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Love crosses oceans



Golden Age attracts exemplary care

Aiza Temur embraces a nursing career that brightens days during challenging times.

by James Coburn - staff writer

Working in a nursing home involves more than skill.

"Every day you give your heart to these people. It's something that I think is important," said Aiza Temur, a registered nurse at Golden Age Nursing Home, located in Guthrie.

Love crosses oceans. Temur graduated from nursing school in the Philippines in 2007. Two years later she passed an exam to qualify her for working in the United States. She moved to Turkey in 2011 where she did an internship, however her husband agreed with her that it would be preferable to move to the US. Six months ago, a direct hiring agency assisted her in finding a nursing home for

employment.

"I matched with Golden Age and that's why I'm here," she said.

Her flexibility in life eased the cultural shock of moving from Ankara, Turkey to the slower pace of Guthrie. To her surprise, her two children and husband found their niche and didn't become bored in town.

"When they came here, they loved Guthrie," Temur said. "My son who goes to Fogarty Elementary, he joined the scouts. He's very active in school. He wasn't like this when we were in Turkey. He's very

INTEGRIS Canadian Valley Hospital Celebrates 20th Anniversary

Offering Two Decades of Care

INTEGRIS Canadian Valley Hospital in Yukon opened on Nov. 9, 2001 to meet the needs of a rapidly growing community. Prior to that, Yukon was the only community of its size not served by a local community hospital. INTEGRIS Health invested \$62 million dollars into the project, making INTEGRIS Canadian Valley one of the most state-of-the-art health care facilities in the state of Oklahoma.

The approximately 225-thousand square foot general acute care hospital has become a medical destination for western Oklahoma, with more than 15,000 births, over 457,000 emergency room visits and approximately 67,000 surgical cases. All services combined, the hospital has served 1.2 million people.

"We have been filling a need in this area and taking care of Oklahomans for two decades now," says Teresa Gray, the chief hospital executive at INTEGRIS Canadian Valley Hospital. "We have truly become a valued member of this community and consider our patients, caregivers and visitors our neighbors and friends. We have seen much growth and success over the last 20 years and look forward to what the future will bring."

INTEGRIS Canadian Valley Hospital has received numerous recognitions throughout the

TEMUR

Continued from Page 1

excited to go to school. It's just a different environment. The people are so friendly."

Temur is a people-person. She is from a family of six siblings with five of them being nurses. They influenced her choice to begin her nursing career in a nursing home. And long-term care offers a rewarding experience of developing relationships with residents by showing care. She is grateful to help people who need her the most.

Golden Age made her feel at home with an extended family of friends and co-workers, Temur said. The company assisted her in finding a furnished apartment and lent her a car to use for a few months. They also helped her find a house to live in.

"Every time we needed help, they were always there to help us, and I'm very grateful for that," she continued.

Temur didn't feel the struggles that other nurses experience when coming to the US., she said. Temur spoke English very well before

coming to Oklahoma and adjusted gracefully to the regional accent that differentiates from other parts of the country.

Her communication skills are enhanced by her listening skills and compassionate heart. One of her residents had not been visited by her family for a long time. Temur noticed the woman appeared sad and withdrawn.

"So, every time I go to her room to do my treatments, I always make sure that I stay for five minutes to chat with her," she said. "And then she told me, 'I was very depressed for a long time for not being able to see my family, and I always look forward when you come to my room, and we get to chat for a few minutes.'"

Temur said nurses can impact lives by giving an extra five minutes of their time to ease the loneliness of others. Being a nurse enables her to brighten somebody's days. Residents enjoy reminiscing about their families and highlighting decades of life. Being a nurse allows her to learn something new in life every day.

She believes in the integrity of the nursing staff, knowing that they are dedicated to treat residents the

way they would want their own family to be loved and respected.

Melissa Collins, CMA/CNA said she loves the family environment at Golden Age.

"I grew up here. My mother and my grandma worked here as a CNA. My mother still works here as a CNA," Collins said. "I started at the age of 16 working every weekend. When I graduated, I came to work here full-time. I've been here ever since."

