



Built to endure



RN thankful for career

William Driver, RN, looks forward to serving others at his new job at Spanish Cove Retirement Center in Yukon.

by James Coburn - staff writer

If William Driver, RN, was looking for a long-term care center to place a loved one, he would look for an immaculate facility with functional equipment. He would recommend to friends a place where the staff is held accountable for the care of residents. It should be a place where a nurse can go home without worrying that call-lights do not go unanswered for several hours, he said. A good day for Driver is smooth sailing with full staff and no emergencies.

"You come in and do your paperwork, do your assessments. You see that your aides aren't having any problems. You don't have to have people pull extra time."

Driver was recently hired to work at Spanish Cove Retirement Village in Yukon after serving the elderly at another nursing facility in Yukon.

He chose Spanish Cove for being very clean and well managed, the sort of place

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Tealridge residents share their legacies



Nearly 40 college students from multiple disciplines are involved with a program that pairs them with a Tealridge resident.

It was mid-February and the conversations next door to the Tealridge Retirement Community dining room flowed like water.

Daily laughter and connection aren't uncommon occurrences at the all-inclusive Edmond retirement community, but this day something was different.

On this day, residents had the undivided attention of a group of Oklahoma Christian University students hoping to cull a lifetime of experience and knowledge to help them on their educational journey.

For a minimum of eight hours during the spring semester, nearly 40 college students from multiple disciplines are involved with a program that pairs them with a Tealridge resident.

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CAREER

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where he would recommend to a family member interested in assisted living or long-term care.

"The residents seem very happy when you walk in. It's very top notch like a five-star hotel," said Driver, who will work in long-term care unit.

In 2015 Driver was licensed to be a licensed practical nurse before becoming a registered nurse in 2020 after earning his degree at Murray State College in Tishomingo. College was a time of trial and error, he said, and knowing how to utilize his time. He would learn from nurses, especially those who had honed their skills through several years of service.

His father Keith Ruminer, RN, has a background in hospice nursing and now works at the El Reno Health Clinic. When William was in high school his father told him he needed a stable career and suggested that he try nursing since several of their family members

had been in health care. Driver got his first job as a CNA in a nursing home and fell in love with it, he said. He feels that he will always have a job in nursing given there is a nationwide shortage of nurses.

"Scheduling works out for me with long-term care. They're usually needing help in every single shift. I needed weekends to work and that's what was available," he said.

Every day as a nurse has been a fresh opportunity to learn, he said. If it's not making someone's life better, it's learning by the next person you meet and shift you enter, how to better your skills, he said.

"You have to have a lot of resilience to make it in this line of work, especially now more than ever, just to make it through the pandemic without retiring or jumping ship to a different line of work," Driver said. "A bit of spunk, I guess, is what it takes."

The US faces a crisis of losing health care workers. There was a national nursing shortage before

COVID. About 20 percent of health care workers have left their jobs during the pandemic, according to The Atlantic.

"It just makes it worse, and it does put a strain on the system. A lot of nurses have said it, and now I'm going to say it, we already had problems and COVID just highlighted those problems. Everyone is more aware of what we face and it's tough. It's easy to get burned out," Driver explained.

Driver has never been one to give up. He has a family to support. It's stubbornness, he said. His resilient nature keeps him going along with a concern for the welfare of others.

He has thought about what he would say to inspire someone considering a nursing career.

"It's a rewarding career but it's not for everybody. But for the person who is thinking about going into nursing, I would encourage them to take a low-level job like a CNA before they jump into it, just to see if they really want to be involved in that line of work," he said.

Certified nurse aides are the backbone of the health care team. Has met a variety of people in his career. Driver was a CNA for two years at a specialized facility in Wetumka for the developmentally disabled.

"It's still long-term care, but the challenges are more mental than physical," he said.

Today, he stays busy and has little leisure time. He's gone back to college to earn a Bachelor of Science in Nursing degree at Rogers State University, located in Claremore.

Spare time for Driver is usually spent with his wife or children playing video games. Martial arts intrigue him. Jiu-jitsu is a favorite activity,

"It's kind of a way to take your mind of things. You pretty much only have one task at hand. You can't have time to think much of anything else at that moment. The adrenaline rush is good, healthy work," he said.

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TEALRIDGE

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Leading the program is Dr. Tina Winn, professor of psychology.

Dr. Winn said psychology students and family science majors both are gaining the benefit of the living history lessons they receive during each meeting.

For the students, it's a chance to learn and grow.

For residents, it's a chance to share their legacy.

