



Valerie Bell, APRN, and staff will be on hand during the upcoming Hispanic Health Fair and Mobile Clinic. Photo provided

by Bobby Anderson, RN, Staff Writer

Integriss Health has long had a mandate to serve the community. Sometimes that means going out into the community to meet those health needs.

That's the idea behind the annual Hispanic Health Fair and Mobile Clinic. The 32nd edition of the event will be held from 9 a.m. to noon on Saturday, April 30 at Moore Norman Technology

Center, 13301 S Pennsylvania, Oklahoma City.

Services are free to the public.

Participants will be offered information and resources on health and wellness and free health screenings will be available including cholesterol, glucose, blood pressure, vision and dental screenings along with

lung function testing, hearing exams, EKGs, immunizations and COVID-19 immunizations and testing.

Valerie Bell, APRN, serves at the Integriss Health Community Clinic.

She says the INTEGRIS Health Mobile Clinic provides health services for underserved Oklahomas

See INTEGRIS Page 2

INTEGRIS

Continued from Page 1

through health screenings, food distribution, cooking demonstrations, support groups, chronic disease support and wellness resources.

"We offer comprehensive mobile health care led by a team of nurses and health educators," Bell said. "The distinctive advantage of the mobile clinic is the ability to reach underserved patients in their neighborhoods, eliminating the physical barriers to care, such as inadequate transportation and dispersed services. The mobile clinic opens its doors directly into communities with the help of several partnerships to offer a continuum of care to the underserved and uninsured."

For more than three decades now, the health fair has been a staple in south Oklahoma City. Bell says by removing the physical barriers of healthcare and meeting those in their own environment it helps to break down healthcare barriers for a population that is often hesitant to seek treatment.

"Hispanics are among the most vulnerable populations in Oklahoma

with declining access to consistent care," Bell said. "We are committed to improving accessibility to health care through the mobile clinic. Hispanics can also face language, cultural and economic barriers. Through the mobile clinic, we are providing quality, professional health care, and health resources at no cost to those who need it."

Bell says she was drawn to nursing to help those that needed help. Serving the Hispanic community through the Mobile Clinic just makes sense.

"I was drawn to nursing by my passion to serve the underserved and to give them the quality care they deserve," Bell said. "Along with my team, we work hard and enjoy the satisfaction of seeing our patients take charge of their health and make the necessary changes to live healthier lives."

"The Integris Mobile Clinic is a health and education clinic with a robust variety of services for our community and their needs. Focused on expanding access, promoting prevention and improving chronic disease management, the mobile clinic targets at-risk-areas in Oklahoma. By traveling to these communities, our mobile

clinic removes barriers such as transportation issues, difficulties making appointments and long wait times."

Seeking services at the mobile clinic can begin a continuum of care for patients, who can then be referred for their additional needs.

"Our mission of partnering with people to live healthier lives extends our reach far beyond the walls of our hospitals to bridge the gap to those who need our help most," Bell said.

Since opening a free medical clinic in 1993 in the inner city, Integris has continued to serve the underserved.

One of the largest free, all-volunteer clinics in the state recently made an increased investment in its ability to serve the Hispanic population by adding additional interpreters.

Carmen Romo, program manager for Hispanic Outreach with INTEGRIS Community Health Improvement, contacted the faculty of OSU OKC's Technical Spanish/ Translation and Interpretation Department and Tulsa Community College for their assistance with locating technical Spanish students who would be interested in

volunteering their time as interpreters at the clinics.

The students would have the opportunity to practice their Spanish in the field in a clinic setting along with their preceptors and receive certification for their interpreter services.

Through those conversations, Integris Health clinics now have two to three additional Spanish speaking volunteer interpreters at each of their clinics through their OSU OKC and Tulsa Community College partner agencies.

Cancer screenings will also be available during the fair by appointment only for skin, oral, breast, prostate, and colorectal cancer.

Reservations are required for all cancer screenings. For more information and reservations, please call 405-636-7548 or 405-636-7549.