Many familiar faces like Collins become a welcome sight for residents. Long-term care has become a place where people can live life at their personal best.

"We help them with their everyday lives," Temur tells her son.

She explains to her son that Golden Age is not a hospital, but a home.

"It's their place, it's their house. That's how I explain it," she said.

Her children know that their mother works at a place that helps people with their daily lives. Positivity is the No. 1 characteristic a nurse needs in long-term care, she said.

"You need a smile and be ready all the time to greet the residents

because with the pandemic, and with their families not being able to come here as often, it's really difficult for them," Temur said. "And I'm thinking that they probably think that we are the family that they have here."

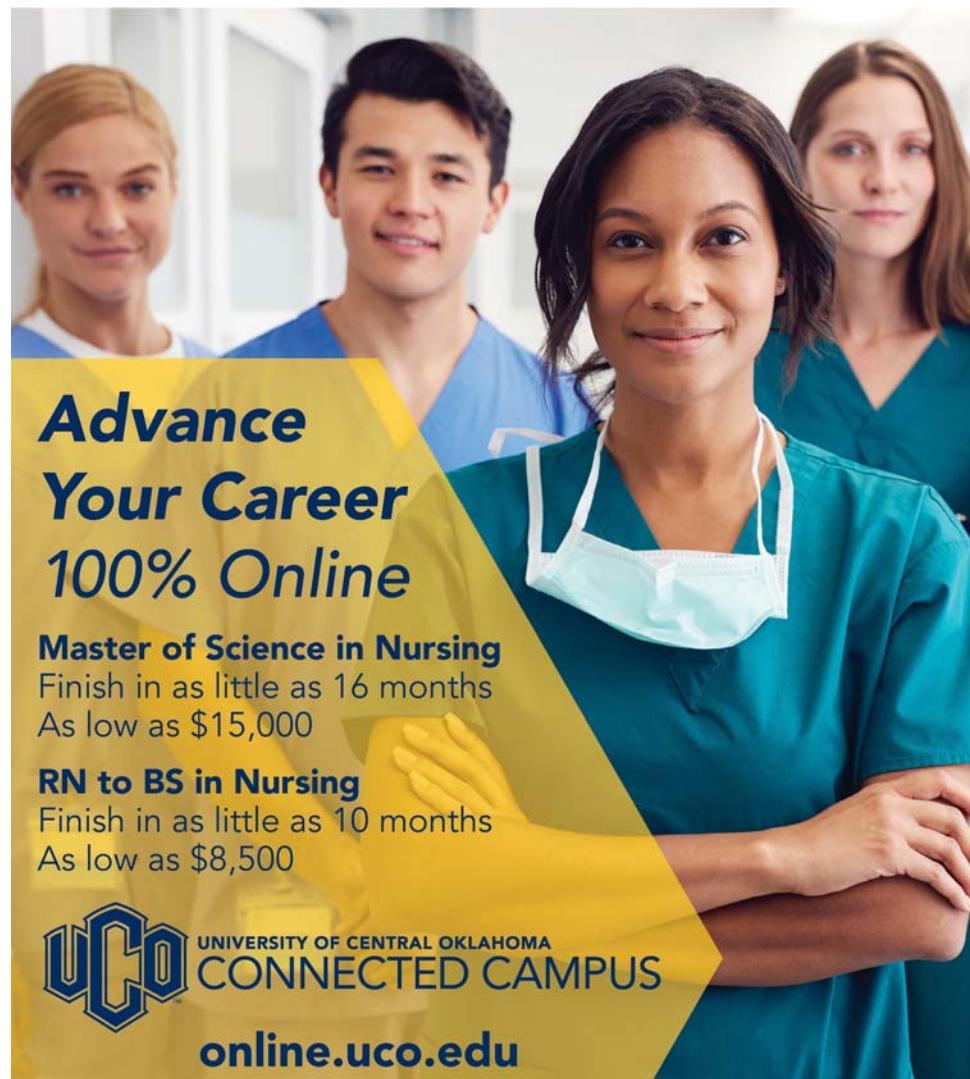
Temur would like the public to know that Golden Age is a place where loved ones will be well taken care of.

