

Oklahoma's Nursing Times

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BRINGING Experience and Heart TO WINDSOR HILLS

Read Anna's story on page 2

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Executive Director Brings Experience and Heart

by Vickie Jenkins, staff writer

In the heart of Bethany, Oklahoma, Windsor Hills Nursing Center has become more than a place of care. It's a home filled with connection, warmth, and family like bonds. At the center of it all, is Executive Director Anna Diaz, with 35 years of experience in long-term care. Anna's heart has guided her through every step of her journey in health care.

Anna has been leading Windsor Hills for the past year. Growing up in Wayne, Oklahoma, when she was a little girl, she dreamed of becoming an airline stewardess or even working at Seaworld, training dolphins. "Those childhood ambitions didn't quite work out," she laughed. Her life took her down a path that perfectly matched her natural compassion and dedication, in the health field.

Her very first job wasn't in health care at all, it was a job as a bookkeeper. From there, she gradually worked her way to nursing homes, taking on roles with more responsibilities, until eventually, she found herself where she is today, guiding Windsor Hills Nursing Center with the perfect blend of professional expertise and heartfelt care.

When asked what qualities make a good nurse, Anna didn't hesitate, "They need to be caring, compassionate and able to love the residents like they're a part of their own family." These words aren't just part of her philosophy, they're part of her daily practice.

Anna's strongest quality is having a genuine heart for others, and it

shows. Each morning when she walks into Windsor Hills, residents greet her with joy. They look forward to saying hello, offering hugs. For Anna, those hugs are more than just a favorite part of her day. They're gentle reminders of why she chose this profession. "I love the connection I have with each resident," Anna explains. "I know something personal about every single one of them, and that makes my work here feel like a family."

Her health care career began after graduating from Oklahoma City Community College (OCCC). Along the way, she was encouraged and inspired by her professors, who became her earliest mentors. She also credits her friends that provided support and encouragement through the years.

Though no one in her family worked in the medical field, her influence may very well carry on. Her daughter is currently pursuing her education in RN school, following her mother's footsteps in health care.

At Windsor Hills Nursing Center, Anna leads a team that provides 24-hour care, including nurses and CMA's. While her title may be Executive Director, Anna's typical day covers much more than one role. She manages finances, oversees hiring, monitors food services and ensures smooth operations across the board. Yet, no matter how busy her schedule gets, she never loses sight of the residents at the heart of it all. "It seems like my day includes a little bit of everything," Anna said with a smile, "but, it's the hugs, that's what makes it all worth it."

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Anna Diaz, Executive Director of Windsor Hills Nursing Center, greets residents each morning with warmth and hugs. With 35 years of long-term care experience, she leads with compassion and dedication.

Outside of work, Anna finds balance and joy in spending time with her family. She and her husband enjoy relaxing at the lake, soaking in the peaceful outdoors. Family time is precious to her and she values the moments she gets to spend with her loved ones. Anna is also a pet lover, sharing the home with two dogs who bring their own kind of comfort and companionship.

Looking back over her 35 years in health care, Anna reflects on her career with gratitude. She’s seen the challenges and rewards of health care from many perspectives, and she knows that leadership is about more than just administration, it’s about connection.

For Anna Diaz, leading Windsor Hills Nursing Center isn’t just a job, it’s a calling to care for others, ensuring residents feel at home, valued and loved. It’s about knowing the residents by name, celebrating their victories, and being a steady, loving presence in their lives. Her story reminds us that the heart of health care isn’t found in the paperwork or the procedures, it’s found in the hugs and the smiles.

As Windsor Hills continues to provide compassionate care for its residents, Anna Diaz continues to guide with experience, dedication and above all love. Her journey shows that while our childhood dreams may not always come true, sometimes, life has a way of leading us exactly where we’re meant to be.




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OMRF discovery could prevent two types of blindness

A discovery from the Oklahoma Medical Research Foundation could prevent vision loss in babies born prematurely and in people with diabetes.

The new findings by Courtney Griffin, Ph.D., and Eric Ma, Ph.D., hold the potential for developing drugs to prevent or treat diabetic retinopathy and retinopathy of prematurity (ROP), both of which damage the retina and can lead to blindness.