"We're studying it out of the book. Now they get to take that and put it into context and personalize it," Winn said. "My goal is for them to take the theories and the ideas and apply them in a way that it's meaningful. It's going to enhance their understanding and break down some of the myths and increase awareness and comfort levels among the generations.

"It's one thing to learn it out of the book but then when it gets applied and contextualized it becomes meaningful and something that can be used."

Winn's doctorate is in counseling and student personnel. She's taught in psychology and family science areas since 1998.

She's taught at the University of Science and Arts of Oklahoma in Chickasha and Northwestern Oklahoma State University in Alva.

She says this program is one of the most meaningful she's participated in because of the chance for both sides to benefit and share.

"At the end (of the course) my ultimate, bottom line hope is for them to have a deep understanding of people in this stage of life but also in themselves and how they see themselves progressing," Winn said. "Once we break down some of the myths it really impacts how we live today even if we are not in late adulthood we are heading there."

Facilitating the program is Tealridge Executive Director Melissa Mahaffey, MHA.

"Each retiree has a wonderful story to tell," Mahaffey said. "Each individual - both students and residents - will be blessed beyond measure for the time that they will be able to spend with one another."

"We have residents that have life experiences that are unmatched to any textbook at any level of education. Each participant will no doubt have a better understanding of what was life some six decades ago or even longer. Socialization, meaningful interactions and purposeful life is what it is all



Melissa Mahaffey (left) and Nancy McCurdy (middle) spend time with an Oklahoma Christian University student at Tealridge.

about. We are very fortunate to be able to partner with such a great professor and students."

Each student is paired with a resident for the entirety of the semester. Over the course of the semester, weekly meetings will occur.

Winn said one of the goals is to reinforce how active of a demographic the senior population represents. Learning from that group and getting feedback on issues ranging from government policy to religion to family values will be vital to students as they begin their careers in their chosen fields.

Every day in the U.S., 10,000 people turn 65, and the number of older adults will more than double during the next several decades to top 88 million people and represent more than 20 percent of the population by 2050.

"I strongly believe that communication and knowledge are important for all generations," Mahaffey said. "Each generation has something to share with each other - whether it be a skill, true historical accounts of memorial events, or just a way to share knowledge about an important event in someone's life. Bridging the gap between generations will absolutely be a meaningful memory for both resident and student."

And it all starts with a conversation.

For more information about <https://www.tealridge.com/> or call Tealridge Retirement Community visit: 405-608-8020.

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Murray at Southeastern Nursing Program established with agreement

Thanks to a new agreement, Southeastern Oklahoma State University will be able to offer students the ability to continue to pursue a career in nursing on the Durant campus.

Murray State College (MSC), a two-year community college in Tishomingo, and Southeastern have entered into an arrangement in which the "Murray at Southeastern Nursing Program" has been established.

On Thursday, MSC president Joy McDaniel and Southeastern president Thomas Newsom signed a memorandum of understanding between the two schools.

"The MSC Nursing at SE program brings with it a new option for Durant-area students who are interested in pursuing a career in Nursing," McDaniel said. "This partnership creates new opportunities for prospective

students while filling a crucial need in southern Oklahoma."

"Over the past few years, Murray State and Southeastern have collaborated on a number of projects," said Southeastern president Thomas Newsom. "The common denominator is that students are the direct beneficiary. And in this case, the Murray at Southeastern Nursing Program will not only serve students, but address a critical need in the healthcare field. We appreciate President McDaniel's vision and her staff at Murray for working with us to make this program a reality."

Tentatively scheduled to begin in January 2023 pending accreditation approval, Murray students enrolled in the program will attend classes on the Southeastern-Durant campus. Southeastern will deliver general

See PROGRAM Page 5

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A Program of TSET

PROGRAM

Continued from Page 4

education courses required for nursing students enrolled or planning to apply to the Murray at Southeastern Programs.

The program will allow students the opportunity to obtain an Associate of Applied Science degree in nursing from MSC. In addition, the students will have pathways available to obtain their bachelor's degree from Southeastern.

Southeastern is in the process of developing additional degrees to support the Murray at Southeastern

Program that may include RN-BSN - Nursing, RN-BSN- Respiratory Therapy, MSN - Nursing Leadership, MSN - Nurse Educator, MS - Health Science, MS - Health Administration, and MS - Community Health.

In a separate agreement between the two schools, Murray will outsource certain Human Resource services to Southeastern, further strengthening their working relationship.

