### **Recruiter Showcase**

# Recruiter Shows and Shows and Shows are also below the Nursing Times Thursday, March 3, 10 am - 2 pm Friday, March 4, 10 am - 2 pm

Friday, March 4, 10 am - 2 pm

February 28, 2022

Information for the Oklahoma Nursing & Health Care Professional

www.oknursingtimes.com



Nancy Freeman, RN, DON, at Golden Age Nursing Facility brings strength and character in leading the nursing staff during the pandemic

by James Coburn - staff writer

So much can be learned from the elderly, said Nancy Freeman, RN, DON, at Golden Age Nursing Facility. Older adults have given a tremendous amount of support to communities and their families. Freeman cannot help but to give of herself to them. So, it's very important to Freeman to treat the elderly with respect, dignity and love with the best care that can be given them. That's the niche she loves.

She earned her LPN license in Ponca City and her RN at Regents College, located in Albany,

"I actually started in a small-town nursing home. I was a dishwasher," she said. "And I just fell in love with the elderly at that time and worked in different departments. Then I decided I wanted to become a nurse which is something I always wanted to do. I just enjoyed taking care of the elderly and what gifts they bring to

See RESPONSE Page 2

### Rare Disease Day personal to OMRF president



Oklahoma Medical Research Foundation President Andrew S. Weyrich, Ph.D., and his son, Sam, in an Oklahoma City park.

Scientists' passion lies in the possibility of discovering what is unknown. Sometimes, as in the case of Oklahoma Medical Research Foundation President Andrew S. Weyrich, Ph.D., it becomes more personal.

Weyrich's son, Sam, was born with a leukodystrophy, a rare disease characterized by decreased motor function, muscle rigidity and eventual deterioration of sight and hearing. Leukodystrophies are estimated to affect 1 in 7,000 live births. The condition is fatal,

See OMRF Page 3

### RESPONSE Continued from Page 1

She and her husband relocated to Guthrie from Kansas City to be close to their children who had moved to Oklahoma. Freeman didn't want to continue her nursing career as a traveling nurse that she had for many years. She began her search and found Golden Age. From that moment on, Freeman has felt the same charm of the nursing facility back in Kansas where everybody was family.

"Everybody supports everybody. When someone needs help you don't hear, 'That's not my resident. That's not my hall," she said. "Everybody pitches in to help one another to make sure our residents are taken care of. It just feels right to be here."

The family-owned company has been very supportive to not only the residents, but also the staff during the COVID pandemic, she continued. The company ensured the staff had every tool they needed to do their daily jobs.

a leader set an example.

"Part of that was teaching," Freeman said. "I'm a firm believer in teaching. If the staff understands why we're doing what we're doing, then they're more apt to follow through. It was also working with the staff. If they needed me to work on the floor, then I would work on the floor beside them. If I needed to come in and be here on evenings, then I was. If I needed to be here on nights, then I would come in. And just doing that also helped to bring the staff together."

If one person needed a day off, other staff would work for them. Their goal has been for each of the residents' needs to be met. Residents have the unconditional care and love that they deserve.

Meanwhile, the residents were not able to touch their families during the early days of COVID-19. But the staff was an extension of their families and became more of a family to each other as well, Freeman said.

The staff was an empathetic ear The company supported the staff to others who were working long

emotionally, said Freeman, who as hours due to the pandemic. They offered a comforting ear to what was different at home with their children and family - anything that had shifted in life at that time.

> "We were supportive about anything needed at the time, and we still do that," she said.

> Families and the nursing staff are also very supportive of one another. There is an open line of communication between them, Freeman said.

> It's hard for Freeman to pinpoint what one certain nurse or CNA did. The effort has been collective with several people in the team going above and beyond their call of duty.

"The ones who have volunteered to work with COVID did it without a blink of an eye and have shown care and love to the residents," Freeman said of what touches her life. "That's part of it. And then the other staff who assisted the residents by doing face-time visits or helping them fix their hair and paint their nails. There was so much of that going around."

The residents have brought a lot of strength to the team. They have realized how serious COVID is, Freeman said. They did not want to have their family members become sick. So, they were more than willing to do plexiglass visits because they worried about their families.

"They wanted to make sure that their families were safe," she said. "And that is something to admire - that the residents would think of their families."

The pandemic came as an unprecedented event by being the first pandemic in 100 years. So, Freeman said it has been nice to see nurses rise to the occasion during a novel period of history.