"The care that is provided residents is at a professional level," she said.

Residents have a say about the food menu. They socialize with activities and have choices in life.

"It feels very homey, she said

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years to include: Joint Commission Accreditation, Pathway to Excellence Designation, Baby Friendly Designation and the Oklahoma Nurses Association Excellence in the Workplace Award.

The hospital itself is equipped with 75 inpatient beds as well as a medical office building. There are 30 private medical surgical rooms, 18 intermediate care rooms, a 19-bed women's unit and an 8-bed intensive care unit that opened in May 2005 as a project funded through federal appropriation dollars and local hospital foundation contributions.

Services also include a level three

emergency department, respiratory care and radiology services consisting of mammography, radiological, fluoroscopy, CT scan, ultrasound, bone density, nuclear medicine and MRI.

Also on the campus are two general surgeons, four OB/GYN practitioners, an INTEGRIS Health Family Care Clinic, a Jim Thorpe outpatient rehabilitation clinic, a full-service pharmacy and a specialty clinic where a variety of specialists see patients on a part time basis.

With a medical staff of more than 500 physicians and 400 advanced practice providers, most medical needs can be met right here close to home, at INTEGRIS Canadian Valley Hospital.



OU Health neurosurgeon Dr. Nathaniel Stetson.

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Young Teen Donates Peaceful Pillows to INTEGRIS Hospice House

Thirteen year old Rory Goldstein from Denver, Colorado remembers her grandmother fondly. "We called her Bubs. We were extremely close. She was extremely close to all her grandchildren. She would spoil us to the extreme and she was always there for our special moments like birthday parties, performances, you name it, even though we live out of state."

Sharon Shelton, aka Bubs, lived in Oklahoma City. After a complicated illness, Shelton spent her final days at the INTEGRIS Hospice House in Oklahoma City. But before she died, Rory had given her a very special gift. "I made her a very soft pillow case for her 70th birthday, just a few

months before she died. Sewing is one of my hobbies and something I enjoy doing. She could not get out of bed at this point and I just wanted to make her comfortable and happy," says Goldstein. While Shelton couldn't verbally thank Rory for the gift, Rory says she could tell she liked it by her smile.

Shelton passed away on June 1, 2021 at the age of 70. "I felt so upset because she was so special and was one in a million," states Goldstein. "You don't realize how important and amazing something is until it is gone."

Rory turned to sewing to help her grieve. She began making Peaceful Pillows as she calls them in memory of her Bubs. "It was healing for me to make the pillows. It made me feel closer to her," Goldstein admits. "I wanted to make others feel as comfortable as my Bubs did in her final days so I just kept making them." In fact, she has now established a nonprofit called the Peaceful Pillow Project.

On Nov. 23, Rory and her family traveled



Thirteen-year-old Rory and The Peaceful Pillow Project. Photo courtesy of INTEGRIS Hospice House.

from Colorado to donate 14 Peaceful Pillows to the INTEGRIS Hospice House. "I chose INTEGRIS Hospice to be the first recipients of the pillows because that's where my grandmother Bubs was. They made her so comfortable and helped my family so much in those

See PILLOW Page 5



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final months." She adds, "When my Bubs was alive she had a way of bringing people together and creating community. She was always helping people. I want to help people in her memory."

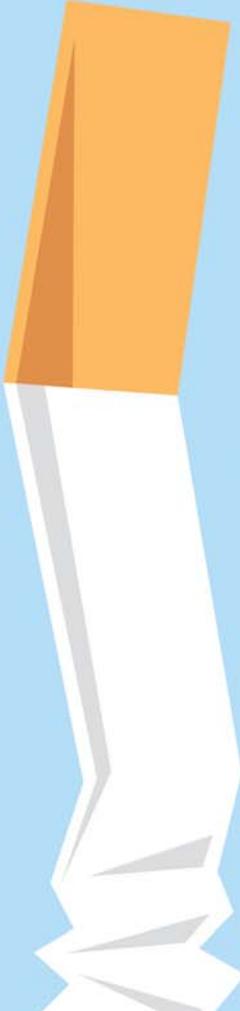
Sarah Minor, D.O., is the medical director of the INTEGRIS Hospice House. "We are so very appreciative of these pillows. We know they will bring many other families comfort and peace. It is so encouraging to see someone so young trying to make a difference in this world. I know her Bubs would be very proud."