"Our vision is so fundamental to how we interact with the world," said Griffin, who holds the Scott Zarrow Chair in Biomedical Research at OMRF. "Anything we can do to prevent these diseases from progressing to the point of vision loss would be a game-changer."

Griffin, a cardiovascular biologist and OMRF's vice president of research, performed experiments to better understand what causes these eye disorders.

Of the two conditions, diabetic retinopathy is far more common. In America, it affects more than a quarter of people with type 1 or type 2 diabetes – about 10 million people in all. By comparison, ROP affects about 14,000 preterm U.S. newborns per year.

Griffin's lab identified a crucial hallmark of the two disorders through

separate experiments involving mice and human eyes donated through an eye bank. "Both conditions begin with the retinal blood vessels breaking down, which leads to the formation of abnormal new blood vessels," said Ma, a postdoctoral researcher in Griffin's lab who performed much of the work on the project. "Our study found that the breakdown of healthy blood vessels is preceded by the disappearance of two important proteins."

Griffin and Ma suspected that if the absence of these proteins led to the disorders, then adding one might provide a remedy. They proved this theory by using a mouse model genetically engineered to produce extra amounts of one of the proteins, known as ERG.

"This extra ERG stopped blood vessel loss and the formation of abnormal vessels, which ultimately improved the vision problems," Griffin said.

The prevention or remedy for either condition could be a new drug that adds ERG or one that prevents the protein's degradation, Ma said.

Griffin and Ma now plan to test compounds that could stop ERG from breaking down.

"If we can develop an intervention, we can protect the retina in the early stages," Griffin said. "The potential for such a life-changing outcome is what drives our research."

Griffin and Ma published the new findings this week in *The Proceedings of the National Academy of Sciences*. The research was supported by grant Nos. R35HL144605 from the National Heart, Lung and Blood Institute and P20GM139763 from the National Institute of General Medical Sciences, both of which are part of the National Institutes of Health, and by grants from the American Heart Association and the ARVO Foundation for Eye Research.

OMRF scientist helps shed light on cancer threat to firefighters

After 30 years as a firefighter, Jason Dobson realized his risk of getting cancer was higher than the general population. So, when he learned of a clinical study to measure the potential effects of smoke- and soot-related chemicals, Dobson jumped at the chance.

The ongoing study found that certain chemicals associated with fighting fires cause changes in tiny molecules that help control how cells work. These molecule changes result from exposure to hydrocarbons that form as things burn, scientists found.

Their discovery, published in the journal *Environmental Research*, could lead to earlier detection of cancer for firefighters and possibly better protective gear. "That is my main hope," said scientist Jooyeon Hwang, Ph.D., who initiated the study at the University of Oklahoma Health Sciences Center, with Oklahoma Medical Research Foundation scientist Bill Freeman, Ph.D., as her mentor.

Dobson became a firefighter at age 18 and currently is chief of the Olive Volunteer Fire Department near Drumright in Creek County. After learning about the study, Dobson not only joined, he also signed up his seven Olive colleagues to participate.

"We've known for a long time that firefighters are more prone to get cancer because of the chemicals we're exposed to, even with the huge improvements that have been made to our protective equipment," Dobson said.

The study involved collection of chemical residues from firefighters' "turnout gear" following fire suppression. Firefighters also provided blood and urine samples.

Scientists found that exposure to smoke impacts blood cells and, over time, alters proteins in their urine. This results in molecular changes, or biomarkers, that indicate the presence or potential for certain cancers. Career fighters were at greater risk of developing these biomarkers than volunteer firefighters, the study found.

Hwang said this study lays the groundwork for more specific research on the effects firefighters face from long-term exposure to hydrocarbons and other chemicals.

"Before Dr. Hwang's study, there had been very little research into the biological effects from fighting smoke and fire," Freeman said. "Samples might be collected from simulated fires that are part of the training process, but that's completely different from the exposure that results from fighting actual fires."

Hwang has continued collecting data from the Oklahoma firefighters since taking a new role as an associate professor at the University of Texas Health Science Center at Houston.

Neither Dobson nor the Olive firefighters under his command tested positive for the biomarkers the study examined. Still, Dobson undergoes rigorous annual testing in addition to the biomarker screenings he continues to receive through Hwang's study.