For more information about INTEGRIS health visit:

<https://integrisok.com/careers>



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NSNA Supports the ICN and European Nursing Organizations Condemnation of Ukraine

The National Student Nurses' Association (NSNA) House of Delegates (HOD) passed a resolution, "In Support of the International Council of Nurses and Humanitarian Aid for Ukraine," at the NSNA 70th Anniversary Convention. The meeting took place in Salt Lake City, Utah, April 6-10, 2022.

Considering current world events, the International Council of Nurses (ICN), European Federation of Nurses Associations (EFN), and European Forum of National Nursing and Midwifery Associations (EFNNMA) issued a joint statement condemning the



invasion of Ukraine, health service disruption, healthcare facility and innocent civilian attacks by Russian forces.

NSNA stands in solidarity with the ICN by condemning the acts of war committed against Ukraine that endanger nurses, healthcare facilities, and other medical personnel. Nursing

students are calling for an end to hostilities in Ukraine, by supporting the #NursesforPeace campaign to assist Ukrainian nurses and nursing students, and by supporting the humanitarian efforts in Ukraine and neighboring countries.

By adopting this resolution, NSNA supports healthcare workers across the world who are providing care for those in Ukraine and caring for the millions of refugees who are fleeing the war zone. NSNA encourages national nursing associations and individuals to donate and directly impact relief efforts.

NSNA constituents and members are urged to promote the #NursesforPeace social media campaign and joins nurses and nursing students in solidarity with Ukrainian nurses by promoting the campaign on their social media.

Finally, NSNA members are asked to contact federal legislators and President Biden to support the people of Ukraine by providing humanitarian relief.

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CAREERS IN NURSING

BECOMING AN RN: A NEW GENERATION

by James Coburn - staff writer

Elizabeth Geist asks nurses a lot of questions while being a nurse technician at Mercy Hospital in Oklahoma City. She is in her second semester in becoming a registered nurse by earning an associate degree at OSU/OKC.

She has five weeks of course work left before graduation. Her course work is general for now, but that will change with on-the-job training when she chooses the type of unit to serve as a registered nurse.

"Right now, I can't decide between the ER, surgery, or the ICU as a nurse. So, I'm hoping clinicals will help me figure that out," she said.

OSU/OKC has a rigorous nursing school program with a lot of exams to push all their enrollees to achieve a standard of excellence.

"Right now, we are learning a lot of medical/surgical things," said Geist, 20. "We are learning about

ABG (arterial blood gas) values, and that's very important when it comes to ICU or ICU step down — learning those blood values. So that's been very interesting. I'm really enjoying my studies right now. It's all right up my alley."

Geist had an early introduction to what nurses do when she was 13. She had two surgeries in one year. The care she received brought her to consider a career in nursing. She has her heart set for long nursing career at Mercy Hospital.

Geist does everything unlicensed personnel can do during her 10th month at Mercy. She starts IVs, implements catheters, and does wound care on the orthopedic, urological, neurological units. Procedures include a lot of hip and knee replacements and plans of action for neurological patients who are bed bound.

"Just kind of being here and seeing all of the things they have

to do, I just got very interested in what they are doing," Geist said.

She knows there is a lot of variety of learning opportunities for nurses working in the emergency room. One never knows who is going to be their next patient, she said.

"You never know what's going to happen that day. I had clinical in the ER, I did a lot of skills and learned a lot of different things. So, it was really cool," she said.

Geist was able to observe 15 different problems people experienced when doing her clinical work.

"Surgery is very interesting. From my experience — I had a problem, and they opened my leg, fixed me up and I haven't had a problem since then. It's very cool to see that whole process of someone being fixed in a two-hour span."

The critical nature of an intensive care unit intrigues her. There are many aspects of nursing that overlap

and require quick thinking. There are certain things for a nurse to watch for in the ICU. The immediate needs of a patient must be dealt with quickly whenever problems surface.

