

# Precious moments



## Serving seniors is learning about life

Heather Schenck, LPN, director of nursing at Golden Oaks Village has deepened her wisdom while serving the senior population as they share their seasons of life.

by James Coburn - staff writer

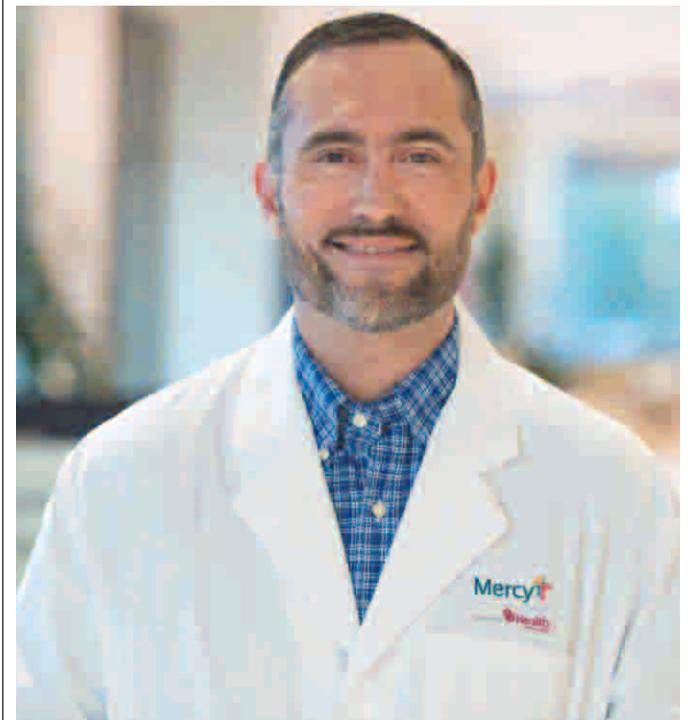
Heather Schenck was looking for a hometown nursing position close to home in Stillwater. Golden Oaks Village stood out to her from other places as being very family oriented, said Schenck, LPN, director of nursing. She found that a life of serving seniors is mutually beneficial. It helps

Schenck to be centered in her own life.

"Not only do I feel like being a nurse, I'm making a difference," she said. "Not just making a difference when they are very ill but being able to invest in their daily lives

See SCHENCK Page 2

# Mercy, OU Health Team Up to Expand Neurosurgical Services



OU Health neurosurgeon Dr. Nathaniel Stetson.

OU Health and Mercy in Oklahoma City have launched Mercy Clinic - Neurosurgery, a collaboration that provides patients with advanced medical and surgical treatments for disorders of the brain and spine.

OU Health's existing practice of nine neurosurgeons have been performing surgeries and providing 24-hour neurosurgical coverage at Mercy Hospital Oklahoma City since May. The opening of Mercy Clinic - Neurosurgery is a new addition to the growing relationship and will be

See EXPAND Page 3

## SCHENCK

Continued from Page 1

by being part of their lives and love them and care for them."

Golden Oaks Village is located on 40 acres in Stillwater in a wooded country setting that is filled with ponds and wildlife. A peaceful view accompanies a paved walking trail. Independent and assisted living facilities serve more than 100 seniors and the elderly every day.

Her affinity for working with the senior population began in nursing school. Schenck earned her education at Shelton State Community College, located in her hometown of Tuscaloosa, Ala. At first, she thought she would enter the field of labor and delivery. She had already married at age 18, started a family with three children, and went into nursing at 25.

"Then I did my preceptorship in a nursing home. I had one patient that was mine that I took care of," Schenck said. "I got to sit and talk with her. I had never really got to visit nursing homes. I had never been in that environment, and I just realized it's not a very glamorous part of nursing — long-term care.

But they just need people who care."

Her patient in Alabama related that she was at the end of her life as they looked through photographs of her children. Some of the woman's children had already died. She was a picture of peace while telling stories about her life and had accepted that her life would end.

"I realized that they all need someone who can care for them and love them and be kind to them at that end stage of life," Schenck said. "I felt the calling."

Seniors also share their life story at Golden Oaks. By doing so, the residents share a similar time of their life that Schenck currently enjoys in her 30s.

"And so, it helps me to go home to love my husband and love my kids, and appreciate the moments every day, because they're fleeting," Schenck explained. "I think sometimes you forget that in life. So, I think it's grounded me about how precious life is, because I get to work with seniors all the time."

The nursing staff forms loving relationships with residents and their families. Her work teaches her the value of patience, empathy and

kindness — all the things she wants in life. Schenck said nursing is more than just a job for the Golden Oaks staff members. Compassionate nursing is what the staff chooses to do every day.

"It's a tight-knit group that loves their residents fiercely," she said. "That's what attracts me with the staff here. I feel we are like-minded in that way."

It's normal for a change in residence to be a bit stressful when leaving one's home for assisted living, Schenck said. She recalls one man who was a little grouchy. So Schenck set her course to help him adjust and win him over.

"The girls are like-minded. And we did, we had won him over. We'd go in there and he would pat our hands and pat our face. He loved that. We loved him, wanted to care for him and support him as he was going through what he was going through," she continued. "He did pass away, but it was very special. As he was declining, he almost craved our touch as we went in there."

There are many couples living at Golden Oaks. Whenever a spouse becomes very ill, the nursing staff

comes to their side to nurture both spouses. Being a nurse is not just taking care of a sick person, but supporting both spouses, Schenck said.

"If their spouse is acutely ill, then their heart is hurting, so I see the staff rally around that person and offer support and love," she said. "It's a great group here."

After work, Schenck goes home to be with her family that has grown to nine kiddos, she said. She and her husband play with them outside or sit in their chairs and watch them.

"We like to binge-watch shows like *Downton Abbey*."

Her oldest daughter is 19 and already has nurturing qualities. Naturally she feels like a nursing career is in her future, too.

"I come home and talk about the things that touch me and share it with my kids," Schenck said. "I feel like it is so important every day to realize how precious moments are."

For more information visit: <http://goldenageguthrie.com> or call 405-282-0144.



