

Tamera Meadows, RN, DON

RN and DON of Bellevue Health & **Rehabilitation Center - in Oklahoma City**

story and photo by James Coburn, Staff Writer

One of Tamera Meadows biggest thrills as a nurse leader has been to mentor other nurses. She has inspired, trained, and educated hundreds of nurses across Oklahoma during her career. She has seen them accomplish amazing goals including one rising to CEO in the healthcare industry.

"To grow and mentor them to become leaders in their own right within our system is a real thrill for me," said Tamara Meadows, RN, and director of nursing at Bellevue Health & Rehabilitation Center, located in Oklahoma City.

One thing that has kept Meadows in long-term care and skilled nursing is there has never been a dull moment.

"You get the chance to see people make amazing improvements and do great things in our skilled units and rehab units," she said. "I think the other thing is you get to see people through to the end of their life. That is to me a momentous occasion to help people through that part of life, and to help their families through that because it's such a devastating moment. It's an honor to be able to see them through that."

Not every family has the resources to care for loved ones at home. So, they need a comforting place like Bellevue Health & Rehabilitation Center. Meadows admires the nursing staff for its dedicated team spirit.

Meadows said the nurses persevere no matter the challenge, whether it's COVID or an upset resident. They return to work the next day willing to do what it takes, she continued.

time, they do it with a smile on their face," Meadows explained. "They're not always thinking about themselves. They're thinking of that patient. And whether families think they're perfect or not, or maybe they didn't answer the call light on time - nurses are out there trying to reach somebody's potential, to meet their needs."

Meadows shines as a testament of faith at Bellevue Health & Rehabilitation Center. Her motherin-law has been admitted twice to the skilled unit. The care and devotion of the staff, blended with the flexibility Meadows has needed for her family, has been a Godsend, she said.

One of the administrators has her phone on night and day, making a huge difference for nurses to attend to patients' needs. Bellevue Health & Rehabilitation Center is a 150-bed facility that is often at capacity. Seven charge nurses work on day shift, evening shift, and night shift. That doesn't include the supporting staff. With emphasis on respect and appreciation, Meadows and

"Ninety-nine percent of the Human Resources have enhanced the tone for patient care since she arrived at Bellevue Health & Rehabilitation Center two years ago. The company has a history of longevity and Meadows knows why. Instead of simply fixing things, she and the staff innovate and build on ideas.

> "We try to be systematic in our approach, but also understanding of people's needs," she said of the application process. "We know people are struggling. So, if paying a bill occasionally or helping a family out who's struggling whatever it might be, we're trying to look at the whole person and not just them as an aide."

> Everyone has a story. Meadows' late father was a disabled veteran from the Korean War. He had a traumatic brain injury resulting from a fall.

> He had 20 seizures a day. So, Meadows' family was often at Veterans Hospital in Oklahoma City. As a 12-year-old, she volunteered as a candystriper.

> "So, I spent my life around sick people. I'm sure that's what

> > Continued next page

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Tamera Meadows, RN and DON of Bellevue Health & Rehabilitation Center, located in Oklahoma City, says the nursing staff perseveres as they face challenges.

MEADOWS Continued from Page 2

gave me the thought of becoming a nurse," she said.

She learned it only took 12 months to become an LPN. In 1975 she graduated from the Oklahoma City School of Practical Nursing. She was newly married when hired to work in the ICU of a large Oklahoma City hospital when she found a long-term, skilled nursing center was advertising for day shift nurses. Meadows was pleased with the facility and management and stayed there for 10 years. During this time, she earned her RN credential in 1985 from OSU/

Bellevue Health & Rehabilitation

Center has been supportive of continuing education for the many staff members advancing in their

Today, her own daughter is a nurse practitioner in Washington, D.C. specializing in oncology.

Meadows makes a point to relax at home in Yukon by feeding the fish in her koi pond and tending to the life of her garden. The fish hibernate during winter. She can view them from many vantage points in her house. She also collects old nursing memorabilia kept in her office for talking points.

For more information or to join Bellevue Health & Rehabilitation Center CLICK HERE.



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LANGSTON UNIVERSITY STUDENTS NAMED 2023 WHITE HOUSE HBCU

Two Langston University students have been named 2023 White House HBCU Scholars, marking the first time two Langston students have received the honor in one academic year.