His reasoning: "Cancer's a longtime thing. Just because you don't have it today doesn't mean it won't show up later."

This study was supported by grants from the National Institute for Occupational Safety and Health, the Oklahoma Shared Clinical and Translational Resources and the American Cancer Society.

About OMRF

Founded in 1946, OMRF is an independent, nonprofit biomedical research institute dedicated to understanding and developing more effective treatments for human diseases. Its scientists focus on such critical research areas as cancer, diseases of aging, lupus and cardiovascular disease.



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WELCOMING A NEW LIFE

*RN finds her niche at
Lakeside Women's Hospital,
INTEGRIS Health*

By James Coburn, staff writer

Being a nurse runs deep for Jennifer Trent. Nursing is spiritual for Trent, RN, Lakeside Women's Hospital, INTEGRIS Health, located in Oklahoma City.

The hospital focuses on the health and well-being of every woman, from routine well-woman visits to pregnancy and childbirth, gynecological surgery, or menopausal care.

She always wanted to be a nurse, but having kids when she was young in life, she decided to wait until they were a little bit older before going back to school, Trent said.

Trent had done oil and gas accounting for about 10 years prior to nursing school. She prayed about labor and delivery and her dream began to fall in place.

She earned her Bachelor of Science in Nursing degree in 2015 at the University of Central Oklahoma. She researched nursing schools before choosing UCO. She was impressed with its NCLEX nursing exams.

"It was wonderful. I was so excited to go there," Trent said. "Everybody raved about their clinicals in nursing schools, and I thought, I want to be part of that."

She served as a labor and delivery nurse at INTEGRIS Baptist Hospital for five years before transferring to Lakeside Women's Hospital.

"I fell in love with working with women and children. I mean it was fantastic to be able to be a part of a mom's life when she's welcoming her baby," Trent said.

Having a baby can be the best day in a woman's life, but depending on circumstances, it may also be an expectant mother's worse day, she continued. Trent has felt blessed to support families during both of those times.

Labor and delivery will always hold a special place in her heart. Trent has floated all around Lakeside Women's Hospital and has now broadened her experience as a surgical nurse there.

"I like anywhere I have worked, and teamwork is just crucial to how every place works within the hospital," she said.

She admires the people who clean the rooms in-between patients, prepare the operating rooms. Without them it would be difficult to provide good patient care, she said.

Every department she has worked in is like a well-oiled machine, from labor and delivery, helping postpartum moms, med-surg patients, and surgical procedures.



Jennifer Trent, RN, brings compassion and empathy to her patients at Lakeside Women's Hospital, INTEGRIS Health, located in Oklahoma City.

"I think when I've been there for a birth, it always brought tears to my eyes. It doesn't matter how many times — I always get emotional because life is precious," Trent explained, "...It's nice to be there for someone and encouraging them, cheering them on because some people planned for years and years and had a really difficult time conceiving. So, you don't know what every individual person has walked through. You meet them and establish a relationship right-off-the bat and just support them any way possible."

She recalled when a woman whose baby had passed away before arriving at the hospital, making it the fourth time it had happened.

"When someone has experienced a great deal of difficulty getting pregnant and they have repeated losses it's crushing," she said. "There is so much more to nursing than taking care of someone physically. It's holding their hand, caring for the patient, and listening to what they have to say as they process some of life's most difficult situations, Trent said."

“I was able to hold her hand and get her ready for surgery, and I was here to take care of her when she woke up,” Trent continued. “I was a stranger to her, but to be able to be there for someone — people need that — especially now in this day and age when there is so much separation. I think in this day and age with social media, human connection is craved more than you realize.”

So, listening to their stories and even crying with them is healing in some ways, she said.

Being a nurse sharing intimate realities in someone’s life when otherwise not knowing all people endure in their daily lives, makes Trent more patient. It makes her more grateful for her health and being blessed to have healthy children.

“It’s made me a more grateful person,” she said.

Lakeside Women’s Hospital delivers a lot of joy into the world. Helping mothers with their lactation is another facet at Lakeside.

