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AN ADAPTIVE MIND ER brings out RN's best

By James Coburn, staff writer

Registered nurse Charles Collins' career path to the ER at Mercy Hospital Logan County's ER is long and varied. He serves as clinical manager.

Collins was hired at Mercy Logan in June of 2025 after transferring from Mercy Hospital Watonga. He has a home in Crescent and wanted to work closer to home. In 1995 Collins joined the United States Navy as part of the Navy Hospital Corpsmen

Navy Hospital Corpsmen (HMs) are enlisted medical specialists for the U.S. Navy and Marine Corps provide frontline healthcare, emergency trauma care, and daily medical support to sailors and Marines. They are highly trained in diverse fields, including laboratory, dentistry, and combat medicine, and are known for serving alongside Marine units. "We have a vast scope that we can work from," Collins said. "While in the military I went through advanced, rigorous training, obtained paramedic certification."

His last duty station (2000-02) was Fleet Hospital Five as the leading chief petty officer at the National Military Medical Center Naval Hospital in Bremerton, WA., with Navy Search and Rescue. He was responsible for the 490-plus individuals under him on the enlisted side, but also was the liaison with different nursing staff.

"We were the Golden Anchor recipients," he continued. "I'd like to think that we did a really good job with what we were doing. We were recognized by the Navy specifically for being the best rated hospital during that time."

When leaving the Navy Collins worked for EMSA as a paramedic and a field training officer in Tulsa. He also worked at that time as a firefighter for the City of Owasso. He began flying shortly thereafter for Tulsa Life Flight, and MediFlight of Oklahoma.

"When they were doing their restructuring, I decided at that point it would be a good time to go to nursing school," Collins said.

Collins is a nursing school graduate of OSU/Okmulgee with an Associate of Nursing degree before earning his master's degree at the University of Puget Sound in 2023. Upon graduation he worked as a supervisor at the OU Health University of Oklahoma level 1 emergency department, located in Oklahoma City. He then applied at Mercy Logan ER and the rest is pure enjoyment.

"I think it is the comfort that it brings me to help someone," Collins said.

He helped patients who had the usual slip, trip, and falls during the January arctic blast that plunged Oklahoma into sub-freezing temperatures with ice and snow.

"I think we stepped up to it. We knew we were going to have an issue, so before the snowstorm hit, we made accommodations for our staff to stay who lived at a longer distance," he explained.

Collins said the hospital is lucky to have a great team of professionals who are organized and prepare lab and X-rays quickly.

"We have a great through-put, meaning from the time you check in until the time you're discharged, it's quicker than most other hospitals in this area. So, we don't see a long line in our emergency department. The typical wait times here may be 10 minutes before you get a bed," Collins explained.

Many events have inspired him as a nurse whether it be the gratefulness of a parent for the treatment of their child's emergency and when keeping them posted of turning points.



Motivation to succeed for Charles Collins, RN, comes from helping patients feel better while at the Mercy Hospital Logan County ER.

"In the ER you see a lot of patients. You don't always know what's happened with them. You always hope for the best," Collins said. "It's always those patients that come back and say, 'You made a difference, you helped me.' I think that would keep anyone going."

The response of emergency care is very fast paced. Paramedics focus on getting patients to the ER where the focus is getting them well.

"You adapt through patient contact; through years of service, you develop a gut feeling. On top of that we have volumes of continuous education. We have a lot of things to improve our understanding of why we do what we do," Collins said.

Patient care leads patient care from best practices. However, events happen that are beyond any ER's control. So, the nursing staff will debrief when times are rough.

"As clinical manager, that is something that we're keenly aware of," Collins said.

He may arrange a staff meeting for sharing their feelings and get resolution when things take a bad turn.

"We're in there to do the best with what we have. And to be spiritual, I think God puts you in a place where He wants you to be," Collins explained.

UCO Climbs in US News Rankings Recognized as a Top Public Regional University



The University of Central Oklahoma continues to climb in national rankings according to the recently released 2026 U.S. News & World Report Best Colleges list.

UCO ranked No. 62 among Regional Universities–West, up from No. 70 in 2025. Among the Top Public Schools–West list, UCO ranked No. 32, improving from No. 38.

UCO is Oklahoma’s highest-ranked public university in the Regional Universities–West category. Additionally, UCO ranked No. 85 in the Top Performers in Social Mobility: Regional Universities list, moving up five spots from 2025.

Several UCO academic programs were recognized for excellence. The School of Engineering was ranked No. 197 nationally on the Best Undergraduate Engineering Programs list, up from No. 205 in 2025. Central was also ranked by U.S. News & World Report for excellence in nursing, computer science, business and psychology.