The White House Initiative on Advancing Educational Equity, Excellence, and Economic Opportunity through Historically Black Colleges and Universities announced its 2023 HBCU Scholars on July 20, and Langston's Lovette Mba and Charina Lancaster were among the 102 undergraduate, graduate and professional students to receive the honor.

"We are very excited that Lovette and Charina have been selected to represent Langston University as 2023 White House Initiatives on HBCU Scholars," said Dr. Alonzo Peterson, the Interim Vice President for Academic Affairs. "These two students represent some of the best and brightest students here at the university. They are not only great students but render

great service to the Langston University community."

Since 2014, the White House Initiative on Historically Black Colleges and Universities has recognized exceptional HBCU students who have excelled in the areas of academic achievement, civic and campus engagement and entrepreneurial ethos.

Mba and Lancaster are the seventh and eighth Langston students to be recognized as White House HBCU Scholars since the program's inception.

"I am honored to be chosen as a 2023 White House Initiative on HBCUs Scholar," said Lancaster, a 2023 nursing graduate. "Being chosen is an exciting opportunity and I am proud to be a scholar representing Langston University, the only HBCU in the state of Oklahoma. Langston University has provided me with a great education, a wide range of opportunities, a powerful network providing many connections on campus within and



outside of my major of nursing."

This year's cohort is the largest ever and includes students from 70 HBCU's throughout the country.

White House HBCU Scholars will serve as ambassadors for the White House Initiative on HBCUs, the U.S. Department of Education and their respective academic institutions for the academic year. They will receive several networking and professional development opportunities throughout the year, including at the 2023 HBCU Week National Conference from Sept. 24-28.

"We know that they will take full advantage of opportunities to engage the other scholars, initiative staff, and industry partners on questions of innovation, leadership, and personal and professional development," Dr. Peterson said. "Most importantly, we want Lovette and Charina to bring those experiences back to Langston University and share them with other students. This is a great opportunity for Lovette and Charina to help other Langston Lions with the knowledge they gain from the conference and the monthly master classes they will attend."

Mba, a senior business management major, said she applied to the program because it aligns with her goals of community revitalization and economic development, and she's excited to see what she will learn and what

continued next page



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Langston's Charina Lancaster and Lovette Mba were among the 102 undergraduate, graduate and professional students to receive the White House Initiative on HBCUs Scholar Award.

HBCU **Continued from Page 4**

she can bring back to the Langston

"It is a great way to network with professionals in the industry about my passion for economic development on the national level," Mba said. "I'm ecstatic to represent Langston University as a White House HBCU Scholar, and I cannot opportunities that come with the Program CLICK HERE.

Likewise, Lancaster said she's excited to share her experiences and help the Langston community

"I hope that by being chosen as a 2023 HBCU Scholar that I desire to work in and learn more I can help provide future high school graduates from New Mexico with information about Langston University and share my experience with them," Lancaster said.

For more information about wait to experience all the new the Langston University Nursing

41st Annual EPIC Educational Conference Set, 6 Continuing Education Hours Provided

The Epidemiologists and Professional in Infection Control (EPIC) conference will be held Friday, November 3rd, 2023 at the Petroleum Club Event Center, 4040 N Lincoln Blvd., Oklahoma City, OK. 73105.

Nurses will be provided 6 hours of continuing education credits by the Oklahoma Board of Nursing.

The 2023 EPIC Conference Speakers:

Bryan Spradley, training director, Arkansas Oklahoma Carpenters Apprenticeship and Training Program ICRA Awareness.

Kathleen McMullen, MPH, CIC, FAPIC, Mercy Health Director of Infection Prevention Critical Access Hospital IP Program Standards.

Dr. Izzy Justice, Chief Neuroscientist, NEURO580, Mental Health in Healthcare Workers.

Jolianne Stone, MPH, OSDH State Epidemiologist, State Disease

Registration Deadline is October 15th, 2023. REGISTER HERE:

SWOSU Climbs Higher in U.S. News & World Report's Rankings

Southwestern Oklahoma State University (SWOSU) is proud to announce that the U.S. News & World Report, the global authority in education rankings, has recognized it as one of the top regional universities in the West and one of the top public schools in the West, according to their 2024 Best Colleges report.