**GROW • LEARN • CONNECT** **ONLY \$15 PER MONTH** **JOIN TODAY**

**GET TWO GREAT MEMBERSHIPS AT ONE LOW PRICE. JOIN ONA & ANA TODAY**

We are empowering nurses with resources, programs and standards that help you advance your career.

**Discounts On Continuing Education Modules**

**FREE Webinars**  
Navigate Nursing Webinars with free CE

**Exclusive Savings**  
On Certification Through the American Nurses Credentialing Center

**Advocacy**  
Protect Your Practice and Improve the Quality of Care

**FREE Subscriptions**  
to ANA Journals and Newsletters



JOINANA.ORG



**ELLIE**  
Liver Recipient

**DONATE LIFE**

Our daughter, Ellie, was born in November 2008. When she was 3 months old, we found out she had a liver problem. We went to Children's Hospital in OKC, but were soon sent to a transplant center in Nebraska for evaluation. On March 18th, Ellie was put on the list for transplant. We came back home to wait. Ellie was treated at Children's twice a week, until she began to lose weight in May. We went back to Nebraska the day after Mother's Day, and she was admitted to the hospital. While there, I was evaluated as a living donor for Ellie, and we soon learned I could give her part of my liver. Ellie's transplant was on May 22, 2009. It was the hardest thing that I've ever done, but the

easiest decision of my life. We came home Father's Day weekend.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at [www.LifeShareRegistry.org](http://www.LifeShareRegistry.org). If you don't have a license or state ID card and do not have internet access, call **800-826-LIFE (5433)** and ask for a donor registration card.

**LifeShare**

## EXPAND

Continued from Page 1

the first clinic staffed by OU Health neurosurgeons exclusively dedicated to patient care at Mercy.

The new neurosurgery practice is located at Meinders Neuroscience Institute at Mercy Hospital Oklahoma City. OU Health neurosurgeon Dr. Nathaniel Stetson has already begun seeing patients at Mercy. A second neurosurgeon will join the clinic in the spring bringing the total number of OU Health neurosurgeons to 11.

"OU Health and Mercy have enjoyed a growing successful collaboration in caring for patients with neuroscience problems, and we are really excited to create a broader platform that will, together, elevate the care of Oklahomans. Dr. Stetson has an excellent reputation in the community, and we are delighted that he has joined the OU-Mercy team," said Ian Dunn, M.D., Chief Physician Executive at OU Health and Professor and Chair of the Department of Neurosurgery in the OU College of Medicine.

"For years we've had a strong neurology program at Mercy offering

the most advanced stroke treatment and an excellent movement disorders program, but the addition of two dedicated neurosurgeons helps us expand our program," said Jim Gebhart, president of Mercy Hospital Oklahoma City. "We're grateful to join OU Health to provide around-the-clock coverage for patients experiencing neurological trauma."

Stetson, a board-certified neurosurgeon, brings significant expertise to Mercy Clinic - Neurosurgery. He has practiced in the Oklahoma City area for eight years. He holds memberships with the American College of Osteopathic Surgeons and the Oklahoma Osteopathic Association.

"There's a real need in our community for additional neurosurgery offerings in the emergency and outpatient setting," Stetson said. "Quality of life is a huge factor for these patients; we're talking about restoring their ability to function and enjoy life again and I think this joint effort will help expand those options for many more patients."

Stetson earned his medical degree from the University of New

England College of Osteopathic Medicine, followed by an internship at Peninsula Hospital in Far Rockaway, New York, and residency training at John H. Stroger, Jr. Hospital of Cook County in Chicago and at Northwell Health Neuroscience Institute in Manhasset, New York. He also earned a master's in Healthcare Improvement and Innovation from The Dartmouth Institute for Health Policy & Clinical Practice in Hanover, New Hampshire.

Also joining Mercy Clinic - Neurosurgery is Jenna Taylor, an advanced practice registered nurse. The team will diagnose and treat a complete range of disorders of the nervous system, including the brain, spinal cord, spinal column, skull and peripheral nerves. Stetson and his colleagues have advanced training in numerous neurosurgical techniques, including complex and minimally invasive spinal surgery; skull-base surgical approaches; advanced techniques for glioma surgery; endovascular approaches

for aneurysm and stroke; and many others.

Stetson and his colleagues will only see patients at Mercy but will remain on faculty and teach students at the OU College of Medicine. Plans are also underway for residents to train at Mercy.

"If we've learned anything as a health care community over the last year and a half it's that we serve our community and our patients best when we work together instead of competing against each other," said Matt Wright, chief operating officer



of Mercy Clinic. "We're leveraging the strength of OU Health with the mission of Mercy to create an even better program together."

## YOUR TRUSTED MEDICARE RESOURCE

INCREASE BENEFITS • REDUCE COSTS • NO COST CONSULTATION



### Christina Sibley, EMT/RMA

Medicare Specialist  
405-655-6098  
csibleyinsures@gmail.com  
BS Health Studies-Gerontology

### Steven Sibley, RET/DAV

Life, Health, LTC, & Disability  
405-850-1569  
ssibleyinsures@gmail.com  
MBA - Healthcare Administration



Steven and Christina Sibley are licensed, independent Insurance Brokers. Their focus is finding the best products to insure their client's Life, Health, Long Term Care and Medicare insurance needs are fully and affordably met, both now and in retirement. With her 20 years of healthcare experience and his 20 years of financial services experience, they are ready to offer you the information and personalized service you expect and deserve. There's never any pressure, or any charge, just help.



sibleyinsures.com



A Mass Mutual of Oklahoma  
Healthcare in Retirement Planning Partner

Disabled Veteran | Native American | Woman owned company

SERVING OK, KS, TX, AZ, NM

# Oklahoma Hospital Association Presents Awards to Outstanding Leaders; Hosts Annual Meeting

By Susie Wallace, DOC, Oklahoma Hospital Association



Health care professionals from throughout the state attended the Oklahoma Hospital Association's (OHA's) 102nd annual convention, Connect 21, Nov. 17-19, at the Oklahoma City Convention Center in Oklahoma City. In addition to the educational sessions and an exhibit hall, other convention highlights included the presentation of several awards to Oklahoma's outstanding health care leaders.