“The University of Central Oklahoma’s continued rise in the U.S. News & World Report’s Best Colleges rankings reflects the dedication of our faculty and staff to helping our students achieve their goals. Moving up in the Regional Universities–West and Top Public Schools categories underscores our growing reputation as Oklahoma’s metropolitan university of choice,” said UCO President Todd G. Lamb.

“From engineering to social mobility, these recognitions highlight our commitment to undergraduate research, workforce readiness and creating a transformative learning experience. At UCO, meeting students where they are means moving forward and upward, together.”

Regional universities are divided into four categories: North, South, Midwest and West and are defined as universities that offer a full range of undergraduate programs and some master’s programs but few doctoral programs.

According to U.S. News & World Report, rankings for the Best Colleges list are determined based on key indicators gathered using a combination of the institution’s responses to the U.S. News & World Report statistical survey, information from the U.S. Department of Education’s National Center for Education Statistics and information gathered in assessments from peer institutions. These key indicators include graduate and retention rates for students, undergraduate academic reputation, student selectivity, financial resources and alumni giving rates.

UCO has also been named a top institution in Newsweek’s 2025 America’s Top Online Colleges list, America’s Best Colleges 2025 Wall Street Journal ranking

and Niche’s 2025 Best Colleges list.

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Life Experience Leads to Career in ER

By Jill Stephenson, staff writer

Jennifer Tucker is an Emergency Room nurse who works at a local hospital in Tulsa.

She has been working as a nurse for ten years and was inspired to become a nurse in 2005 when she was involved in a terrible accident and suffered head trauma. The nursing staff that took care of her made such a positive impression she knew she wanted to become a nurse and help people in the same way they had helped her.

After deciding to pursue a nursing career, Jennifer first worked as a Certified Nursing Assistant. It didn't take her long to realize she would become too attached to her patients and that losing them was hard.

As an adrenaline junkie, she believed the ER would be a good fit for her. Here, you never know what is going to come walking through the door. It's fast paced, ever changing and no two days are the same. She made the switch and hasn't looked back. Jennifer stated, "In the ER you don't get burnt out on one group of people." She has a general passion for all people, yet admits she does love working with kids because they are genuine and will tell you the truth. She did spend three months in Shipwreck, NM as a travel nurse. Despite it being out of her discovered comfort zone, it taught her to rely on herself and boosted her confidence in what she knows.

Nurses have a special bond. They have to stay aware of each other's moods, case loads and recognize if someone needs help or a break. What the general public often doesn't understand or give them grace for is the fact they put a smile on every time they walk into a new patient's room. The patient or their family has no idea what the situation was in the room they just came from. It could have been a death or a severe trauma, yet they are not at liberty to share the details. It can be frustrating when people get upset about wait times when they have no knowledge of what the day's events have been. While not all ER visits are extreme or life threatening, everyone feels an urgency to be there and the nurses have to see all of them without divulging what anyone else's reasons for being there are. It can be compared to military service in that the focus must remain on the mission while paying attention to your comrades and making sure their needs are being met too. There is always going to be another patient. They have to keep going despite the pain and suffering surrounding them. This takes courage, strength, intestinal fortitude and a willingness to help each other no matter what.

Something Jennifer learned early in her career is how much a family member appreciates being offered a blanket if they are in for a long wait with their loved one. She always does this as a gesture of kindness which also helps build rapport as the family waits. She works three shifts a week from 6:45am until 7:00pm. She said the time goes by really fast. In asking if she had a favorite story and she didn't, however she shared that when a patient or their family member expresses sincere gratitude it makes it worthwhile - including on the tough days.

There is a story that has stuck with her over the years. The first patient she lost was an elderly man. She tried really hard to save him and couldn't. He was seemingly healthy one minute and gone the next. This was right after she got her license and was a difficult loss. She remains grateful this man's life partner was very graceful which helped the situation for her.

Mental health and self care are important when working a high stress job as an ER nurse. Jennifer seeks regular support to help her decompress and spends time doing things she likes to do. She recommends spending time with the people you love and care about as a reminder of what's most important.

She went on to say, "This is a hard job with days where you will want to give



make a difference in people's lives on what may be their most difficult day." She advises new nurses to know that your co-workers will become your best friends and to never be afraid to ask for help.



Jennifer Tucker,
ER nurse.