This year, SWOSU achieved a significant improvement in its rankings. In the "Regional Universities- West" category, the university was ranked #64, a notable jump from our previous ranking of #71. In the "Top Public Schools: Regional Universities- West" category, SWOSU now ranks #33, up from our #37 ranking last year.

These rankings are particularly meaningful this year as the U.S. News & World Report placed greater importance on social mobility and student outcomes. This achievement reflects our dedication to providing an exceptional education that leads to success for our students.

In the Western region, SWOSU competes with 120 other universities, including those within the Regional University System of Oklahoma (RUSO). Notably, Northeastern State University secured a ranking of #62, and the University of Central Oklahoma (UCO) secured a ranking of #67 in the "Regional Universities- West" category. In the "Top Public Schools: Regional Universities- West" category, Northeastern State University placed #31, and UCO

The U.S. News & World Report's "Best Colleges" rankings are determined based on key characteristics, such as information regarding majors, campus life, and more. They also use data provided directly by the institutions, with statistics that are not available to and from external sources. The U.S. Department of Education's National Center for Education Statistics provides information about graduation rates, retention rates, and expenditures.

For more information about SWOSU, visit https://www.swosu.edu/. To see the 2024 U.S. News and World Report's "Best Colleges" lists, visit https://www.usnews.com/best-colleges.

INTERACTIVE AD - CLICK BELOW TO APPLY



(AS PUBLISHED IN THE 2023 EDUCATION GUIDE TO NURSING)

Dressing for Success: Uniform Shoppe Prepares Nurses

In all walks of life, starting off on the right foot can put you on the path to success.

Nursing is no different.

With the help of the Uniform Shoppe, students across Oklahoma have been starting their careers off on the right foot for more than 60 years.

For half a century, The Uniform Shoppe has had nurses' back - and their front - literally bringing a professional look to their doorstep.

Green Country Technology Center Director of Nursing Darlene Baker, RN, MSN, has seen it firsthand for more than two decades.

There's a special day every semester at the Okmulgee nursing school. It occurs right after LPN students finish their Introduction to Nursing course and just before their Anatomy and Physiology course.

It's the day Jody Weise from The Uniform Shoppe comes to visit and no one ever misses.

"They are so excited. They feel like they're real nurses," Baker said. "They're trying things on, looking at the stethoscopes and picking out their colors."

Baker has been at Green Country Technology Center for 22 years now. The school uses The Uniform Shoppe for all its LPN and CNA uniforms. No one goes to clinicals until they've visited Weise.

"We're very strict with our dress code when they go into the clinical setting," Baker said. "Jody kind of knows what we like. She does the groundwork.

"Obviously, they are dependable. It helps us out because instead of us having to load students up or send students one at a time they actually come to our facility. If there are any changes they let me know well in advance."

Since 1962, The Uniform Shoppe has been a family affair.

Albert and Elaine Weise opened the Uniform Shoppe in Tulsa.

They traversed the Oklahoma highways and backroads bringing comfortable, affordable quality to nurses at their facilities.

Riding in the back seat was their daughter, Jody.

She learned the business from the best and now co-owns and manages the Tulsa location.

While the styles on the rack may change, little else has changed about this Oklahoma institution.

The Tulsa location moved around the corner to 6044 S. Sheridan Road a while back but the Oklahoma City store is still located at 10503 N. May Avenue.

The Uniform Shoppe has hands-down always had the largest stock of scrubs for nurses, health care workers, and daycare workers - every profession that requires durable-yet-professional attire while working with people.

Service has always been the focus.

"We work with many schools to get their students started on the right track – nursing, dental, cosmetology, culinary, veterinary, physician assistants, physical therapy, chemistry, health careers and information, paramedics, lab tech, nutrition, occupational therapy, pharmacy, radiography, respiratory and surgical," Weise said. "We've even had quite a few adolescent classes of 'future leaders' going into scrubs and lab coats.

"Most schools want their students to look professional which lends to acting professional."

Starting a new career is exciting. Looking like you belong is important, too, that's why Green Country students love it when Weise comes to campus.

The Uniform Shoppe also provides students with monogrammed lab



coats, their first stethoscope, hemostat, and bandage scissors.

"It's a very convenient, one-stop-shop for us," Baker said.

Baker relies on Weise to keep Green Valley students and faculty in comfort and fashion.