"You have to be right there with the patient fixing any needs they have," Geist continued. "Working here as a tech during nursing school has helped me so much," she said. "It's helped me with my studies, but also I'll notice when a patient has a weird side-effect going on — maybe they're a little bit more confused. It has helped me figure out they're confused. What is wrong with them that's making them like this?"

During her lunch break or when her patients are sleeping, Geist will pull out her note cards and study a bit. Anytime she has a question, she will just look over at one of the nurses and say, "Hey, what does this do?" And they all give

See GEIST Page 5



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GEIST

Continued from Page 4

her a very detailed explanation. The nurses help her to learn by putting matters into perspective. Every day is tantamount to clinical work during her time at Mercy.

"So, it's been really helpful," she said.

Geist said the nurses tell her they hope she will continue working as part of their unit and stay. They are excited she is becoming a nurse, she said.

"I love the culture here. Everybody is so nice. I've never had a bad experience here and it's also close to home," she said. "So, I definitely just want to stay here."

Geist said she is grateful for not being a nurse during the more intense periods of COVID-19.

She still lives with her family and her mother was having chemotherapy that placed her immune system at greater risk.

The fact that many nurses left the profession during the pandemic has motivated Geist to get through school and join the workforce during a time of need.

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Elizabeth Geist has a clear road before her as a nursing student at OSU/OKC.

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Index to Classifieds

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

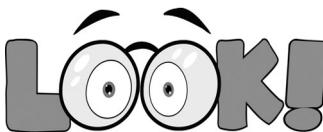
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What nursing tracks does Harding offer?

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- Four-year, full-time/part-time

traditional track

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- Individualized track for students who hold a current unencumbered nursing license without a bachelor's degree. An individualized degree completion plan is collaboratively designed with the student (full-time/part-time available)

- Honors classes

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- Master's Entry into Professional Nursing
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What sets Harding trained nurses apart? The undergraduate nursing program has a 98.8% first-time NCLEX-RN pass rate since 2017 and has been ranked the No. 1 Nursing Program in Arkansas by RegisteredNursing.org for four years in a row. This ranking is based on how well a program supports students toward licensure and beyond.

Harding's nursing graduates are well-equipped to enter the field, with high job placement rates and a 97.5% first-time Family Nurse Practitioner National Certification pass rate since the program's first graduates in 2017.

The first of its kind in Arkansas, the master's entry into professional nursing program prepares graduates for eligibility to take the national licensing exam to become Registered Nurses. The program provides on-campus, state-of-the-art simulations and diverse clinical experiences in Searcy, Little Rock and surrounding areas to aid students



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"I would choose to be an orca whale. I've always been fascinated with Orca whales."



Jordan Sanders, RN

"There's a lot, but I think a cheetah would be fun. I think they're gorgeous and fun and fast."



Dawn Simonsen, RN

"I would be a polar bear because they swim and they're on land. They pretty much eat everything which I do also."



JD Phillips, RN

EDUCATE

Continued from Page 8

in understanding patient clinical skills, administration and leadership in nursing. Applicants with any undergraduate degree can apply. There are Arkansas nursing prerequisites.

What if I have a degree in another field but have decided healthcare is my passion? The Master of Science in nursing - master's entry into professional nursing option is a great path for students who already have a bachelor's degree in another area of study. The accelerated Bachelor of Science in nursing in Northwest Arkansas is a good option as well.

How do the programs interact

with the community? Students assist in a variety of community clinical settings that serve diverse patient populations. They also provide health screenings at area churches and various University-sponsored events.

Does Harding offer a study abroad program? For more than 40 years, Harding has been training nurses for careers not only in traditional healthcare settings but also in health missions.

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Health Care Training is a Core Area of Francis Tuttle

Among the most highly regarded of the many career training programs offered at Francis Tuttle Technology Center are those in the health sciences. From programs for adults looking for a new career, to those designed to prepare high school students to earn a living while exploring other health career options, there are many available to choose from to help people who are considering pursuing a career in the helping professions of health care. Francis Tuttle has experienced faculty who have worked extensively in the industry, with state of the art equipment used in health and medical facilities throughout the metro area and around the country, and a dedicated focus to help fill a looming skills gap. Below is a brief description of each of Francis Tuttle's program offerings.