"This wasn't a totally different thing from what has happened," she said. "But we all did what we needed to do and did it with a smile on our face because we wanted the residents to be as happy and healthy as they could be."

For more information on Golden Age Nursing visit http:// goldenageguthrie.com/ call 405-282-0144



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### OMRF **Continued from Page 1**

with no cure and limited treatment options.

"Medical research always excited me," Weyrich said. "But when Sam was born, it transformed an intellectual pursuit into something deeper, more meaningful."

Sam's doctors told Weyrich and his wife, Amy, that their son likely wouldn't live beyond age 2. "That was 21 years ago," Weyrich said. "Today, against all odds, Sam has grown up."

Feb. 28 marks Rare Disease Day, a time to recognize the 300 million people worldwide living with a rare condition. In the U.S., a rare disease is defined as one that affects fewer than 200,000 people. As many as 7,000 such diseases may affect some 25 million to 30 million Americans.

At OMRF, scientists are looking for answers for many of these people. In some cases, Weyrich said, they were drawn to a particular disease early in their career. "But in others, researchers use their expertise to zero in on a certain biological phenomenon - like a change in a specific gene - and then follow the science where it leads them."

For OMRF scientists Patrick Gaffney, M.D., and Lijun Xia, M.D., Ph.D., that's precisely what happened. A pediatric geneticist at OU Health presented the pair with the case of Sydney Rutz, a then-6-year-old from Yukon, Oklahoma, with growth deficiencies, skeletal anomalies and cataracts. After three years of study, they identified a previously unknown genetic mutation had caused Sydney's condition.

Xia is now pursuing potential therapies and hopes for an outcome like that of Rod McEver, M.D., OMRF's vice president of research. McEver's work led to Adakveo, the first FDAapproved treatment for the pain crises that strike people with sickle cell disease, a condition that affects an estimated 100,000 Americans.

"So, while individual diseases may be rare," said Weyrich, "people living with rare diseases are anything but." He added that it's important to recognize the millions of people like Sam not just on Rare Disease Day, but every day.

"They enrich our world and our lives in countless ways," Weyrich said. "Even now, he keeps me pushing ahead. Because what we learn in the lab today may one day help the next generation of Sams."



From left, Oklahoma Medical Research Foundation President Andrew S. Weyrich, Ph.D., son Sam, daughter Sarah and wife Amy.

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### CAREERS IN NURSING

### WHEN THE HEART TEACHES ABOUT LIFE: LPN'S LEARN FROM RESIDENTS

by James Coburn - staff writer

There are a lot of good people to like at Wolfe Living Center at Summit Ridge, said Chasitie Mize, LPN. The administration's heart is in the right place. And the residents have changed Mize's life. She's learned a lot from them, she said.

"They'll tell you where they went wrong and what they could have done better," she said.

Mize said that growing up was not always ideal for her. But she's learned how to live a better life by knowing her patients, she said. She feels that each person she cares for is part of her family.

"I hope they feel the same," she said. "They make comments about adopting me and me being their grandkid," she said.

She admires how helpful the nurse aides are to the residents and

staff. The nursing staff is nice, and she's found their dedication and kind spirit is something that is not evident everywhere. The nursing staff members will purchase snacks for the residents from their own paychecks during times when a resident has asked for a certain snack. One CNA has bought a bath supply for a resident wanting something.

"If somebody wants a lotion, she'll go out and get it out of her own paycheck," Mize continued. "The girls are great. They take time out of their day to visit and spend some one-on-one time with the patients. And that means a lot to the patients. I love the girls — they're fantastic."

The residents enjoy the socialization provided by the staff. Everyone appreciates a listening ear,

no matter the age or circumstance in life. It's part of being human. The nursing staff takes that to heart.

"It makes a huge difference. They feel loved and cared for," Mize explained. "They appreciate the girls taking the time. They know that they're busy. I've had several patients brag about how this person spent this much time with them, - how good this person did with their bath and the time they spent to do extra little things for them. I have a fantastic team. It's so good to have these girls, we've struggled through so much stuff together being short staffed during COVID. They don't complain. We just pull together, and we get things done."

As a team manager, Mize inspires them by positive interaction

to keep their spirits up, she said. She provides treatments, assesses patients, make sure everyone is doing their share, make sure everyone eats.

"I try to make sure they get supplements if they don't eat," she said. "We ensure that if they need something from the doctor, that they get it."

Not every day is perfect. Some days are more challenging than others. But motivation runs deep. Just being able to help a resident is enriching, she said.