"When you're online you don't know how it's going to fit," Baker said. "So when they come here they have the opportunity to actually try them on so you know. Not everyone's body looks exactly the same so Jody makes sure we have different fits so that everyone is able to be satisfied."

The Uniform Shoppe helps students present a professional and polished look while working clinical rotations in hospitals and offices, representing the student and the schools in the best light.

"Cheap uniforms tend to look that way, and when out in public, it reflects on the student as well as the school," Weise said. "There are many well-made, quality uniforms that are **very budget-friendly**, and working with a local uniform store supports the very community that supports the students and schools in the real world."

Baker said as graduation nears, students go up to The Uniform Shoppe as a group to select their first set of white scrubs as well as a new pair of white shoes.

The staff are very knowledgeable about fabrics, fit, and size availability and make it their business to learn the positive features of various brands so they can work with school administration and students regarding fit, wear, and care.

It's more than a product, it's a relationship.

"They're just like family," Baker said. "They seem to be as excited as the students are so it's pretty cool."

And for more than half a century, the Uniform Shoppe has been there helping nurses put their best foot forward. Visit us in OKC, Tulsa or online at https://theuniformshoppe.com.











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Analysis Finds Nursing Home Staffing Mandate Would Require Over 1200 Additional Full-Time Employees in Oklahoma, Cost \$76 Million Annually

Almost 6,000 Residents at Risk of Displacement in Oklahoma if Nursing Homes Can't Hire Workers Needed



Oklahoma Providers released an analysis today by professional services firm CLA (CliftonLarsenAllen, LLP) on the impact that the Biden administration's recently announced federal staffing mandate would have on nursing homes in the Sooner State. The proposed rule would require specific nursing home staff to spend a minimum number of hours with each resident - 2.45 nurse aide hours per resident per day (HPRD) and 0.55

registered nurse (RN) HPRD – as well as have a 24-hour registered nurse (RN) on site.

Among CLA's findings:

- Oklahoma nursing homes would need to hire an estimated 1,253 additional full-time employees, including 538 nurse aides and 715 RNs.
- •The proposed mandate would cost Oklahoma nursing homes approximately \$76 million per year.
- •Over 99 percent of nursing homes are currently not meeting at least one of the three proposed staffing requirements: the 2.45 nurse aide HPRD, the 0.55 RN HPRD, and the 24/7 RN.

•If nursing homes are unable to increase their workforce to meet these new requirements, more than 5800 nursing home residents could be impacted by census reductions.

"This analysis underscores that Oklahoma's nursing homes cannot meet this staffing mandate as it's currently proposed without the proper funding and workforce programs," said Care Providers Oklahoma President and CEO Steven Buck. "Simply put, the government is demanding that our facilities hire skilled workers that do not exist in this state with money that we do not have. At the end of the day, it is going to be vulnerable seniors who are hit the hardest by the unintended consequences of this fatally flawed mandate. We will continue to sound the alarm on this impossible double standard and ask for help from our local and federal leaders

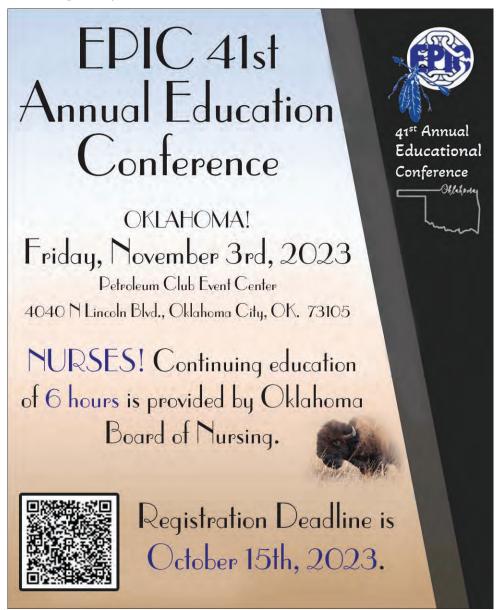


Care Providers Oklahoma
President and CEO Steven Buck.

to rescind this policy."

Read the full CLA analysis and the impact on each state **HERE**.

Download a PDF of the Oklahoma-specific analysis **HERE**.