Jamie Shatswell, RN, is a certified breastfeeding specialist who is about to become an international board-certified lactation consultant after further board examination in late September.

Breastfeeding is a healthy way of protecting an infant after the mother passes her antibodies to her baby. One drop of breast milk has approximately one million white blood cells.

Shatswell said evidence-based literature reveals if the mom previously had COVID, the baby would have some protection against a COVID infection. Babies are less likely to get asthma; they are less likely to get a respiratory infection, a GI infection, and weight loss. Mothers

who breastfeed have a decreased risk of breast cancer and metabolic disease, Shatswell said.

Breastfeeding is a learned skill on the baby’s mother’s part, Shatswell explained.

Taking a breastfeeding class or asking a mother about her experience makes lactation easier, she added.

Lakeside Women’s Hospital offers a lactation class once a month on a Thursday evening. In October, there will also be a breastfeeding class on Saturday mornings, Shatswell said.

For any further questions about a class please contact Laurie Shofner at 405-936-1500 or visit <https://lakeside-wh.com/services/labor-and-delivery/lactation-consultation>



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*Honoring
Excellence: OU
Health Nurses
Named Among
Oklahoma’s Top 100
for 2025*

Thirty-two nurses from OU Health have been named to the 2025 list of Great 100 Nurses of Oklahoma, presented by The Great 100 Nurses Foundation. These honorees represent excellence in nursing practice across OU Health, including Oklahoma Children’s OU Health, OU Health Stephenson Cancer Center, OU Health University of Oklahoma Medical Center, OU Health Edmond Medical Center, OU Health Harold Hamm Diabetes Center, and locations across the University of Oklahoma Health Campus and OU Health enterprise, which serves all 77 Oklahoma counties.

This recognition honors nurses who demonstrate exceptional concern for humanity, contribute to the advancement of the nursing profession, and provide mentorship to others.



OU Health’s 2025 honorees are: Kris Acree, Choctaw; Courtney Alberly, Oklahoma City; Cheyenne Gutierrez, Guthrie; Becky Johnson, Piedmont; Amanda (Kate) McDaniel; Ashley Morris; Tiffany Perez, Edmond; Monique Smith, Edmond; Dustin Brown, Meeker; Christina Bruster, Norman; Dwana Clark-Doolin, Midwest City; Ryan Doonkeen, Oklahoma City; Ashlyn Evans, Oklahoma City; Devon Glover; Stacy Hastings, Mustang; Breleigh Hughes; Jetsy Jacob; Monica Kraft; Caitlin Marion, Oklahoma City; Myka Oberlechner,

Moore; Beckett Perkins; Melissa Rice, Oklahoma City; Dana Speziale, Oklahoma City; Mollie Triplett, Mustang; Michelle Welander, Edmond; Cara Mulligan (Holt), Oklahoma City; Amber Nealy, Spencer; Jenni Rios, Oklahoma City; Reagan Whitt; Kari O’Toole, Oklahoma City; Vicena Skelton, Norman; and Kristian Brown.

“I am proud to congratulate our 32 OU Health nurses named to this year’s Great 100 Nurses list,” said Dr. Stefanie Beavers, DNP, R.N., NEA-BC, Chief Nurse Executive

at OU Health. “These honorees represent the very best of nursing — compassion, clinical excellence, and relentless dedication to patients and families. Their recognition reflects not only individual achievement but also highlights the culture of relentless excellence across our OU Health Professional Nursing Practice.”

Since its founding more than 30 years ago, the Great 100 Nurses Foundation has celebrated thousands of nurses across Louisiana, North Carolina, Texas,

Oklahoma, and Arkansas for their dedication and impact.

OU Health’s outstanding nurses will be celebrated at the Great 100 Celebration taking place on September 16 in Tulsa. Proceeds from these statewide events go beyond recognition — they help advance nursing through advocacy efforts, educational scholarships, and research initiatives. These funds contribute to improving lives, sharing important nursing discoveries, and putting those innovations into practice.