During the convention, **Charles L. Spicer, Jr., FACHE**, special advisor to the board, OU Health, received the Association's highest award, the W. Cleveland Rodgers Distinguished Service Award, in recognition of his outstanding service to the health care industry. Spicer has been president

and CEO of OU Medicine since 2012. He transitioned into the role of special advisor in July of 2021.

Prior to his time with OU Medicine, Spicer served in executive leadership positions within the University of Texas Health System and with Texas Health Resources in Dallas. He received a master's degree from Trinity University in San Antonio and a bachelor's degree from Baylor University in Waco, Texas. He is a Fellow in the American College of Healthcare Executives.

Since 2016, Spicer has served as Oklahoma City region chairman on the OHA board of directors, as well as chairman of the Greater Oklahoma City Hospital Council. He has also served on the OHA Council on Policy and Legislation and the Council on Education. In 2016, he was the recipient of OHA's Advocacy in Action award. In 2017, he received the American Hospital Association Grassroots Champion Award.

Spicer has served on the boards

of United Way of Central Oklahoma, Allied Arts, Oklahoma Health Center Foundation, and Young Presidents Organization. He also serves on the advisory boards of the Children's Hospital Foundation and Ronald McDonald House Charities of Oklahoma City. Spicer was the 2015 recipient of the Red Shoe Award in recognition of his contributions to Ronald McDonald House Charities. He was also voted among Oklahoma Magazine's Best of the Best CEOs in 2015 and 2016.

The Oklahoma Hospital Association's Advocacy in Action Award was presented to **Tammy Powell, FACHE**. Powell has been president of SSM Health St. Anthony Hospital - Oklahoma City since 2013. She has more than 30 years of health care experience in nursing and administration. Prior to her current leadership role, she served as president of Bone & Joint Hospital at St. Anthony. She has also served as chief



Charles L. Spicer, Jr., FACHE, special advisor to the board, OU Health

operating officer at Bone & Joint, and chief nursing officer at St. Anthony Hospital.

See SCHOLAR Page 5

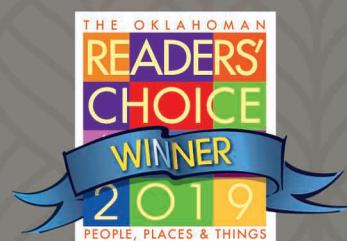


**LIVING IS NOT ONE-SIZE FITS ALL. SO, HOW CAN ASSISTED LIVING AND MEMORY CARE BE?**

We serve the individual's need for purpose, independence and dignity. Our loving, expert staff improves life with innovative, individual programs and therapies. You really must see Legend® at Rivendell for yourself.

Call now and join us for lunch and a tour. **Discover the Legend Senior Living® difference today.**

Call to learn more: **(405) 703-2300**



Voted 2019 Best Memory Care Community

**LEGEND®**  
ASSISTED LIVING & MEMORY CARE  
at Rivendell

LegendSeniorLiving.com  
A Residence of Legend Senior Living®

**SCHOLAR**  
Continued from Page 4



Tammy Powell, FACHE, president of SSM Health St. Anthony Hospital.

Powell was elected to the OHA board of directors in an at-large position in 2018. She became chair-elect in 2019 and will be installed as OHA board chair this week at the association's annual business meeting. She also has served on the OHA Council on Quality & Patient Safety since 2018.

Powell graduated with a Master of Public Health and Bachelor of Science, Nursing from the University of Oklahoma. She is a fellow in the American College of Healthcare Executives. She serves on the boards of numerous organizations including Leadership OKC, YWCA, Oklahoma National Memorial and Museum, and Downtown OKC. She is a graduate of Leadership Oklahoma City Class XXV, the 2021 Journal Record Woman of the Year Award winner, and 2012 OKC Friday Rising Star.

She is frequently involved in OHA's advocacy efforts by making numerous phone calls and personal visits to state legislators. She participates in OHA's Advocacy Day at the Capitol each year and her strong involvement with the OHA-PAC has helped Oklahoma hospitals to support candidates who support health care causes.

Madison Rhodes received the David J. Falcone Award, presented each year to a health administration student for outstanding achievement. The award was renamed in 1996 in honor of the late Dr. Falcone, who served from 1992-1996 as professor and chair of the Department of Health Administration and Policy for the University of Oklahoma College of Public Health.

Rhodes earned her bachelor's degree in business administration from Mississippi State University in May 2018. She will graduate with both her JD and MHA degree from the University of Oklahoma in December 2021. She has served in student leadership positions at both the University of Oklahoma College of Law and College of Public Health, further building on her health law education beyond the classroom setting. She plans to utilize her education in both law and health administration to increase and improve health care access in her community.



Madison Rhodes.

**MUSTANG TAX SERVICE**  
45 W Armstrong Dr. Ste A, Mustang, OK 73064

- Bookkeeping • Payroll
- Personal & Business Tax Return

**BRING IN THIS COUPON FOR**  
**25% OFF** NEW CUSTOMER DISCOUNT

**(405) 376-5456 | mustangtax@aol.com**

**7 out of 10 adult smokers want to quit.**

**Almost HALF have not received advice to QUIT.**

**Your advice increases their chances of quitting tobacco.**

Connecting your patients with the Helpline's FREE services has never been easier. The **Provider Direct Referral Program** allows you to refer a patient directly to the Helpline. In turn, the Helpline will reach out to your patient to enroll them in a program of their choice.

If you are a provider interested in enrolling, contact Paola Klein: [Paola-Klein@ouhsc.edu](mailto:Paola-Klein@ouhsc.edu).

Oklahoma Tobacco Helpline  
**1 800 QUIT NOW**  
1-800-784-8669 [OKhelpline.com](http://OKhelpline.com)

A Program of TSET

## Looking for a change? Nursing Positions Available! At The J.D. McCarty Center

### Have experience in management?

We are looking for a Nurse Manager to assist our Director of Nursing in the areas of patient coordination, personnel, and program development.