The **Pre-Nursing** program for adult and high school students is an exciting opportunity to begin exploring a health care pathway and see what careers are available with additional training. Students gain knowledge about the broad spectrum of health professions. Through the program, students can obtain certification as a Nurse Aide (CNA) and an Advanced Unlicensed Assistant (AUA).

The unique **Respiratory Care** program for adult students works cooperatively with Oklahoma City Community College, whereupon completion, students receive a Certificate of Completion from Francis Tuttle and an Associate of Applied Science degree from OCCC. Students are trained to assist with the treatment of individuals with pulmonary and cardiac disorders, and obtain eligibility

to take the national examinations to earn a Registered Respiratory Therapist (RRT) credential and apply for an Oklahoma Respiratory Care Practitioners License.

The **Practical Nursing** program prepares adult students to provide quality health care in a variety of settings. Three enrollment options are available to best fit student needs: full-time, blended online, and the 1+1 program. Upon completion, students are eligible to take the National Council Licensure Exam (NCLEX) to become a Licensed Practical Nurse (LPN).

The unique **Orthotic & Prosthetic Technician** program, along with certification in Pedorthics, each for adult students, is a hands on program to prepare students to assist the disabled by fabricating the orthopedic braces (orthoses) and artificial limbs (prostheses) necessary for their rehabilitation. Pedorthics offers specialized training to manage comprehensive pedorthic patient care for all injuries and pathologies involving patient feet. Upon completion of the program, students are eligible to take

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Dr. Evans will speak at Northwestern's Spring Commencement May 7

Dr. Cheryl Evans, president emeritus of Northern Oklahoma College, will deliver the address to graduates at Northwestern Oklahoma State University's spring commencement exercise at 10:30 a.m., Saturday, May 7, at Ranger Field. In case of inclement weather, commencement will take place in Percefull Fieldhouse.

Evans graduated from Northwestern in 1992 with a bachelor's degree in mass communications and earned a master's degree in communication in 1993 from Wichita State University. She completed her doctorate in 2000 from Oklahoma State University.

Evans served as NOC's first female president from 2011-2021. Prior to her position at NOC, Evans served 17 years at Northwestern -- 10 years in the mass communications department and managing the campus radio station KNSU in Alva and seven years as dean of the university's Enid campus. She also led Northwestern's accreditation efforts as the self-study coordinator and steering committee chair from 2002-2004 for the Higher Learning Commission.

"Many people at Northwestern hold my favorite memories," Evans said. "My friends, students and colleagues from Northwestern have been there for me over the years."

"Growing up in Cherokee, my early memories were from junior high school attending basketball camp where I developed plenty of foot blisters on the court and had tons of fun staying in South Hall. That was my first real experience with the

university, and I think impacted my decisions down the road to attend right out of high school. Also, it didn't hurt that my boyfriend, Tom Evans, was going to the Alva campus. We both benefitted from the opportunities and quality educations we received."

While in the college classroom at Northwestern, she was awarded the Lisa John Faculty Fellowship from the Oklahoma Association of Broadcasters in 1996, the Northwestern John Sheffield Teacher of the Year in 2000, Top Graduate Presentation of Dissertation at Oklahoma State University in 2000, National Association for Education in Journalism and Mass Communication, Second Place Research Paper 2001, the Northwestern John Barton Distinguished Teaching and Service Award 2004 and the Enid News & Eagle Reader's Choice - Best College Professor 2006.

She currently is a member of the Oklahoma Historical Society board, the Oklahoma Hall of Fame board, the Standing Bear Museum board and a member of the Oklahoma Academy.