Oklahoma's Nursing Times October 9, 2023 Page 9

What are your thoughts about attending the OCU Kramer School of Nursing



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OKNT CROSSWORD: Newborn Assessment

Across

- 1. A yellow pigment derived from hemoglobin release with the breakdown of RBCs.
- 3. Initiation of breathing is stimulated by the clamping of the

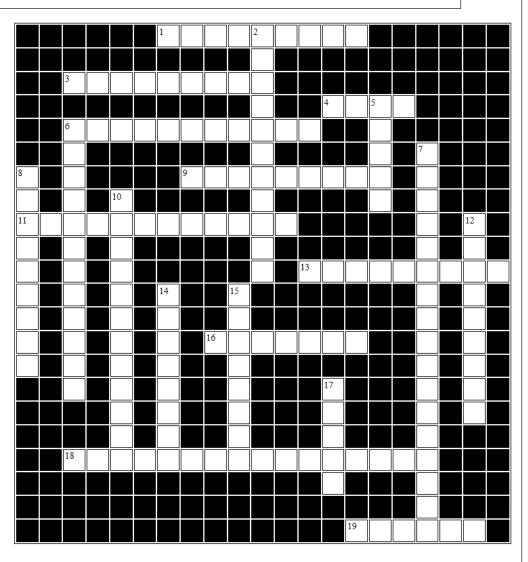
which causes a ris in BP which increases lung perfusion 4. 37 weeks gestation is considered what?

- 6. A protective mechanism that allows the infants to become accustomed to environmental stimuli.
- 9. Ophthalmia neonatorum is an inflammation of the eyes resulting from an infection when passing through the birth canal of a mother who has what STD.
- 11. The removal of the male foreskin
- 13. Type of adipose tissue that is unique to newborns?
- 16. Touching the infants lip or cheek with the nipple will elicit the _____ reflex.
- 18. The maintenence of balance between heat loss and heat production.

ANSWERS ON PAGE 12

	19. A term newborn neart rate of 120 is considered Down		
	2. Nasal flaring, retractions and		
t		grunting when expiring are sign of distress.	
se		es not void within	
n	48 hours of birth	the doctor may	
	suspect	impairment.	
	6. A newborn BF	of 110/70 is	
vs	indicitive of		
0	7. A generalize edematous area of		
	the scalp most commonly found or		
	the occiput.		
	8. Greater than 60 respirations per		
	minute.		
	10. A	is used to	
	suction the baby's airway.		
1.	12. Wrapping of the baby in a		
	blanket.		
	14. Stools while in utero.		
	15 is clearly visible		
	when bilirubin levels reach 5 to 7		
	mg/dl		
	17. The	•	
	rapis assessment of the need for		

resucitation of the neonate.



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The Cultural Reintegration of Veterans: Easing Civilian Life after Combat

By Thomas Shevlin, Recovery + Resiliency Director — Mission 22

Duty. Discipline. Teamwork. Loyalty. Sacrifice. Military culture inculcates these values into its members, and they are long cherished even after active personnel return to civilian life. Indeed, most Veterans from all branches of service continue to adhere to these values for the rest of their days.

These values make Veterans excellent citizens, neighbors, employees, and friends. Yet, the challenges of combat can also make it difficult for Veterans to reintegrate into their communities, as the effects of military service — which can be positive as well as negative — last a lifetime.

The good news is that caregivers, retirement communities, and other community members can help their Veterans thrive in civilian life. Below, I explain how.

Develop cultural competence

The first thing Americans can do is understand the unique perspective Veterans derive from their military experience. The military has its own subculture, so when civilian employers and communities inform themselves about its tenets, they build their cultural competency.

Namely, Veterans have encountered distinct life events during their service. For instance, deployment often requires long separations from their significant others and family members. They may also have faced combat, and some may have been responsible for keeping their team alive during hostilities. In consequence, many Veterans may be accustomed to wielding a level of authority that is rare in civilian contexts.

When Veterans' unique experiences are not just acknowledged and included, but also respected, it has a positive impact by helping Veterans feel understood. This is a solid foundation upon which to build connections with others.

That's why caregivers, staff at retirement communities, and other community members should take the time to learn about the military histories of each Veteran, which starts with knowing their military branch, rank, and deployments. It should also include any significant events that transpired during their service. Retirement communities should also offer workshops or training programs to help staff understand Veterans.