### Prefer working with special needs pediatric patients?

Staff Nursing positions available on both Day Shift (7am to 7pm) and Night Shift (7pm to 7am). You will be responsible for patients with a variety of disabilities with Patient Technician support at a 1:2 ratio. Your nursing skills are vital to the overall all team approach for the best outcomes and goals for our children. PRN positions are available and we are able to work with most schedules for accommodation.

### Need a part time nursing position?

A Testing Nurse position available with the responsibility to coordinate, process, and document all of the hospitals COVID testing specimens. Our hospital is proactive in ensuring our staff are safe by performing weekly precautionary COVID testing.

**Excellent benefits include: Insurance allowance, PTO, Defined Retirement Plans**



J.D. McCarty Center | 405-307-2800  
2002 E. Robinson St. Norman, OK 73071  
[www.jdmc.org](http://www.jdmc.org)



Please apply at [resumes@jdmc.org](mailto:resumes@jdmc.org) or the web site, [www.jdmc.org/careers](http://www.jdmc.org/careers). We are looking forward for the opportunity for you to join our team!

[careers.ouhealth.com](http://careers.ouhealth.com)



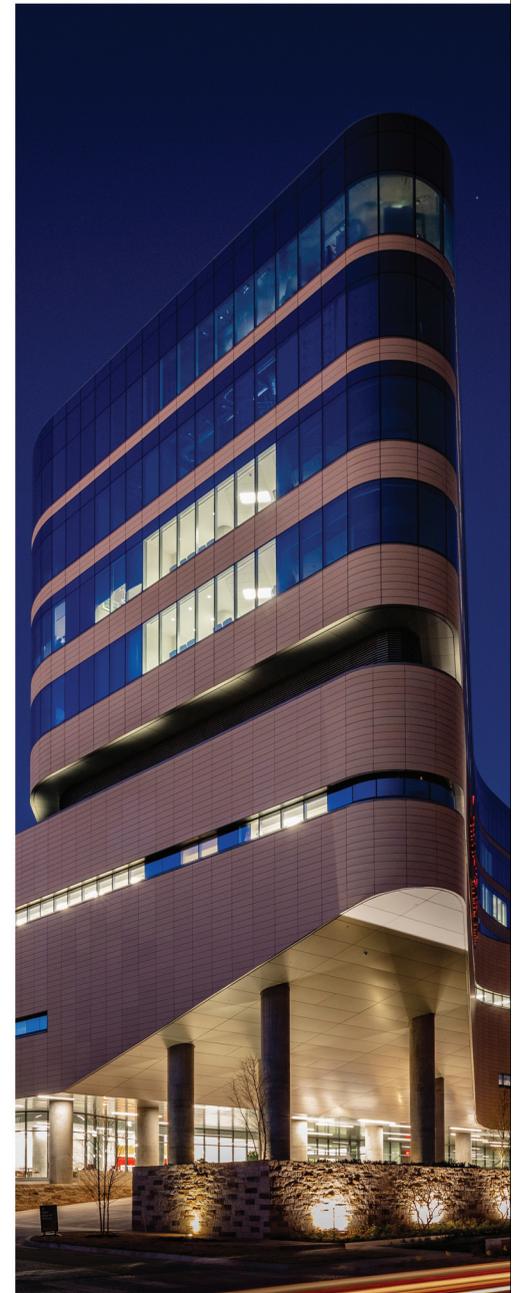
**Respiratory Care Practitioners have the potential to earn up to \$20,000 in a graduated sign-on bonus!**

OU Health is the state's only Level 1 Trauma Center and serves as a comprehensive regional hub for trauma-related care available to people of all ages. We are an academic facility and promote a fast-paced environment that will allow your career to really take off. We have six clinical affiliate programs for Respiratory care and we welcome new graduates to our team, no experience necessary. Our graduated orientation process, from floor care to Trauma ED, will help ensure that you will find your confidence through a combination of developing critical thinking skills and peer support.

At OU Health you can expect to gain a host of specialized skills by rotating through our service line critical care areas, which include Trauma, ortho/surgical, cardiovascular, Neurosciences, transplant and medicine ICU's. We encourage and support our RTs to perform in specialty roles such as the COPD navigator, Daily assessor, Smoking cessation advocate, Diagnostic Bronchoscopy and we have staff that are part of the ECMO specialist team as well.

*With our newly created career ladder and recently increased pay rates, now is a great time to join our team!*

OU HEALTH IS AN EQUAL OPPORTUNITY EMPLOYER  
QUESTIONS? EMAIL: [TALENT@OUHEALTH.COM](mailto:TALENT@OUHEALTH.COM)



## PICK A CARD



## ANY CARD

Payment at Oklahoma's Nursing Times can be made with any of the above credit cards.

TO SUBSCRIBE OR ADVERTISE  
CALL 405-631-5100



### 123 CERTIFIED MEDICAL ASSISTANT

**We are seeking Nurse Aide, Certified Nurse Aide . All Shifts - Will Train.**  
The Village Health Care Center. 1709 S. Main St, Broken Arrow, OK

**We are seeking Certified Medication Aide (CMA) 7am - 3pm.**  
Apply at North County Assisted Living. 523 N 22nd St, Collinsville, OK 74021

**We are looking to hire a Certified Medication Aide 3pm - 11pm.**  
Apply at Beacon Ridge Senior Mental Health. 102 E. Line Ave. Sapulpa, OK 74067

### 124 CERTIFIED NURSE ASSISTANT

**Now interviewing energetic applicants for 3-11 shift. Certified Nursing Assistant**

Arbor Village is Now interviewing energetic applicants for 3-11 shift. Resident centered Care - Come see the difference!!!! Health insurance, vision, dental, short term/long term disability, 401k and PTO available. Apply online or in person at 310 W. Taft Ave, Sapulpa, OK.