"I was born to do this — I was meant to do this — it's what God made me for," she said. "It feels good to be able to be there for them and help them. I like spending time with them. I don't feel like it would be worth it if I

See WOLFE Page 5



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### WOLFE Continued from Page 4

didn't."

The connections that a CNA or certified nurse aide makes with residents is uplifting and changes one's perspective about a lot of but she rarely leaves the facility things, she said.

Mize said she learned a lot being a CNA and was very good at it. CNAs in the nursing industry break their backs, and not for a whole lot of money, she said.

"They are humble, and they are happy to be there for you. And they know they don't make that much money, but they still want to do all these extra things for the residents. I think I wouldn't be as good as a nurse had I not done that first. I think that inspired me. I think once I learned I had talent I like to take bubble baths to for it and how much I loved it something told me this is what I was meant to do," she said.

Mize began working at Wolfe Living Center in Harrah as a CNA in 2005 before earning her LPN

credential at Mid-Del Technology Center. Schools teach best practices and provide scenarios about what to aspire to in a perfect hospital when this is not a perfect world, Mize said.

She rarely works extra shifts, on time, she said. On a good night, she will go home at 11 p.m., but often stays beyond her shift to 2-3 a.m., she continued.

"I've been here until 4 a.m.," Mize said.

Her time at work doesn't go without a thank you from residents.

She has plenty to keep her occupied at home, too. Mize just had a baby boy who is 8 months

"We play and have fun and relax," she said.

For more information on Wolfe Living Center visit: https:/ /www.wolfelivingcenter.com/ call 405-454-1400.

RIGHT: Chasitie Mize, LPN, enjoys getting to know her patients at Wolfe Living Center, located in Harrah.





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### SSM Health St. Anthony Hospital - Shawnee Receives Prestigious Baby-Friendly Designation

Health St. Anthony Hospital - Shawnee is proud to announce that it has achieved the highly prestigious international Baby-Friendly designation after a rigorous review process conducted Baby-Friendly USA, organization responsible for bestowing this certification in the United States.

This distinguished honor demonstrates that St. Anthony Hospital - Shawnee is adhering to the highest standards of care for breastfeeding mothers and their babies. These standards are built on the Ten Steps to Successful Breastfeeding, a set of evidencebased practices recommended by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) for

in the precious first days of a newborn's life.

The positive health effects of breastfeeding are well documented and widely recognized by health authorities throughout the world. For example, the Surgeon General's 2011 Call to Action to Support Breastfeeding stated that "Breast milk is uniquely suited to the human infant's nutritional needs and is a live substance with unparalleled immunological and anti-inflammatory properties that protect against a host of illnesses and diseases for both mothers and children."

St. Anthony Hospital - Shawnee joins a growing list of more than 20,000 Baby-Friendly hospitals and birth centers throughout the world,

optimal infant feeding support 592 of which are in the United States. These facilities provide an environment that supports breastfeeding while respecting every woman's right to make the best decision for herself and her family.

> "This designation is a tribute to our commitment to ensuring that every woman who delivers a baby in our Joyful Beginnings Center is given the resources, information and support needed to help her and her baby get the best, healthiest start in life," says Angi Mohr, President, SSM Health St. Anthony Hospital -Shawnee. "We are extremely proud to be recognized for the hard work of our team members throughout the Baby-Friendly process, which was led by our Lactation Consultant, Charli Hull, RN."

As the accrediting body and national authority for the Baby-Friendly Hospital Initiative (BFHI) in the United States, Baby-Friendly USA is responsible for upholding the highest standards in infant feeding care by coordinating and conducting all activities necessary to confer the prestigious Baby-Friendly designation and ensure the widespread adoption of the BFHI in the US. Learn more about Baby-Friendly USA and the BFHI at www.babyfriendlyusa.org.



Oklahoma's Nursing Times February 28, 2022 Page 9

## THE SECOND STATE OF THE SE

Where do you see yourself in five years?



I would like to be working as a nurse practitioner in a hospital - preferably the ICU.



Sierrah Parduhn, RN

I will have hopefully completed CRNA school.



Jessica Garrett, RN

Strangely enough, retired and on Medicare.



Thomas Brock, RN



Anna Marie was a big blessing to her family. She was an energetic diva who liked to play dress up, do her makeup and curl her hair — but was also a tomboy who liked to dig in the mud for worms and go fishing. She had a big heart — sharing that if she had \$100, she would spend her money on buying clothes for the homeless.