OKNT

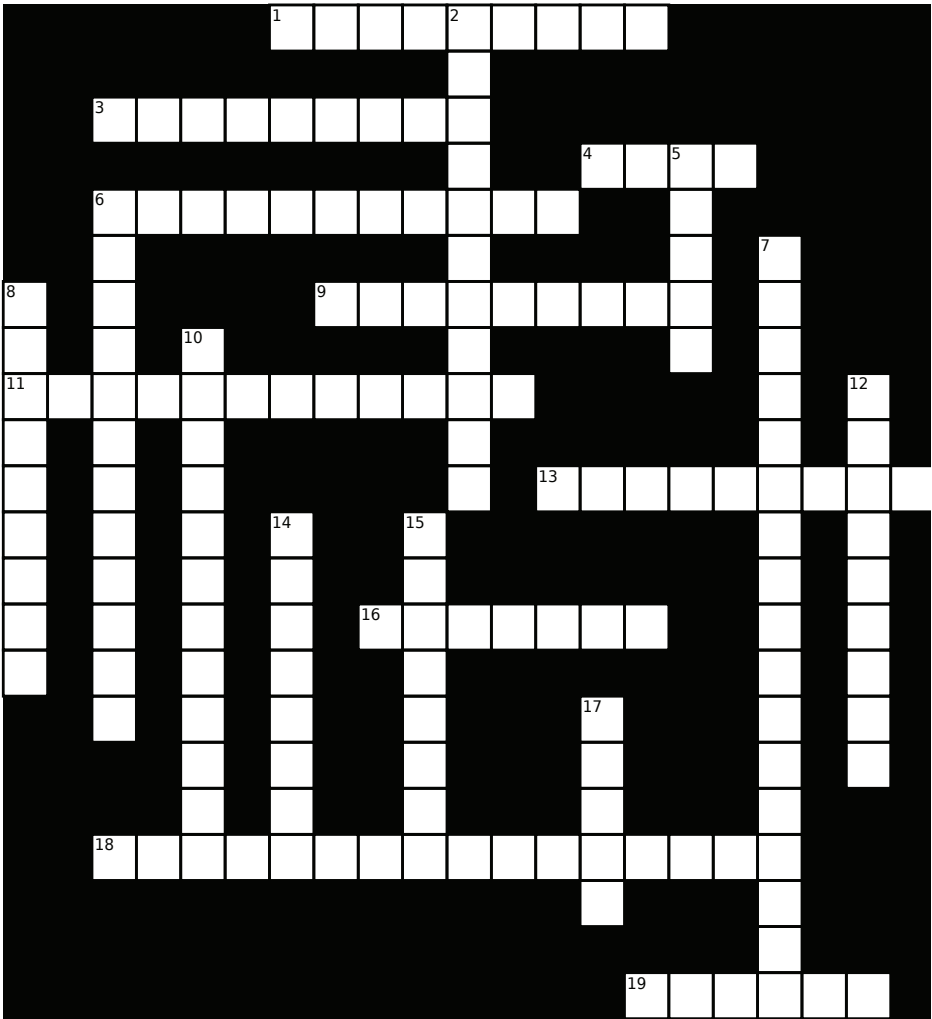
CROSSWORD: NEWBORN ASSESSMENT

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 rise 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 maintenance of balance between heat loss and heat production.
19. A term newborn heart rate of 120 is considered _____.

Down

2. Nasal flaring, retractions and grunting when expiring are sign of _____ distress.
5. If the baby does not void within 48 hours of birth the doctor may suspect _____ impairment.
6. A newborn BP of 110/70 is indicative of _____.
7. A generalize edematous area of the scalp most commonly found on the occiput.
8. Greater than 60 respirations per minute.
10. A _____ is used to suction the baby's airway.
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 _____ score permits a rapid assessment of the need for resuscitation of the neonate.



Answers on page 18

16TH ANNUAL

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INTEGRIS Health Raises Over \$726,000 for Expanded Access to Trauma Care

The INTEGRIS Health Foundation is proud to announce that the 2025 INTEGRIS Health Gala held Friday, Sept. 19 at the Omni Oklahoma City Hotel, raised more than \$726,000 in support of the new INTEGRIS Health Trauma Center at INTEGRIS Health Baptist Medical Center.