For more information about Southeastern State University Nursing program visit:

<https://www.se.edu/mccurtain/nursing-program/>



Murray State College president Joy McDaniel and Southeastern president Thomas Newsom sign the agreement to bring the nursing program to Durant.

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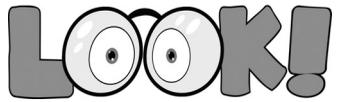
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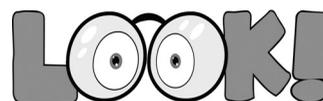
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Groundbreaking Ceremony for INTEGRIS Health

Heart and ICU Hospital Expansion



INTEGRIS Health broke ground today on a \$200 million heart and ICU expansion project at INTEGRIS Baptist Medical Center. Click [here](#) to view ceremony highlights. The new state-of-the-art facility is being built in response to a dire need for intensive care in our state. Heart disease is the leading cause of death in Oklahoma. In fact, more

Oklahomans die of cardiovascular disease than any other state in the nation. That may be our current reality, but it does not have to be our destiny.

"This new Heart and ICU Hospital at INTEGRIS Baptist Medical Center will not only give our community access to the best, leading-edge therapies available anywhere in

the world but will also provide the most advanced setting for talented nurses and physicians to care for Oklahomans in their greatest times of need," said Timothy Pehrson, INTEGRIS Health president and chief executive officer.

INTEGRIS Health has long been the leader in cardiac and critical care medicine. We were the first in the state, and in some instances the country, to offer a variety of advanced procedures and technologies.

The current heart and ICU expansion project is just one more example of the same relentless pioneering spirit. "INTEGRIS Health has invested in the future of cardiac care for the state of Oklahoma and the region with the commitment to build this state of the art facility," said Jeffrey Sparling, M.D., the director of Noble Cardiovascular Laboratories at INTEGRIS Heart Hospital. "It is the physical equivalent of the type of care that INTEGRIS Health cardiologists, intensivists and surgeons have always provided, which is cutting-edge and unavailable any place else in Oklahoma."

At INTEGRIS Health, Oklahomans already have access to the best, leading-edge therapies available anywhere in the world. INTEGRIS Baptist Medical Center is the only center in Oklahoma to offer a full spectrum of advanced cardiac care support to include ECMO, LVAD, total artificial heart and transplantation. We are the only health care system in the state that can offer Oklahomans all of these options.

The expansion is intended to continue to attract and retain the

most talented physicians and surgeons in the country and enable us to provide the latest and greatest technologies to countless Oklahomans. "This new A picture containing text, sky, road, outdoor Description automatically generated facility will be a wonderful enhancement to our ability to provide the highest level cardiovascular care for our fellow Oklahomans both now and for years to come," said Douglas Horstmannshof, M.D., the co-director of INTEGRIS Advanced Cardiac Care at INTEGRIS Baptist Medical Center.

The expansion will consist of a new 209,000 square foot building which will include 64 ICU beds, multiple cardiac catheterization labs, cardiovascular operating rooms, hybrid operating rooms, electrophysiology heart labs, and convenient cardiac diagnostic testing areas. The new space is designed with the patient in mind, making navigating the hospital and clinics as easy as it has been in one convenient location.

INTEGRIS Health is partnering with the community on this endeavor, kicking off a capital campaign. "We are committed in partnering with communities to help improve the health of Oklahomans," said Skip Leonard, vice president of the INTEGRIS Health Foundation. "This world-class heart and ICU expansion will give extraordinary care and provide all Oklahomans with the very best in patient outcomes."

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NURSE TALK



QUESTION:
What do you enjoy about working in the countryside?



Wolfe Living Center at Summit Ridge

"I love it. It's a relaxing atmosphere and the residents love it."



Belinda Wright, CNA

"I love it. I grew up out here in the country in Harrah and I just feel at home here."



April Ryan, CMA

"I think it's peaceful and quiet. People are friendly out here. There's not a lot of chaos."



Sarah Stanifeld, CNA



Carter, Recipient



I was diagnosed with Juvenile Onset (Type I) Diabetes shortly after my eighth birthday. I did well for many years without too many problems but at the age of 43 my kidneys began to fail. Shortly after this decline, I began dialysis and was placed on the transplant list for a donated kidney and pancreas. This was a difficult decision because I knew someone would have to lose their life before mine could be healthy again.

After being on dialysis for almost four years I received the call that organs were available and I was a match.

It has now been 10 years and I am so thankful for God's grace and a loving, giving donor and her family.