### 124 CERTIFIED NURSE ASSISTANT

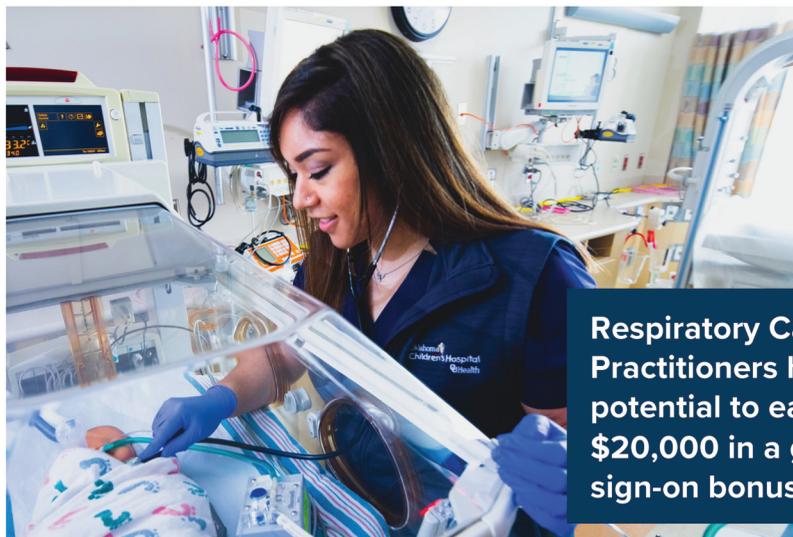
**We are seeking Certified Nursing Assistant**  
Apply at Heartsworth Assisted Living located at 821 N Foreman St, Vinita, OK 74301

**Fun Fact: Did you know Oklahoma's Nursing Times have more than 12,000 likes on FACEBOOK? To advertise, please call Oklahoma's Nursing Times at (405) 631-5100 or visit [www.oknursingtimes.com](http://www.oknursingtimes.com)!**

### 124 CERTIFIED NURSE ASSISTANT

**Apply now! Certified Nursing Assistant - 7am - 3pm needed** at North County Nursing & Rehabilitation located at 523 N 22nd St, Collinsville, OK 74021. Apply now! Competitive Pay, Benefits, Bonuses, Supportive Leadership. Qualifications: Must be 18 years old, with a clean background, reliable transportation, active driver's license, auto insurance, and the ability to lift at least 50lbs. Ability to work flexible schedules and weekends is highly preferred. Required license or certification: Certified Nursing Assistant Required education: High school or equivalent.

[careers.ouhealth.com](http://careers.ouhealth.com)



**Respiratory Care Practitioners have the potential to earn up to \$20,000 in a graduated sign-on bonus!**

## Find a job you love at OU Health!

Oklahoma Children's Hospital is the state's premier institution for treating both pediatric and neonatal patients. We promote a fast-paced environment that will allow your career to really take off. Pediatric experience is not necessary as we welcome new graduates to our team. Our 12-week orientation process will help ensure that you will find your confidence through a combination of developing critical thinking skills and peer support.

At Oklahoma Children's you can also expect to gain a host of specialized skills in any one of our three focused areas. These areas include a 96-bed NICU where we care for extremely premature infants with high frequency ventilation and surfactant delivery. We have a recently renovated 34-bed PICU where the focus is to treat acutely ill infants and children. We have also expanded our CVICU to 25- beds where the focus is caring for patients with congenital heart defects. We encourage our RTs to join the ECMO team as well.

With our newly created career ladder and recently increased pay rates, now is a great time to join our team!

OU HEALTH IS AN EQUAL OPPORTUNITY EMPLOYER  
QUESTIONS? EMAIL: [TALENT@OUHEALTH.COM](mailto:TALENT@OUHEALTH.COM)



### 161 LICENSED PRACTICAL NURSING

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

### 204 REGISTERED NURSE

**We are looking for Registered Nurse Admission Nurse** Grace Hospice of Oklahoma LLC located at 6218 S Lewis Ave, Tulsa, OK 74136

**We are seeking Full-Time Night Shift Registered Nurse** at Lindsay Municipal Hospital. Full-time Night Shift. LMH pays 100% medical, dental & vision insurance premiums. Only online applications are accepted. No phone calls.

### 204 REGISTERED NURSE

**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.

**GOLDEN AGE**  
NURSING FACILITY

**RN MDS NURSE, RN MDS COORDINATOR and LPN'S**

*Golden Age Nursing Home is located in historic downtown Guthrie...just a short drive from Oklahoma City and Edmond.*

**Benefits:** Medical · Dental · Vision Insurance · Matching 401K · PTO · Competitive Pay · \$2,000 Sign On Bonus

**Apply on-line at [www.companionhealth.net](http://www.companionhealth.net)**

**INTEGRIS HEALTH**

## Nurse Hiring Event

Meet hiring managers, interview and potentially receive an offer for available RN positions with INTEGRIS Health.

**Friday, Dec. 3  
7 to 11 a.m.**

**INTEGRIS Health**  
One Corporate Plaza  
3520 NW 58th Street  
Oklahoma City, OK 73112

Breakfast will be provided and prize drawings will be held throughout the event.

INTEGRIS Health considers all qualified applicants regardless of protected status as defined by applicable law, including protected veteran or disability status. AA/EOE.

[integrisk.jobs](http://integrisk.jobs)

**FUN FACT: DID YOU KNOW OKLAHOMA'S NURSING TIMES HAVE MORE THAN 12,000 LIKES ON FACEBOOK? TO ADVERTISE, PLEASE CALL OKLAHOMA'S NURSING TIMES AT (405) 631-5100**

# Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100  
or email ads to [advertising@okcnursingtimes.com](mailto:advertising@okcnursingtimes.com)