This year’s theme, Defining Moments: Elevating Trauma Care for All Oklahomans, inspired an evening of generosity and community, bringing together more than 700 supporters, health care advocates and philanthropists. Guests enjoyed a night of elegance, fine dining and lively entertainment while advancing a cause that will have a lasting impact across Oklahoma.

Proceeds from the gala will directly benefit the INTEGRIS Health Trauma Center—a level II trauma program providing expanded access to the highest levels of 24/7 critical care. The trauma center represents a transformational step forward for patients facing the most severe and life-threatening injuries.

“The overwhelming generosity of our sponsors, underwriters and attendees made this gala a defining moment for our community,” said Ashley Wilson, president of the INTEGRIS Health Foundation. “Thanks to their support, we are better prepared to deliver world-class trauma care when Oklahomans need it most.”

The INTEGRIS Health Gala was proudly hosted by the INTEGRIS Health Foundation in support of INTEGRIS Health’s mission to

partner with people to live healthier lives. To learn more about ongoing fundraising efforts at INTEGRIS Health, visit integrisingiving.org.



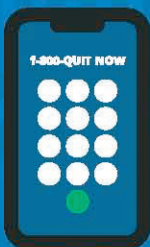
“Defining Moments: Elevating Trauma Care for All Oklahomans” Highlights Transformational Night of Giving

FREE for Patients Quitting Tobacco



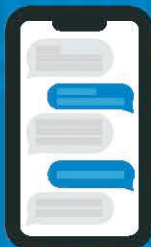
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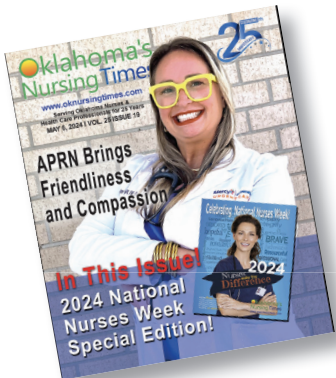
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"I would be an eagle because ea-gles embody strength, vision lead-ership and overcome challenges."



Leigh Ann Tilley, DON

"I would be a dog because they protect people."



Imelda Okwuonu, RN

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- + ICU Expansion (2025)
- + Surgery Expansion (2025)

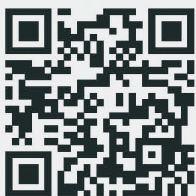
COMPLETED

- + NICU (Level II) (2025)
- + Women’s Health Center (2024)
- + Stillwater Surgery Center Expansion (2023)
- + MR-Linac (2023)
- + Heart & Vascular Institute (2019)
- + Stillwater Cancer Center (2017)

Stillwater
Medical

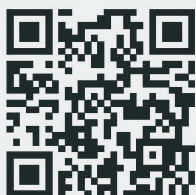
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OKLAHOMA STATE UNIVERSITY

NEWS RELEASE

US News and World Report Recognizes OSU As Best Value Public University in Oklahoma

The best value public institution of higher education in Oklahoma is Oklahoma State University.

That's according to the latest U.S. News and World Report's Best Colleges rankings, which were released Tuesday. OSU ranked among the top 150 universities in the nation for best value, a metric that weighs academic quality against the cost of attendance for out-of-state students who receive need-based financial aid.

Overall, OSU ranked in the top half of universities nationwide, and several OSU academic programs were highlighted among the best in the nation. The Spears School of Business ranked No. 77 for undergraduate business programs, while undergraduate economics was listed among the top 175. OSU's undergraduate computer science program placed among the top 26% nationally. Undergraduate engineering was recognized in the top 120, and psychology ranked in the top 25% nationwide.

OSU was also recognized for the first time as one of the best colleges for veterans, landing in the top 150 nationally.

These national rankings come as OSU continues to see historic growth in student enrollment. This fall, the OSU System welcomed 36,934 students, the largest enrollment in its history, including a record 5,160 freshmen.

With record numbers in undergraduate, STEM and online programs, OSU President Jim Hess said OSU's momentum reflects both its academic reputation and its continued commitment to affordability and access.

"At Oklahoma State University, we never lose sight of who we're here for — our students," Dr. Hess said. "These rankings affirm what we already know: when you lead with the Cowboy Code and put students first, excellence follows. Whether it's in the classroom, the lab, or through our land-grant mission of service, we're building a university that delivers both value and values."