Evans and her husband of more than 40 years, Tom, enjoy traveling, serving their local church, spending time with family and photographing wildlife on their rural land near the Salt Plains refuge in Alfalfa County. They also are enjoying life in Tulsa with their two grandchildren, Charlie and Caroline Rogers. Evans has two daughters, Cara Evans, MBA, who works in economic development with career tech and Christa Evans Rogers, who is an attorney and officer with Waters Edge.

FRANCIS TUTTLE

Continued from Page 10

the American Board of Certification (ABC) national certification exam to be recognized as a Certified Technician in Prosthetics and Orthotics (CTPO). After training and one thousand hours of work experience, students may take the Pedorthic Certification Exam (ABC or BOC) to be a Certified Pedorthist (C.ped).

The Dental Assisting program prepares adult students to become members of the dental health care team. Dental assistants have the opportunity to enhance the efficiency of the dentist in the delivery of oral health care. Upon completion of the program, students can obtain certification as a Dental Assistant (CDA).

Each program offers the potential for a high paying career and Francis Tuttle is dedicated to serving the growing demand for a highly qualified workforce in the health care industry. If you're interested, or know someone who is looking to expand their horizons through the expanding field of medical care, check out these and other programs at www.FrancisTuttle.edu and get started on your future today!

Visit www.FrancisTuttle.edu.



Dr. Cheryl Evans, president emeritus of Northern Oklahoma College.

A livestream link for the commencement exercises can be found at <http://riderangerside.com/watch>.

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AHCA/NCAL Highlights Growing Nursing Home Closures

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) released a new report today highlighting data that shows the growing number of nursing home closures since 2015, as well as projected closings in the months ahead. The report reinforces urgent calls for solutions to address the devastating effects of the COVID-19 pandemic and a historic workforce crisis.



Key findings from the report include:

- More than 1,000 nursing homes have closed since 2015, including 776 closures before the pandemic and 327 closures during the pandemic.

- Since 2015, nearly 45,000 nursing home residents have been displaced due to closures.

- More than 400 nursing homes are projected to close in 2022 based on current financials.

- Analyzing federal data, the AHCA/NCAL report found nursing homes that close tend to be smaller facilities in urban settings where the majority of residents rely on Medicaid. During the pandemic, nearly half of nursing homes that closed received 4 or 5-Star ratings from the Centers for Medicare and Medicaid Services (CMS), more than one-quarter were in rural communities, and an increasing proportion were not-for-profit.

- Federal policymakers are considering potential cuts to nursing homes in 2022, such as a reduction to Medicare payments and ending the public health emergency (PHE), which offers enhanced Medicaid funding. The report also includes highlights from a recent financial study conducted by CLA (CliftonLarsenAllen), which forecasts what these cuts would mean for nursing homes, their residents, and their communities.

- CLA projects that if Medicare is cut by five percent and Medicaid

PHE funding ends in 2022:

- 33-38 percent of nursing homes would be considered at financial risk.

- 32-40 percent of residents (as many as 417,000 residents) would be living in nursing homes considered at financial risk.

- 68 percent of U.S. counties would be home to nursing homes considered at financial risk.

The pandemic has exacerbated longstanding financial and workforce challenges facing the long term care industry, pushing many facilities to the brink of closure. Nursing homes will continue to struggle and close for good unless policymakers prioritize long term care for meaningful resources and support.

“Every closure is like a family being broken apart, with the lives of residents, staff and their families impacted in the process,” said Mark Parkinson, president and CEO of AHCA/NCAL. “With hundreds of nursing home closures looming now and thousands more anticipated if government funding is cut, state and federal policymakers need to step up to support our social safety net. We need to do better than just keep nursing home doors open—we need to make significant investments to better support our frontline caregivers and transform facilities for a growing elderly population.”