Create inclusive communities

Veterans often feel isolated and struggle to find ways to participate in civilian communities. As such, the best way caregivers, staff, and other community members can include Veterans is by listening actively to them and offering them both acceptance and empathy.

Toward that end, retirement communities should give staff opportunities to learn about and practice these essential communication skills. Over time, if Veterans see their experiences are valued, they will start to open up and contribute more and more.

Retirement communities should also consider creating support networks specifically for them. These groups foster a sense of camaraderie, making Veterans feel more comfortable and embedded in their new communities.

Normalize asking for help

While many Veterans suffer from mental health issues, they may fear seeking treatment due to the stigma that sometimes surrounds these challenges. That's why retirement communities should not only provide mental health services, but also encourage help-seeking behavior.

In addition, navigating the healthcare system often presents difficulties of its own. The more communities can make their processes simple, clear, and intuitive, the more likely everyone — not just Veterans — will be able to avail themselves of these services effectively, meaning patient outcomes are likely to improve overall. In general, caregivers and staff should be knowledgeable about the resources available, both within the retirement community and through external organizations. This includes access to healthcare services, mental health support, and any benefits they may be entitled to as veterans.

Everyone benefits by including Veterans

Civilian communities and employers should value the richness of Veterans' experiences, the depth of their values, and the nature of their challenges. When they do, everyone benefits, and the whole community thrives.

— Thomas Shevlin, Recovery + Resiliency Director at Mission 22, is a former infantry machine gunner who served in the Marine Corps. He went through two deployments, one in combat. After serving four years, he became a personal trainer and obtained his Kinesiology degree. Read more about Thomas Shevlin CLICK HERE:

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United Way of Central Oklahoma Awards over \$235,000 in WayFinder **Innovation Grants**

United Way of Central Oklahoma continues to support creative solutions to health and human services challenges by awarding \$237,276.00 through its fifth annual WayFinder Innovation Grant program. The 2023 recipients are Calm Waters, NewView Oklahoma, Thick Descriptions and Healthy Minds Policy

The winners were announced at United Way's Campaign Kickoff Reception at the Oklahoma City Golf and Country Club earlier this month, and confirmed at the UWCO Board of Directors meeting on September 29, 2023.

"United Way is grateful for another year of progressive projects and new approaches to meet significant needs in our community," said Debby Hampton, United Way of Central Oklahoma president and CEO. "The Wayfinder

program continues to get better and better every year!"

Launched in 2019, United Way's WayFinder Innovation Grant program encourages local nonprofits to develop new and innovative approaches to health and human services issues in central Oklahoma. Finalists were invited to pitch their ideas in a 'Shark Tank' approach to a panel of community leaders in August, who selected four projects for funding in

The Healthy Minds Initiative will receive \$113,850.00 as startup funding for a multi-year initiative to strategically align Oklahoma City's resources, services and funding with the growing mental health needs of its residents. The program will build a comprehensive, population-level strategy for tackling the city's systemic behavioral health challenges.

Calm Waters will be given \$40,000.00



NewView Oklahoma's Ashley Howard, VP of Marketing & Financial Development, presents a proposal for a NewView Print House for lowvision and blind Oklahomans.

to create a grief support group and education program for medical students and residents at the University Of Oklahoma College Of Medicine. This Program will consist of two branches:

grief-sensitivity education and training for medical students, and grief support groups for medical residents.

Continued on next page



Patients Who Smoke Have a 30-40% Higher Risk of Type 2 Diabetes Than Nonsmokers

If you have a patient who smokes, tell them the truth. Tobacco and nicotine can lead to:

- Increased cortisol levels
- Decreased blood flow
- Increased blood sugar
- Increased build-up of plaque in arteries
- Increased heart rate

Call 1-800-QUIT NOW. Text READY to 34191. Visit OKhelpline.com.







Gala Raises Over \$750,000 for Mental Health Initiatives



The 24th annual gala hosted by INTEGRIS Health Foundation on Sept. 22, saw a remarkable gathering of over 700 caregivers, leaders and community partners rising together to support access to mental health care.

The evening raised an astounding \$750,000 for digital mental health treatment for INTEGRIS Health patients across the system. Every patient is different, but treatment could include automated check-ins from a mobile device, access to self-guided online resources, or the ability to schedule virtual appointments easily and be seen in a matter of hours rather than the current wait time – months.