To view the complete U.S. News and World Report 2026 Best College rankings, visit <https://www.usnews.com/best-colleges>.

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Hospital Leader Dustin Yowell to Administer Area Hospitals

Oklahoma hospital leader Dustin Yowell is the next administrator of Mercy Hospital Logan County, taking oversight effective Oct. 13.

Yowell is currently the executive director of operations at Mercy's hospitals in Kingfisher, Logan County and Watonga. He previously served as the director of virtual medicine for Mercy in Oklahoma.

"It's the honor of my career so far to be entrusted with leadership at these hospitals, which are each such an important pillar of their community," said Yowell. "The talent and dedication Mercy caregivers bring to work every day is inspiring to me and all of our leaders. We're proud to do such important work for our patients, who are our neighbors in these tight-knit communities."

“Dustin’s organizational skills and proven leadership make him a natural fit to take on the administrator role in Kingfisher, Logan County and Watonga,” said Bennett Geister, president of Mercy Oklahoma City Communities. “He’s a mission-driven leader who embodies the spirit of service that makes Mercy a leader in compassionate caregiving.”

Yowell started his health care career in 1999, working in marketing, public relations and sales for the American Cancer Society and pharmaceutical companies. He later moved into client relations at the Oklahoma Blood Institute before joining Mercy. He has an associate



of arts degree from Redlands Community College, plus a bachelor's degree in journalism and a master's degree in business administration from the University of Central Oklahoma.

Yowell grew up in Sayre in Western Oklahoma. He and his wife have two children.