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Dr. Richard Lofgren Announces Retirement

*OU Health Inaugural
CEO Dr. Richard
Lofgren Announces
June 2026 Retirement*

*Long-planned succession
ensures accelerated
growth of Oklahoma's
Flagship Academic
Health System*



The OU Health Board of Directors today announced that Dr. Richard P. Lofgren, M.D., MPH, the organization's inaugural president and CEO, will retire effective June 30, 2026, following a distinguished four-year tenure that delivered one of the most significant academic health system transformations in the nation. His planned retirement caps a 40-year career as a transformative academic healthcare executive and national thought leader. As part of a thoughtful and deliberate succession plan, the OU Health Board of Directors has selected Jonathan W. Curtright, MBA, MHA, current chief operating officer, to succeed Dr. Lofgren as president and CEO effective July 1, 2026.

Since 2022, OU Health has reshaped its operations and scale, positioning itself among a rising cohort of academic health systems demonstrating sustained organic expansion. Annual revenue has increased from \$1.9 billion and is trending toward \$3.6 billion, driven by higher patient volumes and service intensity rather than acquisitions. Admissions rose 22.3% over the period, with nearly one million outpatient clinic visits recorded statewide. The system also expanded its clinical workforce, recruiting 162 nationally and internationally recognized physician specialists. Operational gains were accompanied by improvements in care quality, including hospital-acquired infection rates and mortality outcomes.

This transformation was made possible through the collaborative leadership of Dr. Lofgren, Curtright, and the leadership team they built together, as well as through exceptional alignment with the University of Oklahoma. State legislative leaders committed historic resources while University leadership aligned academic, research and clinical missions with OU College of Medicine faculty and researchers — all in pursuit of a shared vision to fundamentally transform healthcare outcomes for all Oklahomans. This progress represents the foundation, not the finish line, as the work continues under Curtright, the OU Health executive team, and the University.

"What many Oklahomans may not fully realize is the sheer magnitude of what has been accomplished at OU Health," said G. Rainey Williams Jr., chair of

the OU Health Board of Directors. "OU Health's transformation represents one of the most profound healthcare transformations in the nation. From day one, Dr. Lofgren brought a clarity of purpose and an unwavering vision that OU Health exists to 'care for the sickest of the sick.' We have paired bold vision with disciplined, transformational leadership, turning aspiration into measurable progress at every level of the organization. Dr. Lofgren's leadership is grounded in a deep responsibility to the people of Oklahoma: building a health system capable of delivering the highest levels of care, advancing research and discovery, and educating the next generation of health professionals. This rare combination of conviction and execution across the entire team is what has made this transformation both real and enduring."

The OU Health Board of Directors underwent thoughtful and deliberate succession planning, ultimately selecting Curtright as the incoming president and CEO upon Dr. Lofgren's retirement.

"When Dr. Lofgren was selected to lead OU Health in 2022, we knew he was the right leader for this pivotal moment in our history, said the University of Oklahoma President and OU Health Board Director Joseph Harroz, Jr. "The University of Oklahoma and its academic health system have made remarkable strides in advancing the health of Oklahomans, but we must remain clear-eyed and strategic about our future. The work ahead is significant, but so is our commitment to the people of Oklahoma. We have full confidence that this work will continue under Jonathan Curtright's leadership."

Harroz added, "This alignment between OU and OU Health is not accidental; it reflects a shared commitment to advance knowledge, train future leaders and deliver the highest level of care where it is needed most. Together, we stand as a powerful engine for opportunity, discovery and healing, one that serves as a source of pride for our state and a catalyst for long-term advancement. The transformation Rick Lofgren and Jonathan Curtright have led — alongside their dedicated team — is not just institutional; it is

a transformation that will elevate health, education and innovation across Oklahoma for generations to come.”

OU Health Transformation Scorecard

CLINICAL GROWTH AND EXCELLENCE:

Quality Improvement: Hospital-acquired infection rates have improved from the bottom 10% nationally to the top 10%, demonstrating exceptional improvements in patient safety and clinical excellence.

Patient Experience: Nearly 5% increase brings performance to 66.32%, underscoring a meaningful and sustained upward trajectory, reflecting commitment to OU Health Way values.

Talent Recruitment: A net 162 new physician positions, all internationally and nationally renowned specialists recruited from premier academic institutions across the country — establishing OU Health as a destination medical center for the most complex care.

STRATEGIC INVESTMENTS AND PROGRAM EXPANSION:

Worked with federal and state government officials to accelerate investment for access to advanced subspecialty care and clinical trials for all Oklahomans, including pediatric heart, pediatric behavioral health and cancer care.

Pediatric Heart Program: Oversaw just over a \$200 million investment in destination care for pediatric heart services in partnership with state officials and philanthropic partners.

Stephenson Cancer Center: Went from treating 1 in 6 Oklahomans with cancer to 1 in 4, establishing OU Health as a regional destination for comprehensive cancer care and the state’s only National Cancer Institute-designated Cancer Center. Expanded to three new locations, including Norman, Tulsa and McAlester.