Goldstein would eventually like to send her Peaceful Pillows to Hospice facilities across the country.

Visit: www.peacefulpillowproject.com to learn more about the Peaceful Pillow Project or to donate.



Rory Goldstein came all that way from from Denver, Colo. to hand-deliver her handmade Peaceful Pillows.

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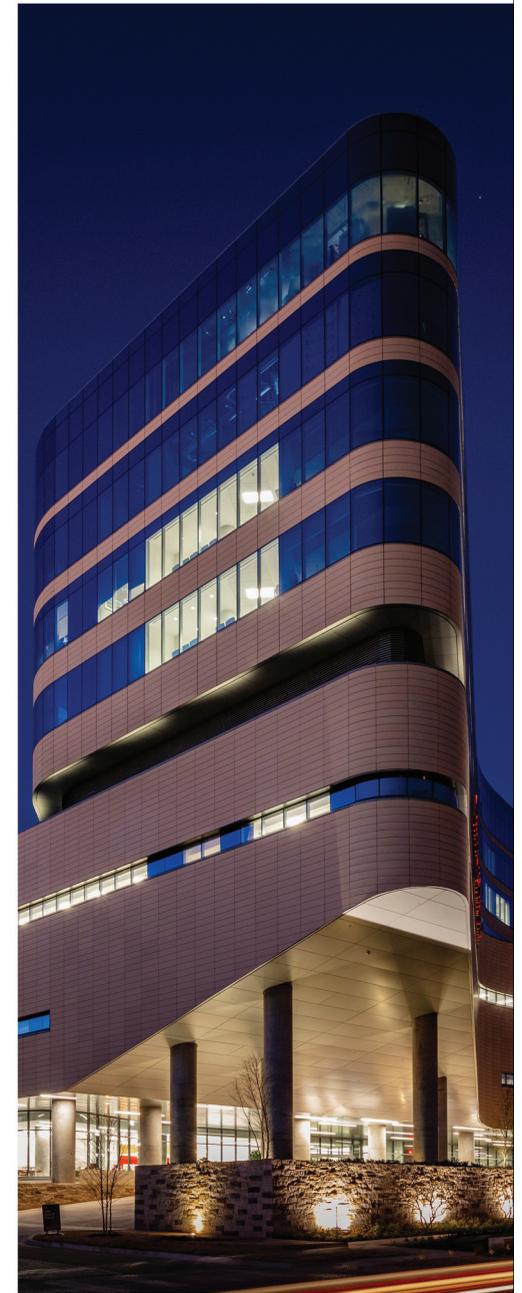
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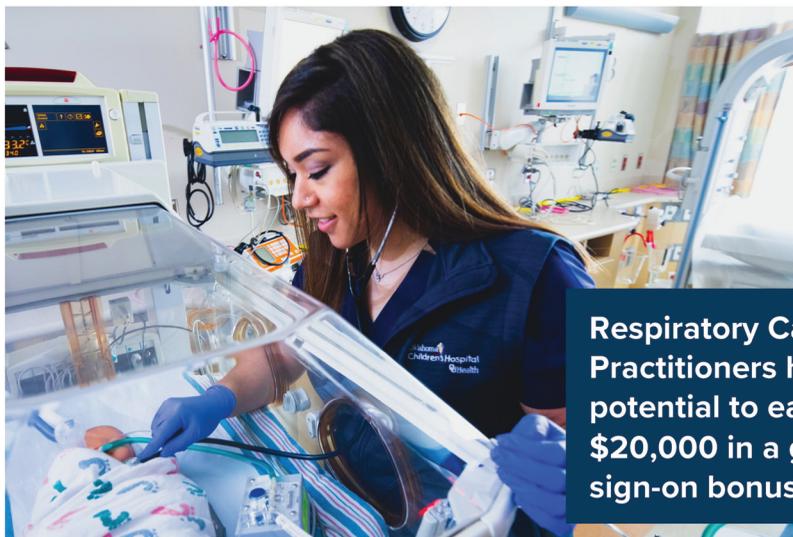
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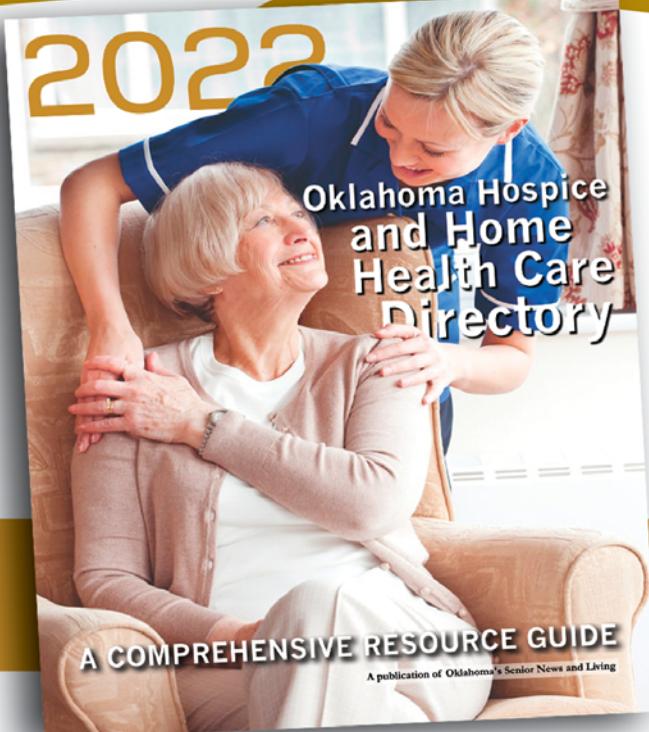


