards of thanks from several individuals she meets at the clinic. Every day is a blessing of experiencing the joy of knowing her patients are improving their lives, she said.

"Some people may take it lightly, but I can honestly say that I have fun every single day that I come to work," she said. "I love it. I come with a smile on when I leave the house. I encounter individuals that are doing works of art, improving their game in physical activities, learning a new game, learning a new sport. Pickle ball is really big here. That's something new for them. Maybe learn a new skill or connect with a friend. I see that almost every single day here."

Folks often tell her that it is so nice to have her clinic conveniently located at the facility. Members find

it convenient that Select Physical Therapy is also located at the center, Pinkerton said. There are also personal trainers who are trained to work with patients living with chronic illnesses.

"I refer patients to them often and it's always worked out and been great," she said.

Pinkerton enjoys her primary care role of helping people achieve their wellness goals.

"I feel like a partner in my patients' lives," she added.

Leisure time with family and friends is rejuvenating for Pinkerton.

"I also have the added part of being here. So, I will often join a fitness class."

Pinkerton firmly believes in practicing what she shares with patients.

"This particular clinic and this role is absolutely made for the skills of a nurse practitioner," she said. "Being able to take that extended time with patients has been absolutely phenomenal. To be able to do that has really been a dream come true." For more information about The Oklahoma Center for Healthy Living <https://healthylivingokc.com/>

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EVENT

Continued from Page 1

through this event. Applicants are encouraged to bring supplies from the list below for a chance to earn an extra ticket in the day's raffle.

Notebooks and loose-leaf paper
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Hand sanitizer and quart-size bags
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Trapper Keepers
Pens and pencils
Crayons and colored pencils
Scientific calculators
Tissues and scissors
Backpacks
Clorox wipes
Pencil top erasers

If you have any questions about the event, please email Shannon Wilmoth at james.wilmoth@integrisok.com. To learn more about INTEGRIS Health, visit integrisok.com.

Medical Help is Just a Phone Call Away

"Mercy on Call" connects patients to providers 24/7

Whether it's COVID-19-like symptoms or something else, medical issues don't wait for regular business hours. Patients often stress about what to do: wait until morning or seek emergency care.

That's what happened to Keith Cutright, whose urinary tract infection wasn't getting any better. A Mercy patient for more than 20 years, he reached out for answers, and was one of the first connected to the new Mercy on Call program.

Mercy patients may be familiar with a similar version of the service known as "Nurse on Call." Registered nurses guide patients through treatment at home or advise them to go to the nearest ER.

Mercy has taken the concept to the next level, adding physicians and advanced practice providers to a program for adult patients called Mercy on Call. With the ability to make medication adjustments, a doctor and nurse practitioner quickly got Cutright on the road to wellness.

"My wife called to see if the culture was back, since I wasn't doing any better on my current antibiotic treatment," he said. "It wasn't, so we figured we'd just have to wait. Then, a few hours later, Allison, the NP, called back. She said the culture results were in and the bacteria was resistant to my medication. She had talked to one of the doctors and they sent in a new prescription. I was a new person by Monday morning!"

The need for more advanced remote care grew during the COVID-19 pandemic, as people avoided everything from grocery stores to doctor's offices.

"Patients were looking for more virtual care," said Dr. Justin Huynh, vice president of population health at Mercy. "We quickly delivered with even more video visit options, but sometimes a phone call is faster and easier for patients – especially late at night or on weekends. Nurse on Call has always been busy for that reason, so adding physicians and advanced care providers to expand capabilities of the team made complete sense."

Mercy on Call providers are an extension of the local care team. They can access a patient's electronic health record to see past medical history, allergies and medications so they can give the best possible advice. The exchange of information works both ways, as the patient's primary care provider knows what care was provided through the service.

Mercy on Call is free and gets Mercy adult primary care patients the right care at the right place, saving them time and money in medical bills. While the team may recommend the ER in some instances, in others, patients may be like Cutright and get the care they need without leaving the couch. "I could have very easily wound up in the hospital," he said. "Instead, I was able to get better at home. To take care of my original phone call was one thing, but to call back later was above and beyond!"