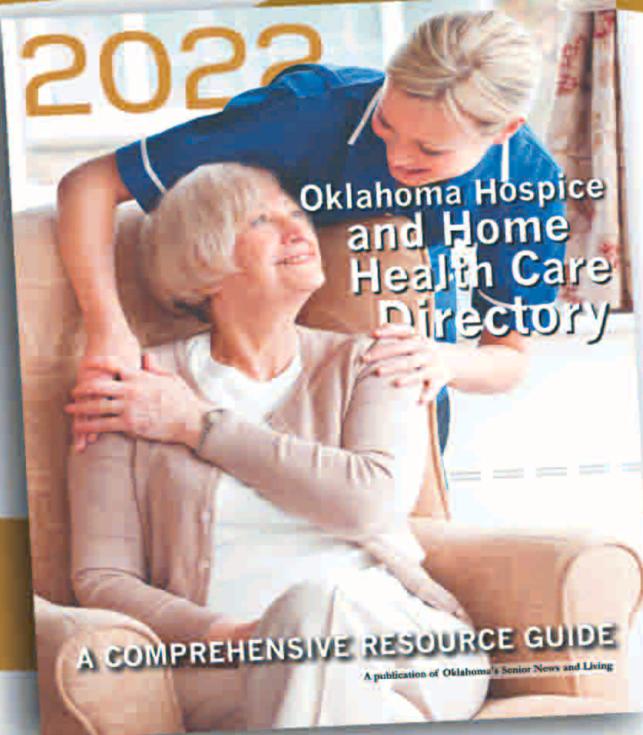


# Oklahoma Hospice and Home Health Care Directory

YEAR LONG  
SHELF LIFE  
HURRY! CALL NOW!

FULL COLOR  
GLOSSY COVER MAGAZINE

A publication of Oklahoma's Senior News and Living



## This Directory

is devoted to the recognition of the Hospice and Home Health Care industry while providing a convenient listing of statewide facilities. Let us assign a writer and showcase your organization!

## Editorial Support for quarter page or larger!

Reserve your space today and we will assign a writer to provide a professionally written story to further enhance the advertising for your organization at no extra charge.

Don't miss your chance to be included in this Special 2022 Edition.

ASK US ABOUT OUR HOSPICE DIRECTORY RATES & DEADLINES!

## 2022 Directory Advertising

<b>Full Page</b>	10.275" W x 13" H
<b>Half Page</b>	10.27" W x 6.25" H
<b>Quarter Page</b>	5.05" W x 6.25" H
<b>Business Card</b>	5.05" W x 3" H
<b>Enhanced Listing</b>	(Up to 8 lines)

Ad design and layout are always a complimentary service!

**FREE FULL COLOR!**

Camera Ready Art: Preferred Resolution: 300 DPI or Higher | Preferred File Type: PDF, JPEG OR EPS

Let us assign a writer TODAY!

For Space Reservation, call:

Amanda Miller at (405) 631-5100 at Ext. 6

amiller@okcnursingtimes.com

Lisa Weigel at (405) 631-5100 at Ext. 3

advertising@metropublishingok.com



PUBLISHER OF:

SENIOR NEWS & LIVING

Oklahoma's  
Nursing Times

# NURSE TALK



What do you love about Thanksgiving?



Golden Oaks Village

"Food, family, and football. A lot of conversation and entertainment."



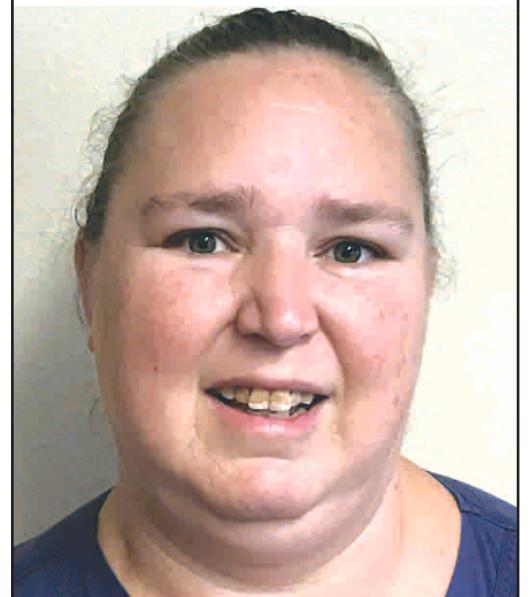
Iscila Witherspoon, LPN

"Seeing family and also the homemade food. Sometimes we go to Texas and visit my grandparents."



Kelsey Olson, CMA

"Spending time with my family and friends. There's joy, laughter, and the aroma of turkey and ham."



Rebecca Durham, CNA



**MOBILITY CITY**  
WE FIX WHEELCHAIRS & SCOOTERS  
(And Much More!)

*Need Something Fixed?  
We come to you!*

* Wheelchairs	* Scooters
* Power Chairs	* Lift Chairs
* Hospital Beds	* Stair lifts
	* Rollators

\* Service \* Sales \* Rentals \*







*Yes!* We do battery changes

*Yes!* We come to your location – home, business, or residential community

*Yes!* We have a flat rate mobile service

*Yes!* We do community tune-up days

*Yes!* We do short and long term rentals

*Yes!* We do vehicle lifts

*Yes!* We follow sanitization protocols

*Yes!* We do stair lifts

*Yes!* We do steam sanitization

*Yes!* We have pre-owned equipment

*Yes!* We service all brands

*Yes!* We have many parts in stock

*Yes!* We listen and we care

Visit Our Showroom: Mobility City of Oklahoma City ♦ 12316 N. May Ave.  
(405) 936-3324




**FREE IN-HOME ASSESSMENT**

- ✓ 24 Hour Live-Ins or Hourly Available
- ✓ Certified Home Health Aides & Companions
- ✓ Bathing, Dressing & Hygiene Assistance
- ✓ Meal & Snack Preparation
- ✓ Light Housekeeping & Laundry
- ✓ Services Provided up to 24 Hours Per Day



*Stay Home,  
Stay Well!*

**CALL US**  
24 Hours

**405.769.2551**  
**877.744.2551**

"Family owned, operated & serving Central Oklahoma since 1993"

[www.CarePlusatHome.com](http://www.CarePlusatHome.com)

# OCU continues to lead



As a preeminent nursing program, Oklahoma City University's Kramer School of Nursing continues to innovate its offerings to produce some of the most highly skilled nurses in our region. The school fosters a learning environment where students are challenged to think critically and holistically, encouraging them to use their passion and knowledge to advance the profession of nursing. With students consistently exceeding the national licensure pass rates for the traditional Bachelor of Science degree and certification pass rates for the Doctor of Nursing practice family nurse practitioner, and high job placement rates after graduation, it's not a surprise to see that OCU's Kramer School of Nursing was included in the Nursing Schools Almanac's 2020 rankings of the best U.S. nursing schools.