After a tragic event, her parents knew that her kind and loving soul would want to donate to enhance the lives of others. She was able to be a heart valve and cornea donor. Her family hopes that her heart of gold and beautiful view of the world carries on through the recipients of her donation.

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(AS PUBLISHED IN THE 2021 EDUCATION GUIDE TO NURSING)

# OCU continues to lead Oklahoma City UNIVERSITY Kramer School of Nursing

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

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."

offers an outstanding RN-BSN program in which RNs can complete their BSN in just two semesters, with no prerequisites required. "We have 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 students delivery options where may choose to attend face-to-face, synchronously using 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.

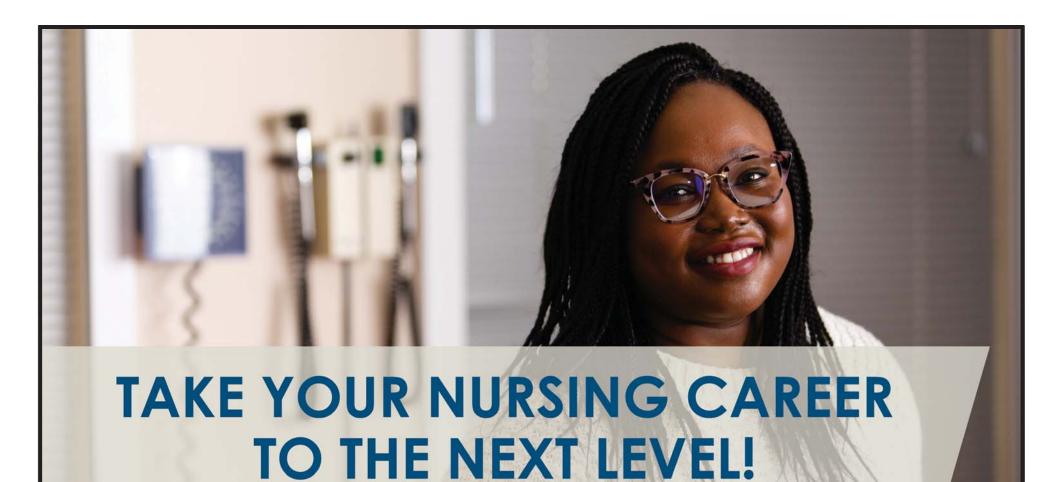
The Doctor of Nursing Practice Completion program is for nurses with careers in all types of health care settings who already hold a master's degree in nursing, advanced practice, or a related field. The program is 30-32 credit hours, postmasters. Focus areas include clinical, community based public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

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### 2022 Oklahoma Mother of the Year® Announced

Robyn Sunday-Allen of Edmond Allen Day. was selected as the 2022 Oklahoma Mother of the Year®. She is the 76th woman in Oklahoma history to hold this honor. She (Cherokee) currently serves as the Chief Executive Officer for the Oklahoma City Indian Clinic. She has been recognized for her work and leadership with the Indian Health Service's Lifetime Achievement Award; Luana Reyes Leadership Award; The Journal Record's 50 Making a Difference Woman of the Year Honoree 2009. 2010, and 2012; The Journal Record's Oklahoma's Most Admired CEO Honoree 2009-2011; and was inducted as the first-ever CEO in Oklahoma's Circle of Excellence. An Oklahoma proclamation from Gov. Brad Henry declares November 14 Robyn Sunday-

Sunday-Allen, along honorees from states across the United States, will be recognized during the 87th National Convention of American Mothers, Inc. this April. One honoree will be named the National Mother of the Year® during the convention.

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Robyn Sunday-Allen

of strength and inspiration," said Joyce Stevens, President of American Mothers, Inc.

For a full list of Mother of the Year® honorees please visit AmericanMothers.org. Nominations for Mother of the Year® are accepted annually, Mothers Day - September 15. For general media inquiries or to set up an interview with the 2022 Oklahoma Mother of the Year®, contact Sabrina Wisher-DeWitt at news@americanmothers.org.