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CAREERS IN NURSING

WOMEN IN MEDICINE CAN BE ROLE MODELS: GLADE ASSISTED LIVING

By Vickie Jenkins, Staff Writer

"Let Glade Avenue Focus Care provide the quality care for your loved with dignity and respect, encouraging a spirit of independence" **Glade Avenue South - Focus Care**

When someone walks into Glade Assisted Living, they will be greeted by a friendly and professional staff. One of the outstanding nurses is Robin Maurey-Williams, LPN. Robin has been a nurse for nineteen years and has been at Glade Assisted Living for three months.

Robin went into nursing because she wanted to be able to care for others and says it is her way of serving God. "I loved the TV shows Mash with Major Houlihan and Dr. Quinn Medicine Woman. These women played two of my role models. Of course, it also helped that both of my parents were in the medical field," she commented.

Born in Pennsylvania, Robin was

raised in Oklahoma all of her life. She attended DeMarge College for nursing. "I remember when I was a little girl, I wanted to be one of three things; a Veterinarian, a nurse or cosmetologist. I'm glad I chose nursing; caring for others."

Asking Robin what qualities a nurse should have, she replied, "A nurse should have a heart and care about others, someone who takes the time to listen to the patients/residents and their staff and one who is willing to step out and help others."

"Being a nurse is such a rewarding job. I think everyone needs to find that out for themselves. The biggest reward is being able to help others and seeing the smile on their face. That allows me to know I was able to help in a little way. It makes a big difference. On the other hand, my biggest challenge is feeling

like I am not doing enough, or not having the confidence in myself that I need or second guessing," she explained.

What advice would you give to someone going into the medical field? "If the medical field is a true place of where you want to be, it is because you have a strong desire for others. Working in the nursing home and Assisted Living facilities, those patients/residents, you could be the only family they will have or ever see. Sometimes, it appears that their families have forgotten them. In my case, before I attending LPN school, I did work as a CNA because I wanted to make sure that nursing was what I really wanted. It helped me to grow as a person. Now, I am able to help my staff as well as myself too."

Robin's day is busy. "My typical day is going to work early in the

morning, getting reports and then, it becomes a non-stop day. I usually see about twenty-eight residents/patients not counting the ones in a different building," Robin said. "We all work as a team; no one is better than the other person. They are all hard working and amazing. The thing is, while doing nursing, my biggest fear was always nursing homes, yet that is where I always end up. I scored straight A's in Gerontology and received an honors award for Gerontology. Then, I finally figured it out, it wasn't the nursing home that I feared, it was those that I care for day in and day out and watching them when they pass away. I love my residents very much. Yes, even the not so nice ones," she said with a laugh.

"It was my mom that influenced

See WILLIAMS Page 5



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WILLIAMS

Continued from Page 4

me quite a bit. She wanted me to have a job that I could be proud of and continue to grow. I watched both of my parents grow in the medical field when I was growing up. I have worked with several nurses who have influenced me for many years; they have taught me so much. Even today, I have some wonderful friends that influenced me to grow all the time, Robin said. That is where I met a lot of very caring nurses while there who were willing to train and teach me. I will always be grateful for that. I honestly believe that I have more mentors now that when I was in nursing school," she added. Robin's hobbies include cross-stitch, scrapbooking and spending time with her grandbabies.

Robin has been married to her wonderful husband, James, for nineteen years. They have four kids, two grandchildren and soon to be daughter-in-law.

Summing up her life in three words, Robin said, "Never a dull moment."



At Glade Assisted Living, Robin Maurey-Williams, LPN wears many hats as she cares for the residents/patients.