I am an organ donor. My donated organs cannot be re-donated but thanks to my transplant and good health, I am now able to give my other organs. Please join me in becoming an organ donor.

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. 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.



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(AS PUBLISHED IN THE 2021 EDUCATION GUIDE TO NURSING)

4 Ways to Join a Winning Program

Oklahoma Christian University boasts the fastest growing nursing program in Oklahoma, and there are lots of reasons why. The highly experienced Nursing faculty use advanced technology to offer online degrees, the new, spacious on-campus labs are cutting edge, and professors in the mission-focused BSN Nursing degree often remind students why they are pursuing a career that is all about caring for others.

"Dr. Gray and all of my instructors pray for us before each exam, and I have no doubt they pray for me outside of class too," said student Kyler Wilson-Walker.

There are 4 ways to join this winning program.

1. Online RN to BSN

Oklahoma Christian University offers the only online, competency-

based, credit-awarding RN to BSN in the country! This degree is designed for registered nurses who have some work experience. Students get to apply their experience to their degree and test out of skills they have already learned. This allows students to work at their own pace through a tuition subscription. For only \$4,000 students can take as many classes as they want in the four-month subscription period. One student even finished her entire degree in that amount of time! However, the average student requires three subscriptions or about one year.

2. INTEGRIS Partnership

Individuals with no experience can apply for a job as a nursing assistant with INTEGRIS Healthcare and enroll as an online student with Oklahoma Christian University.



"Dr. Gray and all of my instructors pray for us before each exam, and I have no doubt they pray for me outside of class too." Kyler Wilson-Walker, student.

INTEGRIS even offers a \$1,000 signing bonus and tuition repayment! It's a great way to earn a paycheck and a degree with a job that prepares you for class and classes that prepare you for your future.

3. Transfer From Another University

Students who begin college somewhere else and transfer to Oklahoma Christian University step into a community of instructors and students who are all about supporting one another. The tightly knit community is known for supporting others, honoring the creator through nursing, providing an environment designed for each student's success and having fun.

4. On-Campus

High school graduates who want to become a nurse find

their home at Oklahoma Christian University. Students looking for the full college experience are mentored for spiritual, mental and physical growth alongside the rigorous academic program. Living on campus allows students to become a part of the university's traditions, make friendships that last a lifetime and flourish under the guidance of excellent faculty.

Oklahoma Christian University believes students are more than their degree. It's a university dedicated to helping students learn exactly who they are called to be in a worldwide context. You can find them online at oc.edu or located at 2501 East Memorial Road in Oklahoma City. For more information visit: <https://www.oc.edu/academics/undergraduate-programs/nursing>

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A journey to be a future



The College of Nursing at Oklahoma Baptist University was founded in 1952, offering the first collegiate baccalaureate nursing program in the state of Oklahoma. Graduates from the OBU College of Nursing boast a 100% or near 100% passage rate on the NCLEX, year in and year out. OBU nursing graduates are in demand, not only for their clinical experience, academic knowledge, professionalism, and skilled expertise, but also for the care and compassion they bring to work each and every day.

The OBU nursing faculty provide students with a high-quality curriculum that is contemporary, relevant and meets the ever-changing needs of our health-care environment. The University remains committed to a faith-based, excellence-driven, mission-purposed and community-directed nursing education. Be a Future Shaper in the OBU College of Nursing and help change the world, one patient at a time.

Stavros Hall

The OBU College of Nursing resides inside Jane E. and Nick K. Stavros Hall, a 32,000-square-foot facility designed to provide cutting-edge nursing education for both undergraduate and graduate-level students. Opened in 2016, it is located on the northeast corner of the OBU campus in Shawnee. The facility features six high-fidelity skills simulation labs, a

medium skills lab, a health assessment skills lab, and a home health and bathing training room, totaling 24 beds. The high-tech simulation labs are equipped with the industry's most advanced medical simulation solutions, providing students with realistic training scenarios for their future nursing careers.

Stavros Hall includes five classrooms, a 109-seat lecture hall and computer lab, as well as spaces for students to study, meet and interact with faculty. It features multiple skills and simulation labs equipped with video recording technology, allowing instructors to interact with nursing students during procedures. With full control of the state-of-the-art human simulators, instructors train future nurses to expect the unexpected and react with life-saving speed to evolving situations in real-time. The video technology allows instructors to offer the best possible feedback to students, as they review the scenario together following each simulation.