For the full Nursing Home Closures report visit:

<https://www.ahcancal.org/News-and-Communications/Fact-Sheets/FactSheets/SNF-Closures-Report.pdf>

Situation Update: COVID-19

New Cases 7 Day Average	71
New Cases Week of 4/10/22 - 4/16/22	498
Active Cases	979
Total Cases	1,038,224
CDC/NCHS Provisional Deaths	15,815

Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	1 (0)
Region 2 (NE)	2 (0)
Region 3 (SW)	7 (1)
Region 4 (EC)	4 (3)
Region 5 (SE)	0 (0)
Region 6 (Central)	3 (0)
Region 7 (Tulsa)	18 (10)
Region 7 (Tulsa)	18 (10)
Region 8 (OKC)	42 (6)
Total	77* (20)
Other Types of Facilities	
Focus Facilities	3 (1)
Rehabilitation Facilities	3 (0)
Tribal Facilities	1 (0)
Other Facilities Total	7 (1)

*Includes 24 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 2022-04-21 at 7:00 a.m.

OMRF honors scientists at spring board meeting

The Oklahoma Medical Research Foundation presented scientific awards to four scientists and announced another as an endowed chair during Wednesday's annual spring board meeting.

Florea Lupu, Ph.D., received the Edward L. & Thelma Gaylord Prize for Scientific Excellence, OMRF's highest scientific award. Lupu joined OMRF in 2001 and holds the H. Allen and Mary K. Chapman Chair in Medical Research, which focuses on the study of cardiovascular and circulatory diseases and disorders. His lab aims to find a new treatment for sepsis, which kills about 270,000 people per year in the U.S. — more than lung cancer, breast cancer and drug overdoses combined.

The Merrick Award for Outstanding Medical Research was given to Benjamin Miller, Ph.D., an internationally recognized leader in aging research. Miller, a physiologist, seeks to prevent the onset of chronic diseases by slowing the biological process of aging. His current work focuses on whether metformin, the world's most prescribed diabetes drug, is effective at slowing aging.

Gaurav Varshney, Ph.D., received the J. Donald & Patricia H. Capra Award for Scientific Achievement. Varshney uses revolutionary gene-editing technology to understand human hearing loss, a condition that affects 1 in 6 American adults. Last year, he received NIH funding to study 21 genes believed to be involved in developmental disorders such as hearing loss, autism and schizophrenia.

The Fred Jones Award for Scientific Achievement was presented



to Wan Hee Yoon, Ph.D. Yoon uses fruit flies to investigate how disruptions or failures in mitochondria — the driver for energy and metabolism in cells — can lead to neurodegenerative diseases like Alzheimer's and Parkinson's. Last year his research uncovered a rare genetic mutation deemed responsible for neurological disorders in nine children in Europe and the Middle East.

Also at the meeting, Darise Farris, Ph.D., was named the Alvin Chang Chair in Biomedical Research. Farris' lab studies conditions that range from Sjögren's disease to bacterial infections such as anthrax. Her focus is the body's abnormal immune responses in these conditions and how countering those reactions can result in better health outcomes.

"Dr. Farris is internationally recognized for her innovative research on immune responses in health and disease," said Rod McEver, M.D., OMRF's vice president of research, who held the Alvin Chang Chair from 2009 to 2020. "She is a highly valued colleague at OMRF and other institutions, and most importantly, she is a dedicated mentor to younger scientists."



Oklahoma Medical Research Foundation scientist Darise Farris, Ph.D.

MAY 2022 NATIONAL NURSES MONTH

Oklahoma's Nursing Times National Nurses Month Special Section

The image shows a woman with blonde hair, wearing blue scrubs, smiling. A man in a white lab coat is standing next to her, using a red blood pressure cuff on her arm. The background is a blurred hospital setting.

Join us in supporting nurses as we publish our annual National Nurses Month special section designed to highlight how essential nurses are in the health care system. This is a great time to show your appreciation for the nurses that work at your facility or organization.

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In 2021, the United Way of Central Oklahoma and our more than 19,000 donors and 600 workplace campaigns selflessly contributed to the United Way Campaign. And to share the gift of a better life for thousands of Oklahomans.

And, as always, behind it all is your support. Your generosity is the heartbeat for us all. And we thank you.

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