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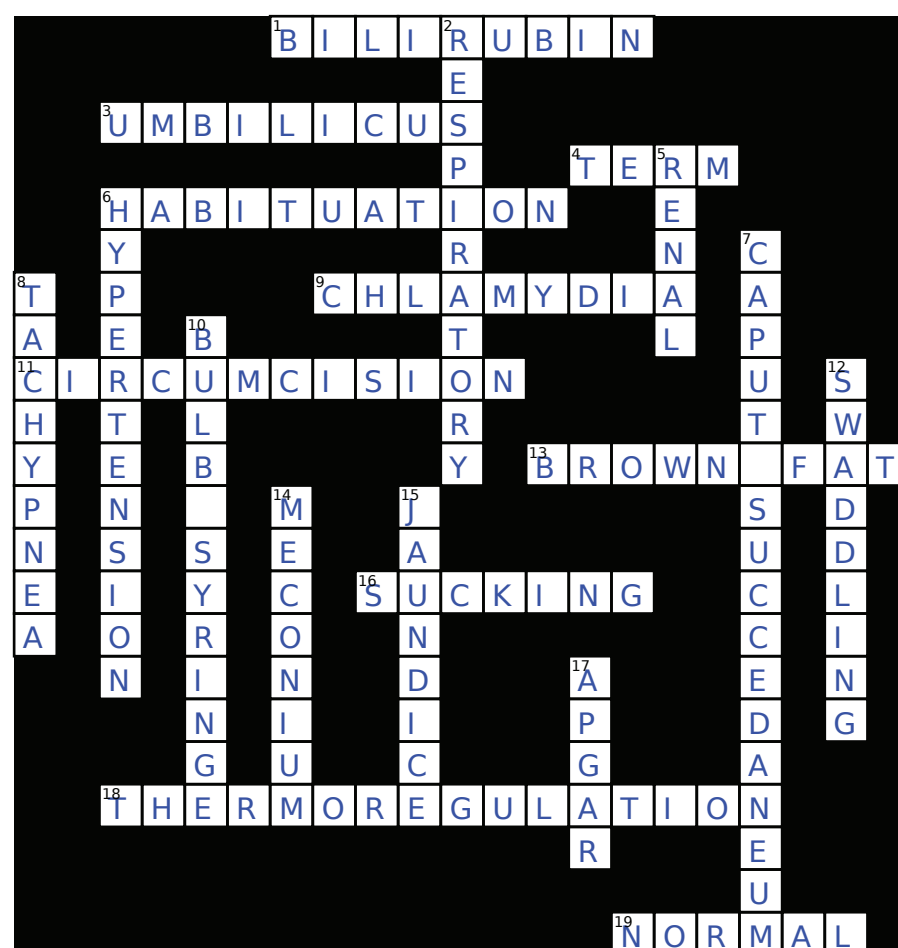
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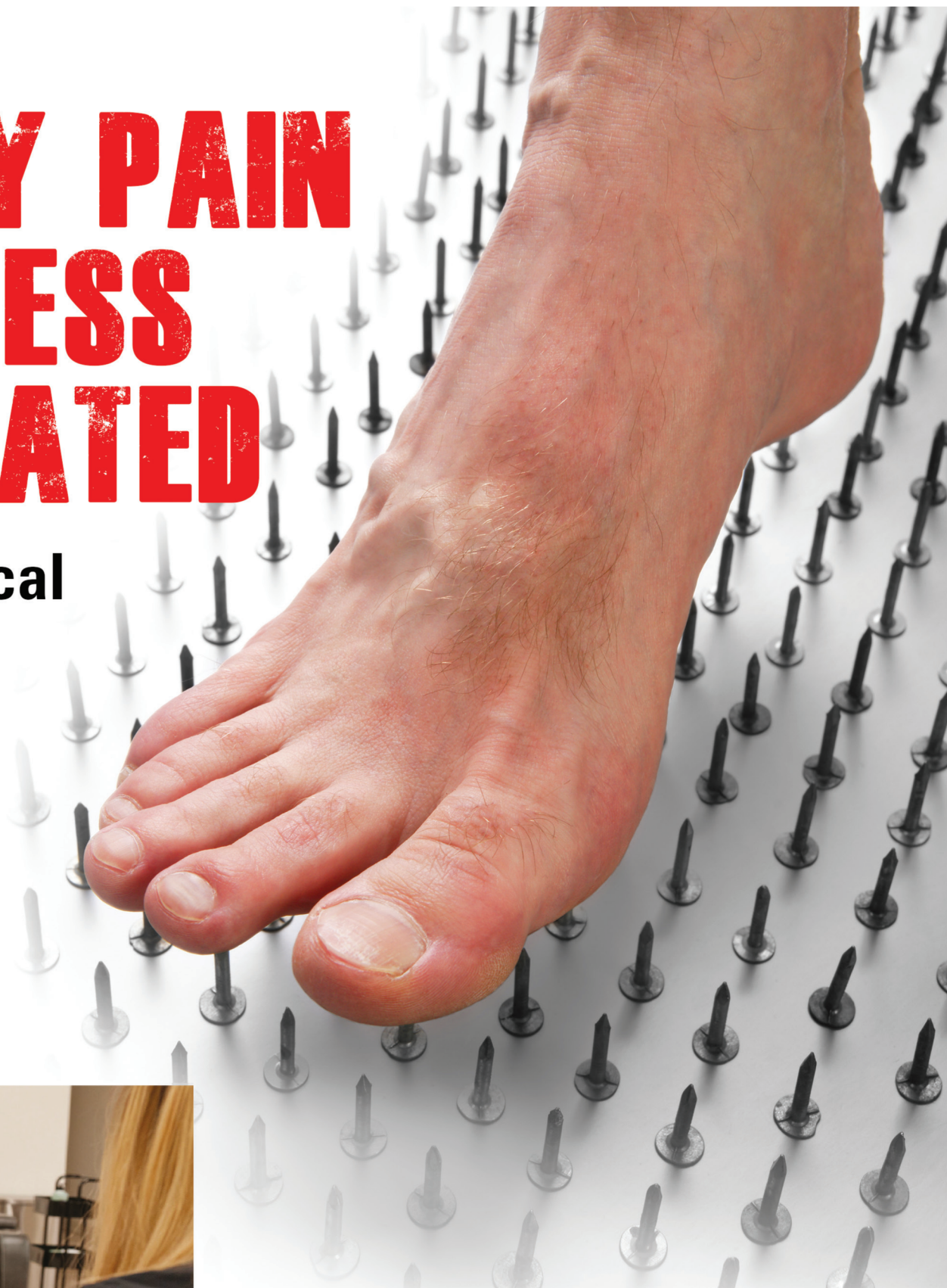


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