Robyn Sunday-Allen (Cherokee) currently serves as the Chief Executive Officer for the Oklahoma City Indian Clinic. She attended the University of Oklahoma, where she received her BA in Psychology, BSN in Nursing, and MPH. She is currently on the Board of Advisors for Greater OKC Chamber of Commerce; State of Oklahoma Chamber of Commerce; New View Oklahoma: Oklahoma Quality Foundation. She is also a Graduate of Leadership Oklahoma City Class XXIX and Leadership Oklahoma Class XXVI. She has been recognized for her work and leadership with the Indian Health Service's Lifetime Achievement Award; Luana Reyes Leadership Award; The Journal Record's 50 Making a Difference Woman of the Year Honoree 2009, 2010, and 2012; The Journal Record's Oklahoma's Most Admired CEO Honoree 2009-2011; and was inducted as the first-ever CEO in Oklahoma's Circle of Excellence. An Oklahoma proclamation from Gov. Brad Henry declares November 14 Robyn Sunday-Allen Day. She is married to Russell and they have one son, Eli.



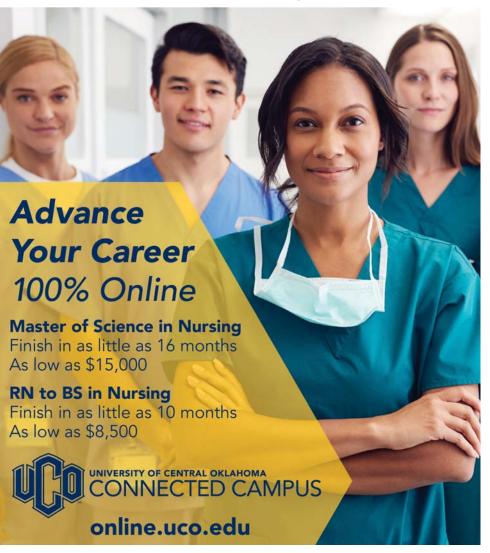


The AARP Foundation Senior Community Service and Employment Program (SCSEP) can help you keep pace with the changing nature of work and improve your ability to find employment, even in today's tough job market. AARP Foundation SCSEP places older workers in a variety of community service activities at nonprofit and public facilities like day care and senior centers, schools and hospitals. As a participant, you can sharpen your job skills and earn income - all while giving back to your community.

If you're 55 or over and unemployed, contact AARP Foundation SCSEP's local office at 405.879.3899 for more information.



For a future without senior poverty.



**COVID-19 Cases** 

## OMRF receives \$3.1 million for sepsis study



Oklahoma Medical Research Foundation scientist Florea Lupu, Ph.D.

The National Institutes of Health has awarded the Oklahoma Medical Research Foundation a five-year, \$3.1 million grant for research aimed at reducing the main cause of death from infection.

OMRF scientist Florea Lupu, Ph.D., hopes his research leads to a new therapeutic treatment for sepsis, which kills about 270,000 people per year in the United States — more than lung cancer, breast cancer and drug overdoses combined.

"We are targeting a specific part of the immune system called the 'complement system,' which helps clear away bacteria in early sepsis but then becomes detrimental and contributes to organ failure," Lupu said.

Sepsis occurs when the immune system overcompensates for an underlying infection, most commonly in the lungs, urinary tract, skin or gastrointestinal tract. If not treated early, this overcompensation causes widespread blood clotting and ultimately septic shock, which is characterized by severe loss of blood pressure leading to multiple organ failure.

According to the World Health Organization, globally, sepsis accounted for 11 million or 20% of all deaths in 2017, the most recent year for which data is available.

Lupu's lab will build upon his prior research of the complement system's role in sepsis. The work will focus on two infections that often trigger the condition: E. coli and staph.

The complement system is a large protein network in plasma. Those proteins are activated to form a cascade response to fight infection. However, one of these proteins, known as C5, morphs from friend into foe during sepsis by killing healthy cells and causing inflammation.

Lupu hopes to pinpoint the moment when C5 turns traitor and then target it with a drug that inhibits activation.

"The timing for an inhibitor is crucial," Lupu said. "If you try to block C5 too early, you also block the clearance of bacteria. If you go in too late, it's probably not helpful because the damage is already done."

Lupu also hopes to determine the value of treating sepsis early with a blood thinner before shifting to a C5 inhibitor. Both drugs would be used in tandem with antibiotics, Lupu said.

"Sepsis progresses very quickly," Lupu said. "Once it reaches the point of septic shock, the odds of survival decrease by 8% for each hour of delay in treatment. So that's the biggest challenge – finding that narrow window to a successful outcome."

The grant, 1R01AI168355-01, is funded by the National Institute of Allergy and Infectious Diseases, part of the National Institutes of Health.