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"They are more than a number. They have a name and story that matters," said Dr. Rosa Ketchum, RN, a director in the School of Nursing at Oklahoma Wesleyan University.

"They have a name, a story, and because of the size of all of our programs — that name and student matters to the faculty."

Located in Bartlesville, Oklahoma Wesleyan University offers students three programs.

- OKWU had a total of 954 total degree seekers this past fall. 545 traditional on campus students and 409 in the graduate & professional studies.

- OKWU has 42 students in the traditional pre-licensure BSN program (this includes traditional BSN admission and LPN-BSN students).

- There are 70 students in the Graduate and professional online program (this includes the RN-BSN and MSN).

The School of Nursing is always starting new cohorts in both their Masters and Bachelor programs.

"We do have an LPN to RN program," she added. "We also, with that have a night to weekend program."

Flexibility is key in fitting active lifestyles and schedules, she said.

"Especially considering the working adult or realizing that some people have to work and go to the school at the same time."

The Bachelor of Science in Nursing program is based on pediatrics, community health, medical surgical, critical care, and all learning experiences to prepare an RN for a nursing career. The university also offers an RN to BSN program which is for the already practicing RN focusing on community health, leadership and ethics, that are not part of an associate degree program.

"We have a graduate program that has two tracks. There's a nursing education track to help hospital nursing educators or academic nurse educators. And then the other track is administration, which is focused on nursing management. Hospital administration is what we're preparing those nurse leaders to do," Ketchum said.

Smaller cohorts cover all of the programs. The students are more than a number at the School of Nursing at Wesleyan University.

"I feel like because of the size of our school, and the mission of our school, and that being faith based — the faculty is in a place where they can really

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care for the students," Ketchum said. "They see them not just as a nursing student but as a person who is going to be a nursing professional, but also a person who has interest and value. I think because of our class size and the mission of the school, that's really important."

Oklahoma Wesleyan University has maintained hands-on clinical experiences among the nursing students during the COVID-19 pandemic, Ketchum continued.