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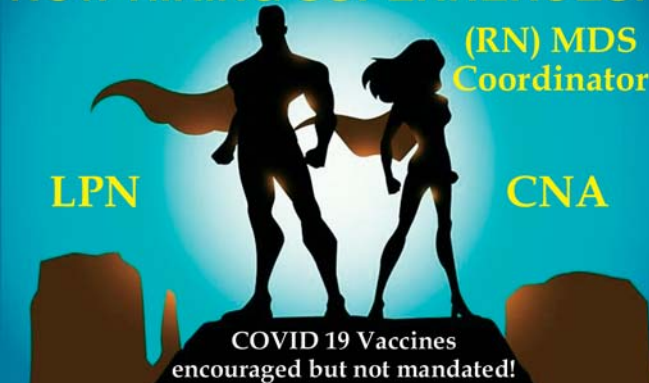
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Index to Classifieds

- 1 0 0 Ambulatory
- 1 0 8 Administrative
- 1 1 3 Case Management
- 1 1 5 Chemical Dependency
- 1 1 8 Clinical Instructors
- 1 1 9 Collection
- 1 2 1 Critical Care
- 1 2 3 Certified Medical Assistant
- 1 2 4 Certified Nurses Aide
- 1 2 7 CRNA
- 1 2 9 Dental
- 1 3 0 Dialysis
- 1 3 1 Dietary
- 1 3 7 Education
- 1 4 0 General Nursing
- 1 4 3 Geriatrics and Long Term Care
- 1 4 6 HMO
- 1 4 9 Home Health
- 1 5 2 Hospice
- 1 5 4 Housekeeping
- 1 5 5 Infection Control
- 1 5 6 Instructor
- 1 5 8 IV Therapy
- 1 6 1 Licensed Practical Nurse
- 1 6 4 Managerial
- 1 6 5 Massage Therapy
- 1 6 7 Medical/Surgical
- 1 7 0 Nurse Practitioner
- 1 7 3 OB/Gyn
- 1 7 6 Occupational Health
- 1 7 9 Office
- 1 8 2 Oncology
- 1 8 5 O.R./PACU
- 1 8 8 Orthopedic
- 1 9 0 Pediatric
- 1 9 1 Pharmacist
- 1 9 2 Physicians Assistant
- 1 9 7 Public Health
- 2 0 0 Rehabilitation
- 2 0 4 Registered Nurse
- 2 0 7 Research
- 2 1 0 Sales Representative
- 2 1 3 Service
- 2 1 7 School Nurse
- 2 2 0 Spec Producers
- 2 2 3 Support Staff
- 2 2 5 Traveling Nurse
- 2 2 6 Miscellaneous

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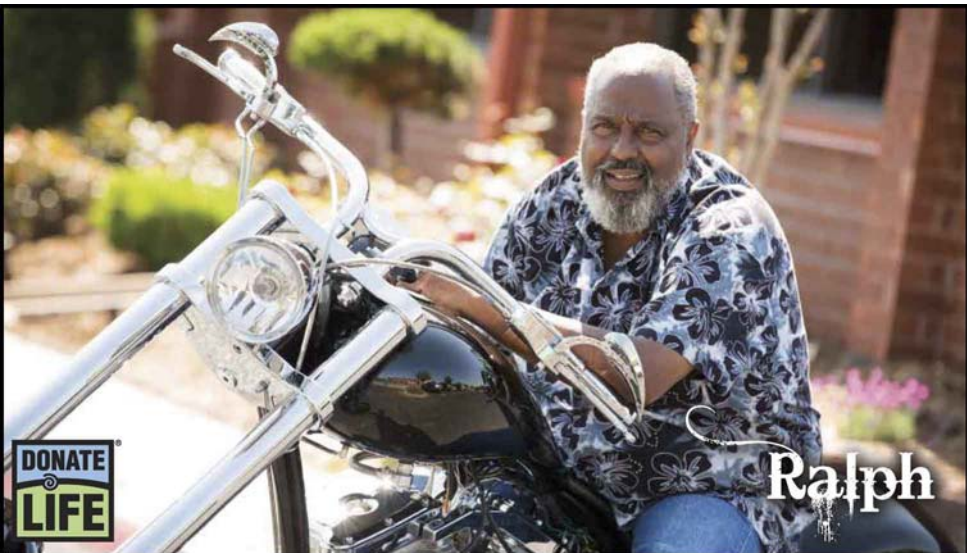
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(AS PUBLISHED IN THE 2021 EDUCATION GUIDE TO NURSING)

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 Shoppe 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.

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



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

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."

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 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.