### Situation Update: COVID-19

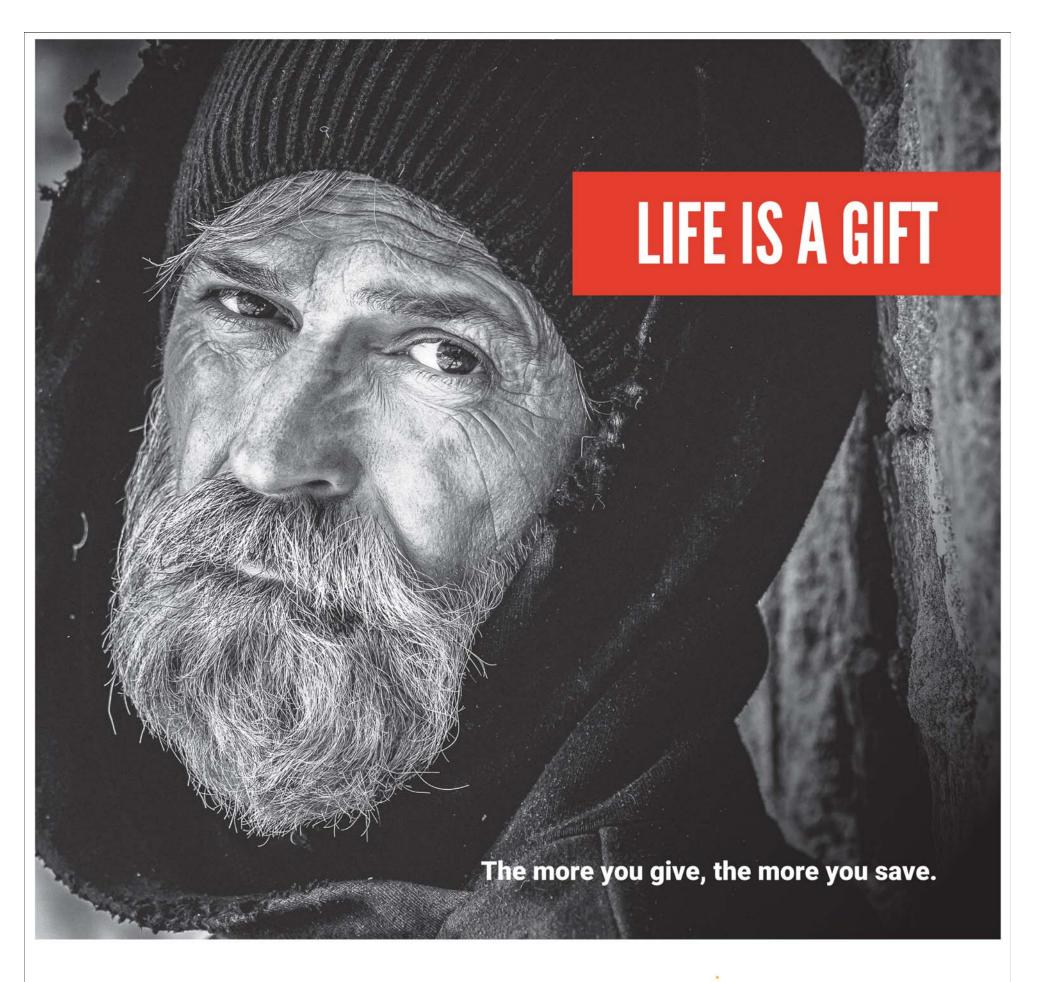
1,021,595

New Cases	224
New Cases 7 day Average	867
Sunday's New Cases (02/27/2022)	1,004
Saturday's New Cases (02/26/2022)	878
Active Cases	4,806
CDC/NCHS Provisional Deaths	14,612
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	8 (2)
Region 2 (NE)	29 (9)
Region 3 (SW)	75 (18)
Region 4 (EC)	38 (9)
Region 5 (SE)	14 (3)
Region 6 (Central)	39 (7)
Region 7 (Tulsa)	191 (56)
Region 8 (OKC)	240 (52)
Total	634* (156)
Other Types of Facilities	
Focus Facilities	40 (10)
Rehabilitation Facilities	6 (0)
Other Types of Facilities	
Focus Facilities	40 (10)
Rehabilitation Facilities	6 (0)
Tribal Facilities	8 (3)
Other Facilities Total	54 (13)

\*Includes 43 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 2022-02-28 at 7:00 a.m.



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 2022 Give Campaign – and help us pass it on.



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