Students have adapted to wearing masks and social distancing as a precaution. But virtual simulation experiences have increased to help the students meet their clinical learning objectives. Nursing care related to the pandemic has been a prominent theme of graduate students. Many of them have investigated ways to prevent burnout and fatigue due to the pandemic.

"I feel like nursing is a calling," Ketchum said. "It's not just a profession, it's not just a job, but it truly is a vocation. And so, whenever you get to meet students who feel that calling to serve nursing, to serve others in ways that are not easy, you get to meet really special people."

Ketchum began her nursing career

as an associate degree nurse. She earned her Bachelor in the Science in Nursing degree at Oklahoma Wesleyan University in the RN to BSN program. Her Master of Science in Nursing degree was earned at Indiana Wesleyan University before receiving her doctorate at Grand Canyon University.

Being called to nursing is a special passion that not everybody has embedded in their careers. There is a selflessness by placing others first, she said.

"We serve them wherever they are, and I think that is really beautiful," she said. "People who are called to nursing are beautiful to me — they make you better."

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SITUATION UPDATE: COVID-19

COVID-19 Cases:	658,600
New Cases Today	970
New Cases 7 day Average	838
Active Cases	8,801
CDC/NCHS Provisional Deaths	11,772
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
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)
Total	424* (143)
Other Types of Facilities	
Focus Facilities	14 (3)
Rehabilitation Facilities	0 (0)
Tribal Facilities	11 (2)
Other Facilities Total	25 (5)

*Includes 18 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 2021-12-03 at 7:00 a.m.

OMRF makes potential heart failure breakthrough



Oklahoma Medical Research Foundation scientist Jasim Ahamed, Ph.D.

An existing medication for drug overdose may have a second life-saving benefit: as a treatment for the most common heart valve disease, a study led by an Oklahoma Medical Research Foundation scientist has found.

If confirmed in a clinical trial, the findings from OMRF's Jasim Ahamed, Ph.D., could have worldwide ramifications for aortic stenosis. The condition is caused primarily by age and exacerbated by a high-fat diet. It affects more than 20% of older Americans, according to the American Heart Association.

"The aortic valve opens each time the heart beats, and all of your blood goes through it," said Ahamed, who joined OMRF in 2015 from The Rockefeller University in New York. "As we age, scar tissue accumulates,

and the aortic valve can calcify, narrow and become stiff, preventing it from fully opening. This is aortic stenosis. It increases the pressure on the heart, and over time it causes heart failure."

Currently, there is no treatment for aortic stenosis other than a risky valve replacement surgery.

At OMRF, Ahamed's lab studies how fibrosis, the formation of scar tissue, can damage the heart. In earlier research, his lab discovered that a protein called TGF-beta1 contributes to scar tissue formation in the aortic valve and the heart, which can lead to heart failure. In the new study, Ahamed's team found that targeting this protein in platelets with a drug slowed the progression of aortic stenosis in research models.

OMRF has obtained a U.S. patent

on the drug as a treatment for aortic stenosis. Ahamed said the next step is to conduct a clinical trial. If successful, it could be used to prevent heart failure caused by aortic stenosis. In his lab at OMRF, Ahamed's team will also continue their study of whether the drug can reverse aortic stenosis.

Although the preclinical results are promising, Ahamed said, a clinical trial is needed to assess potential side effects of long-term use and appropriate dosage. The U.S. Food and Drug Administration first approved the drug as a mucus thinner. Today it is the standard of care for acetaminophen overdose.

"Because the medication has FDA approval for other uses, a lot of safety data is already available," said Andrew Westmuckett, Ph.D., director of OMRF's Office of Technology Ventures. "We're now seeking a company to partner with us to take on a clinical trial."

The study is available as a preprint and will appear in the journal *Antioxidants & Redox Signaling*. Funding for the research was provided by National Heart, Lung, and Blood Institute grant Nos. R01 HL148123 and HL123605, the Oklahoma Center for Stem Cell Research and the Presbyterian Health Foundation.

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"I have a lot of experience in different areas of nursing, and I'm gaining more knowledge that I would like to share with beginning nursing students to help these students develop their passion for the future."

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