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MARIAN UNIVERSITY MARKS THE OPENING OF ITS STATE-OF-THE-ART LEARNING LAB FOR ACCELERATED BACHELOR OF SCIENCE IN NURSING STUDENTS

Aug. 3 Event Highlighted the University's Distinctive Program, Careers in Nursing

Marian University marked the official opening of its state-of-the-art learning lab for accelerated Bachelor of Science in Nursing students in the IBC Bank Building at 3817 Northwest Expressway, Suite 450.

The event showcased career options in the field, along with the university's distinctive program designed to put nurses on the front lines of care in as little as 16 months.

"At Marian University, we integrate knowledge and faith to train nursing students to care for the mind, body and soul," said Daniel J. Elsener, the university's president.

Along with rigorous coursework, students can put their skills to work in an interactive learning simulations. "Here, students can make decisions in a safe environment before delivering real-world, patient-centered care as part of their clinical rotations at

local hospitals," said Dr. Michelle Pivacek Garrison, academic director of Marian University's Leighton School of Nursing. "And classes are small," she said, "with a low student-to-faculty ratio."

Marian University has a proven track record in accelerated nursing education, with similar programs in Indianapolis and Nashville.

That's important, Garrison said, "because America and Oklahoma need nurses."

In its Employment Projections 2019-2029, the Bureau of Labor Statistics listed registered nursing among the top occupations for job growth through 2029. In addition, BLS projects 175,900 openings for RNs nationwide each year through 2029, considering nurse retirements and exits from the field.

Oklahoma is facing a similar shortage, according to a report by

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the Governor's Council for Workforce and Economic Development, which revealed the ratio of registered nurses per population in the state was 700 RNs per 100,000 people - well below the national average of 1,150 per 100,000.

"Not only are we serving an aging population, but many nurses are leaving the field altogether," Garrison said. "These issues are exacerbated by a global pandemic and university nursing education programs that are at capacity and unable to accept new students."

In 2019, more than 80,000 qualified applicants with a passion for nursing were turned away from college and university nursing programs nationwide. The reasons: a lack of faculty, clinical placements and space, according to the American Association of Colleges of Nursing.

Nursing offers a promising career, with an annual mean salary of \$66,600, based on the BLS 2020 Occupational Employment and Wage Estimates report, "plus the opportunity to contribute to the greater good of our community," Garrison notes.

Marian University's program in Oklahoma City has three start dates

per year in January, May and August. Qualified students must have a bachelor's degree in a non-nursing field.

For more information, visit <https://onlineabsn.marian.edu/oklahoma-city/>.

Founded in 1936, Marian University is a nonprofit, faith-based learning institution that provides students, no matter their fields of study, with a quality education framed within the context of Franciscan values.

The university welcomes students of all faiths who seek a quality, student-centered educational experience grounded in dignity of the individual; peace and justice; reconciliation; and responsible stewardship. Through these Franciscan values, the university carries out its vision of providing each student with an education that profoundly transforms lives, society, and the world.

Since opening in 1977, the university's Leighton School of Nursing has a history of excellence in nursing education, thanks to our expert faculty, faith-based values, and clinical partnerships. Health care employers place a high value on Marian University graduates' expertise and dedication to the nursing workforce.

SITUATION UPDATE: COVID-19

COVID-19 Cases	493,983	
New Cases	2,303	
New Cases 7 day Average	1,907	
Active Cases	16,687	
CDC/NCHS Provisional Deaths	8,771	
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations	
	Cases (ICU)	
Region 1 (NW)	23 (8)	
Region 2 (NE)	88 (23)	
Region 3 (SW)	74 (19)	
Region 4 (EC)	63 (13)	
Region 5 (SE)	40 (7)	
Region 6 (Central)	53 (15)	
Region 7 (Tulsa)	351 (111)	
Region 8 (OKC)	197 (59)	
Total	889* (255)	
Other Types of Facilities		
Focus Facilities	37 (16)	
Rehabilitation Facilities	1 (0)	
Tribal Facilities	38 (8)	
Other Facilities Total	76 (24)	

*Includes 40 pediatric hospitalizations

**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 2021-08-06 at 7:00 a.m.



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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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