One of the evening's most moving moments was the keynote address by survivor, Kevin Hines. He shared his incredible journey from a suicide attempt off the Golden Gate Bridge twenty-three years ago to his transformative healing and resilience. His message of embracing wellness, enduring pain and finding mental and emotional strength left an indelible mark.

The INTEGRIS Health Foundation extends heartfelt gratitude to all those who supported this remarkable event. Your contributions are not just financial; they are a lifeline for those battling mental health challenges.

OKNT Puzzle Answers: Newborn Assessment 1 1 1 1 1 2 U B 1 N I

GRANTS Continued from Page 12

NewView will receive \$69,926.00 to develop a one-of-a-kind NewView Print House that will allow NewView Oklahoma to create tactile coloring books for all ages, educational materials, children's books and other print materials designed specifically for Oklahoma's low-vision and blind population.

Thick Descriptions, a science empowerment and cultural intelligence agency, will receive \$13,500.00 to fund a special program called "Check Out a Human" to be used as a part of the steAm Learning Journey. This program will offer a camp to tweens and teens teaching them how to become preservers

of Oklahoma history.

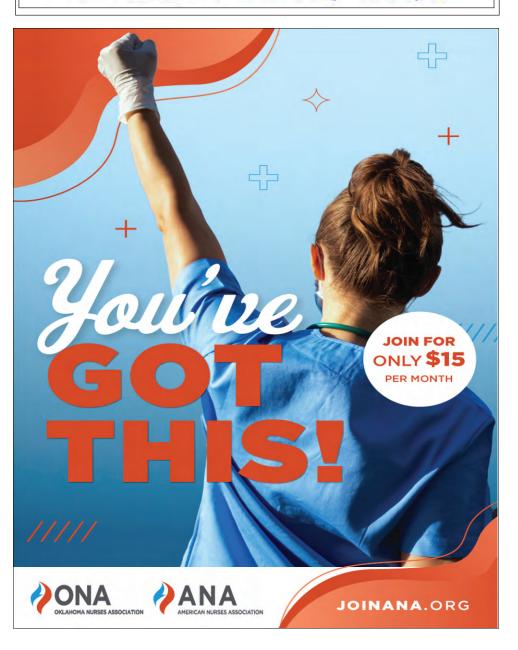
With the inclusion of this year's grant recipients, United Way of Central Oklahoma has committed \$1,119,270.00 to 17 different programs as part of the Wayfinder initiative. Previous recipients include Pivot, Inc., The Oklahoma City for Community and Justice Youth Leadership Forum for Community Transformation, Calm Waters, Goodwill Industries, NewView Oklahoma, youth & Family Services, Mental Health Association of Oklahoma, Urban League of Greater Oklahoma City, City Care, The Homeless Alliance, ReMerge, and YWCA of Greater Oklahoma City.

To learn more about United Way's impact in central Oklahoma, visit https://www.unitedwayokc.org/.

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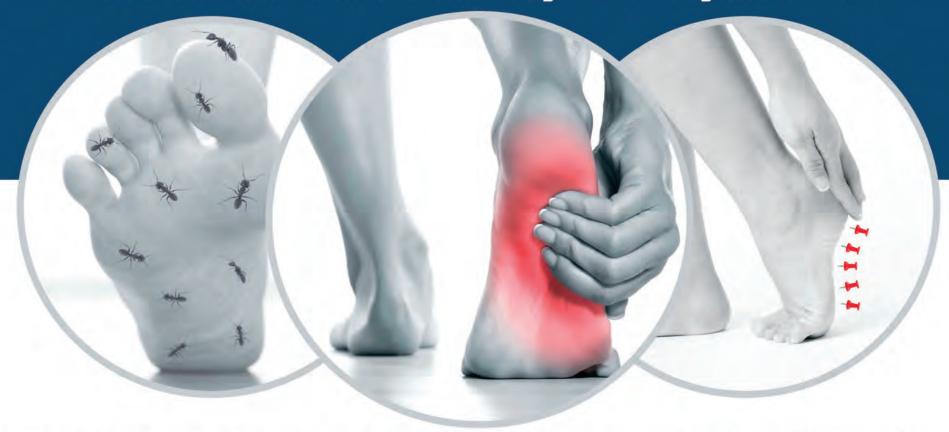






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