The fall of 2020 brought additional career advancement opportunities for OCU's Kramer School of Nursing students. LPNs now have the option of an LPN-BSN degree track. Nurses who want to pursue their master's degree, but need flexibility, can choose the MSN-HyFlex program. Nurses who work within the context of population-focused care have the option of getting an MSN in the Community Based Public Health (CBPH) track, which is also offered as a DNP Completion track. In addition to the programs, OCU's KSN enrolled their first cohort in the BSN-DNP, Psychiatric Mental Health Nurse Practitioner track, the first BSN-DNP PMHNP program in the state.

The Meinders Simulations Center offers a seven-bed high-fidelity laboratory mirroring the hospital environment, allowing students to practice with realistic patient care scenarios.

Crystal Westmoreland, PhD, MSN, RN, Chair of Traditional BSN Education at Kramer, states, "I love the collaboration between faculty, staff and students. The mentorship program allows faculty and staff to really get to know students as individuals, helping them through life's obstacles as they pursue their degree. As with all of our programs, Kramer doesn't have wait lists and offers students a variety of full-time and part-time options."

KSN offers an outstanding RN-BSN program in which RNs can complete their BSN in just two semesters, with no prerequisites required. "We have small, individualized classes taught by a group of amazing faculty, who love working with practicing nurses" said Pam Tucker, MSN, RN, Chair of the RN-BSN program. "The RN-BSN program continues to be an excellent career advancement path for nurses." The program features the best of both worlds with nursing courses meeting face-to-face half day per week and the remaining elective/general education courses offered online. The program is currently offered at OCU, Mercy Hospital-OKC, and Norman Regional Hospital. No nursing exams, care plans or clinical hours are required. RN-BSN students are awarded a discounted tuition rate from the standard OCU tuition.

## ADVANCING PRACTICE

Vanessa Wright, PhD, MSN,



RN, Associate Professor and MSN Program Coordinator notes the MSN program is now offering Hy-Flex program delivery options where students may choose to attend face-to-face, synchronously using video conferencing, asynchronously fully online, or some combination of the three based on their life schedule and preferred learning modality. The MSN currently offers tracks specializing in Education and Leadership, and Community Based Public Health.

Elizabeth Diener, PhD, RN, PNP, CNE Chair of Graduate Education discusses the Doctor of Philosophy degree. "The PhD degree prepares expert nurses in the roles of nursing education, research, and leadership to serve the community, state, and nation," she said. Students meet on campus for 2-3 days at the beginning of each semester and then complete courses online over the remainder of the semester.

The Doctor of Nursing Practice Completion program is for nurses with careers in all types of health care settings who already hold a master's degree in nursing, advanced practice, or a related field. The program is 30-32 credit hours, post-masters. Focus areas include clinical, community

based public health, and executive leadership in organizational or educational settings. Post master's certificates are also available for advanced practice nurses who seek additional certification in an advanced practice role.

Gina Crawford, DNP, APRN-CNP, FNP, CNE, Assistant Dean and Chair of Advanced Practice Programs points out, "Kramer School of Nursing was the first to offer a post-bachelors Doctorate of Nursing Practice program in the state of Oklahoma. It's been very fulfilling to see this program grow and see the success of our alumni who are now working in a variety of clinical settings and some who own their own clinics." Kramer School of Nursing is the first in Oklahoma to offer the BSN-DNP Psychiatric Mental Health Nurse Practitioner option.

OCU'S KSN is offering a virtual information session for the Community-Based Public Health programs monthly from 5:30-7 pm. Prospective students can join an informative webinar and then participate in a breakout session to meet with program advisors and faculty for information specific to the program of their interest. For more information, visit:

[www.okcu.edu/nursing](http://www.okcu.edu/nursing).



# TAKE YOUR NURSING CAREER TO THE NEXT LEVEL!

*Find out how Kramer School of Nursing can prepare you for each step of your nursing career.*

## LPN-BSN

- In as little as 12 months!

## RN-BSN

- No nursing exams, no prerequisites, competitive price
- Complete in two semesters

## Master of Science in Nursing

- Now offering HyFlex course delivery in Nursing Education, Nursing Leadership, and Community-Based Public Health
- Post Master's Certificates: Education and Leadership
- Post Master's Certificates: FNP, AGACNP, and PMHNP

## Doctoral Programs

- Doctor of Nursing Practice (BSN-DNP): FNP, AGACNP, and PMHNP
- Doctor of Nursing Practice Completion (MSN-DNP): Executive Leadership, Clinical, and Community-Based Public Health
- PhD and BSN-PhD



**Oklahoma City**  
UNIVERSITY

**Kramer School of Nursing**

**[okcu.edu/nursing](http://okcu.edu/nursing)**

### UNDERGRAD

405-208-5000 • [admissions@okcu.edu](mailto:admissions@okcu.edu)

### GRAD

405-208-5094 • [gadmissions@okcu.edu](mailto:gadmissions@okcu.edu)

Medicare Advantage plans like Humana Honor may complement VA benefits—did you know?



**This plan may complement your VA benefits—and may save you money**

And, you may save on medical costs while enjoying:

- Part B premium reduction for \$50 more in Social Security each month
- Dental, hearing and vision coverage
- Worldwide emergency coverage
- \$50 over-the-counter allowance every three months\*\*
- \$0 copay for SilverSneakers® fitness program



**Stop by and speak to a licensed independent sales agent in OKLAHOMA CITY**

**Steven Sibley, E7 RET/DAV**  
**405-850-1569 (TTY: 711)**  
 Monday – Friday, 8 a.m. – 5 p.m.  
 ssibleyinsures@gmail.com  
 sibleyinsures.com

**Humana** A more human way to healthcare™

\*Eligible veterans may choose any Humana Medicare Advantage plan, however Humana Honor® Medicare Advantage plan does not include prescription drug coverage which helps avoid possible conflicts with VA prescription drug benefits.