World-Class Education on Bison Hill

An OBU education will transform your heart and mind so you can engage with purpose, compassion and confidence in the world for good and for the glory of God. OBU will prepare you to face the challenges of a rapidly changing world and workplace. You will be encouraged to go beyond and reach higher than you ever thought possible, approaching everything you do with excellence.

Your OBU journey will help you discover who you are, your passions and your purpose in life. Every subject is explored through a Christian worldview. Faith and knowledge blend together harmoniously to develop critical and analytical thinkers who can write,



Stavros Hall at Oklahoma Baptist University in Shawnee, Ok.

and communicate clearly, persuasively and with confidence.

Shaper in the College of Nursing at OBU. Visit:

Apply today and be a Future <https://www.okbu.edu/>

Creating people who know how to think with their heads and their hearts.

OKBU.EDU

Built in 2016, OBU's 32,000-square-foot nursing facility provides cutting-edge nursing education.

International Council of Nurses and European Nursing organisations condemn invasion of Ukraine

ANA Joins ICN in Condemning Invasion of Ukraine

The International Council of Nurses (ICN), the European Federation of Nurses Associations (EFN) and the European Forum of National Nursing and Midwifery Associations (EFNNMA), speaking on behalf of the world's 28 million nurses, utterly condemn the illegal invasion of Ukraine and the military attacks on its people. We call for an immediate ceasefire, an end to all hostilities and for the commencement of intensified diplomatic negotiations to secure peace.

Nurses and other healthcare workers deliver care and treatment to all patients without fear or favour: they must be allowed to do their work protected from threats and violence, and the healthcare facilities they work



in must be shielded from harm. International regulations and the Geneva Convention protecting health facilities and health workers must be respected and enforced.

The people of Ukraine must be provided with the humanitarian aid they are entitled to under international treaties, and they must have ready access to the vital equipment, medicines and supplies that are required to treat all of their healthcare needs, including injuries or illnesses. Refugees from the conflict must be afforded the right of free passage and provided



with healthcare and support on their journeys and when they reach a place of safety.

The world's nurses demand that the health and wellbeing

of the people of Ukraine is safeguarded and that can only be achieved through lasting peace,

because peace and health are inseparable.

Over 55, Unemployed & Looking for Work?



Get the training and skills you need to compete in today's job market.

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.

AARP Foundation
For a future without senior poverty.

OMRF named a top US charity for 20th time



The Oklahoma Medical Research Foundation this month received the highest possible rating from Charity Navigator for the 20th time.

The Oklahoma Medical Research Foundation has received the highest possible rating from Charity Navigator for the 20th time.

Charity Navigator, the nation's largest charity evaluator, awarded a four-star rating to the Oklahoma City-based biomedical research institute, scoring 96.90 out of a possible 100. Points were awarded for demonstrating a strong commitment to accountability, transparency and financial health.

"This is our highest possible rating and indicates that OMRF adheres to sector best practices and executes its mission in a financially efficient way," said Charity Navigator President and CEO Michael Thatcher.

Only 9% of the organizations Charity Navigator evaluates have received at least seven straight four-star ratings, Thatcher said, "indicating that OMRF outperforms most other charities in America."

Founded in 2002, Charity Navigator promotes intelligent giving by preparing annual report cards on U.S. and international charities. It uses publicly available financial information to evaluate more than 195,000 organizations.

Charity Navigator measures performance in areas such as fundraising, program and administrative expenses, fundraising efficiency, revenue and expense growth and overall transparency. It then assigns a rating of zero to four stars to give donors confidence when making a charitable donation.

"Each year, thousands of people entrust OMRF with donations, and we take pride in being good stewards of those gifts," said OMRF President Andrew S. Weyrich, Ph.D. "That means we strictly adhere to the intent of each donation, which is to fund life-saving research."

Situation Update: COVID-19

COVID-19 Cases	1,024,471
New Cases	1,113
New Cases 7 day Average	712
Active Cases	3,139
CDC/NCHS Provisional Deaths	14,835
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	7 (1)
Region 2 (NE)	23 (6)
Region 3 (SW)	51 (12)
Region 4 (EC)	38 (15)
Region 5 (SE)	11 (2)
Region 6 (Central)	37 (4)
Region 7 (Tulsa)	132 (43)
Region 8 (OKC)	167 (28)
Total	466* (111)
Other Types of Facilities	
Focus Facilities	14 (4)
Rehabilitation Facilities	6 (0)
Tribal Facilities	5 (3)
Other Facilities Total	25 (7)

*Includes 40 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 2022-03-04 at 7:00 a.m.



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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.



[unitedwayokc.org](https://www.unitedwayokc.org)