Humana Honor plans are available to anyone eligible for Medicare.  
 \*\*Available only through participating retailers and Humana's mail-order pharmacy, Humana Pharmacy®; always consult with your doctor or medical provider before taking over-the-counter medications.  
 USAA and the USAA Logo are registered trademarks of the United Services Automobile Association. All rights reserved. USAA means United Services Automobile Association and its affiliates. Use of the term "USAA member" or "USAA membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change.  
 Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to Humana Honor (PPO). For a complete list of available plans please contact 1-800-MEDICARE (TTY users should call 1-877-486-2048), 24 hours a day/7 days a week or consult www.medicare.gov. **At Humana, it is important you are treated fairly.**  
 Humana Inc. and its subsidiaries comply with applicable Federal Civil Rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status or religion. English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):** 注意: 如果需要使用繁體中文, 可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY: 711)。

**SITUATION UPDATE: COVID-19**

<b>COVID-19 Cases:</b>	<b>658,600</b>
<b>New Cases Today</b>	<b>970</b>
<b>New Cases 7 day Average</b>	<b>838</b>
<b>Active Cases</b>	<b>8,801</b>
<b>CDC/NCHS Provisional Deaths</b>	<b>11,772</b>
<b>Acute Care OSDH Licensed Facilities/Location**</b>	<b>Recent 3 day Ave. Hospitalizations</b>
	<b>Cases (ICU)</b>
Region 1 (NW)	17 (4)
Region 2 (NE)	30 (10)
Region 3 (SW)	48 (15)
Region 4 (EC)	20 (7)
Region 5 (SE)	17 (4)
Region 6 (Central)	33 (12)
Region 7 (Tulsa)	148 (53)
Region 8 (OKC)	111 (38)
<b>Total</b>	<b>424* (143)</b>
<b>Other Types of Facilities</b>	
Focus Facilities	14 (3)
Rehabilitation Facilities	0 (0)
Tribal Facilities	11 (2)
<b>Other Facilities Total</b>	<b>25 (5)</b>

\*Includes 15 hospitalizations in pediatric beds.

\*\*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 2021-11-19 at 7:00 a.m.

## FROM OUR FRIENDS ON FACEBOOK

From Oklahoma Nurses Association

### November is Native American Heritage Month!

Highlighting Rachel Mack, another Native ONA member.



**Rachel Mack, Ph.D., DNP, APRN, C-FNP, CNE**

Dr. Rachel Mack is a certified family nurse practitioner, certified nurse educator, a Gallup certified Strengths Coach, and the Associate Dean of Academic Affairs at Frontier Nursing University (FNU). She is the National League of Nursing AARP representative for the American Indian/Alaska Native workgroup. She is also a committee member for the National League of Nursing Taking Aim series which is focused on developing Diversity, Equity, Inclusion, and Belonging workshops and webinars. Dr. Mack is a member of Sigma Theta Tau International Honor Society and many other professional organizations. Her doctoral research was focused on prescription drug abuse, which opened many doors, including assisting in the development of the Oklahoma State Plan to decrease prescription drug abuse and she continues to be actively involved with this committee. She has traveled as a consultant for government hospitals in the Middle East with American Gulf International Consulting and has taught the Certified Professional in Infection Control course in the Middle East with the American Institute of Healthcare Quality. Dr. Mack continues to work a few days each month in a family practice setting and full-time at FNU. Dr. Mack earned an Associate of Applied Science in Nursing (RN) from Oklahoma City Community College, a Bachelor of Science in Nursing from Oklahoma City University, a Master of Science in Nursing as a Family Nurse Practitioner from Frontier Nursing University, a Doctor of Nursing Practice from Oklahoma City University, and a Ph.D. in Nursing Education from Oklahoma City University.

You can also find many Native Resources on the OINA Chapter webpage: <http://bit.ly/3EDch50>. Friend ONA at: <https://www.facebook.com/OKNurses>

## FROM OUR FRIENDS ON FACEBOOK

From Oklahoma Nurses Association

### November is Native American Heritage Month!

Highlighting Sonya Frazier, a Native ONA member.



**Sonya Frazier, BSN, RN, USPHS**

November is Native American Heritage Month! This week we are highlighting Sonya Frazier, a Native ONA member.

Sonya Frazier is Choctaw and Chickasaw. She has been a registered nurse for 19 years and an officer in the United Public Health Service Commissioned Corps (USPHS) for 14 years. She helped create the first Oklahoma Indigenous Nurses Association (OINA), a chapter of Oklahoma Nurses Association and elected to be their first President. She has created Indigenous cultural educational training for nursing programs to address the health and social disparities and health equity in Indigenous populations.

As a descendant of a boarding school survivor, she is also the founder of the Regalia Making Relatives organization that envisions thriving Indigenous communities through networking, collaboration, mentoring, and regalia making. This organization works closely with local Johnson O'Malley programs and the Oklahoma State Department of Health to encourage, educate and assist Native American children in foster care and adoptees to stay connected to their Indigenous heritage.

Sonya was recently selected for her expertise in Indigenous health care to the National Commission to Address Racism in Nursing. This committee involves the American Nurses Association (ANA), National Black Nurses Association (NBNA), National Association of Hispanic Nurses (NAHN), and the National Coalition of Ethnic and Minority Nurses Association (NCEMNA) and Oklahoma Indigenous Nurses Association (OINA). The Commission created to help advance the work and achieve the vision of a nursing profession that exemplifies inclusivity, diversity, and equity creating antiracist praxis and environments. Her goal in life is to lead the way for healing by reconnecting to our Indigenous ways.

You can also find many Native Resources on the OINA Chapter webpage: <http://bit.ly/3EDch50>. Friend ONA at <https://www.facebook.com/OKNurses>



**LIFE IS A GIFT**

**Keep on giving.**

Sadly, for many in our community, life can quickly feel like less of a gift and more of a burden. That's why United Way of Central Oklahoma is here, to connect community resources with responsive and accountable health and human services agencies. Through us, your gifts truly make a difference. We respectfully ask that you contribute to our 2021 Give Campaign – and help us pass it on.



[unitedwayokc.org](http://unitedwayokc.org)