Partnership Initiatives: Partnered with Stillwater Medical Center to establish a Level II NICU to help families stay closer to home for advanced care.

RECOGNITION:

- Top 100 Hospital for OU Health University of Oklahoma Medical Center by Becker’s Healthcare (2025)
- 100 Great Neuro and Spine Programs by Becker’s Healthcare (2025)
- 100 Hospitals and Health Systems with Great Oncology Programs by Becker’s Healthcare (2025)
- Top Places to Work by Becker’s Healthcare (2024, 2025)
- Great Companies to Work For by Oklahoma Magazine (2024, 2025)
- Oklahomans of the Year by Oklahoma Magazine (2025)
- Most Admired CEOs in Oklahoma (Nonprofit Winner) by The Journal Record (2025)
- Academic Medical Center CEOs to Know by Becker’s Healthcare (2023, 2024 and 2025)
- 30 Highly Successful CEO-CFO Duos — Dr. Richard Lofgren & Jim Watson — by Becker’s Healthcare (2024)
- Great Leaders in Healthcare by Becker’s Healthcare (2025)
- 61 CEO Influencers to Know by Becker’s Healthcare (2025)
- Planned Succession and Leadership Continuity

Dr. Lofgren brought over 40 years of distinguished executive healthcare leadership to OU Health, including transformational work at UC Health (University of Cincinnati), UK HealthCare (University of Kentucky), and Medical College of Wisconsin.

Dr. Lofgren recruited Curtright in August 2022 to serve as chief operating officer and co-architect in building both the transformation strategy and the executive team needed to execute it. Working in close partnership with the University of Oklahoma, OU College of Medicine and federal and state leaders, Dr. Lofgren and Curtright have carefully orchestrated strategic growth and operational excellence, recognizing the transformational value an academic health system brings to the state by providing advanced, complex care for the sickest of the sick across all 77 counties

Together, they recruited and developed leaders across clinical operations, finance, quality, physician services and strategic growth — creating a leadership bench with depth and continuity that positions OU Health for accelerated momentum and growth.

Curtright brings more than 30 years of senior healthcare leadership experience, including 15 years in C-suite roles. As former CEO of MU Health Care (University of Missouri) and through leadership positions at Indiana University Health, UK HealthCare and Mayo Clinic, Curtright has demonstrated exceptional capability in leading complex academic health systems — experience that, combined with his deep understanding of OU Health’s mission and strategic direction, positions him to lead the organization forward with accelerated momentum

“Arriving in Oklahoma to help establish the state’s flagship academic health system has been an honor,” said Dr. Richard P. Lofgren, president and CEO of OU Health. “Academic health systems exist to serve the state in ways that meaningfully change outcomes, ensure access to top-tier research and specialty care, while developing the brightest minds in healthcare. Our commitment to caring for the sickest of the sick has solidified our place as the leader in delivering complex, high-acuity care — something Oklahomans across all 77 counties deserve and expect. I am proud of the entire OU Health team — from our clinical frontlines to our executive leadership — for delivering this promise every day. OU Health is well-positioned to advance and deliver the academic healthcare promise to Oklahomans for generations to come.”

The OU Health Board of Directors extends gratitude to the entire OU Health team — from frontline caregivers to executive leadership — whose commitment to excellence has made this transformation possible. The organization’s success reflects the collective effort of thousands of dedicated professionals united in the mission to care for the sickest of the sick and advance health outcomes across Oklahoma.

For more information, visit [OUHealth.com](https://ouhealth.com).




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Transformative Care

Oklahoma Children's OU Health Behavioral Health Center under development

By James Coburn, staff writer

A promising new chapter of transformative pediatric behavioral health care will open its doors on December 7, said Dr. Teresa Boykins, Director of Nursing, Oklahoma Children's OU Health Behavioral Health Center.

There is a critical need with limited resources for this population, she said. Limited resources will continue to be limited because of state funding and some of the things on the state side with the Department of Health and Substance Abuse with the possibility of some of the other facilities closing.

"So, we're opening at a great time and a very needed time," Boykins added. "I also feel it is long overdue because I have been in behavioral health since December of 2000."

Doors will open for parents and children in need of comprehensive services.

Oklahoma Children's OU Health Behavioral Health Center will have acute inpatient beds, intensive outpatient PHP (an intensive, structured, non-24-hour outpatient mental health or addiction treatment program), and a feeding disorder and an eating disorder program, Boykins said. The inpatient side we will have six to seven neuro-cognitive beds. The rest will be acute population beds. It will accept patients from 5–17-year-olds.

There will be six floors with the first floor serving as dedicated office space for leadership and the second and third floors reserved for the parking garage. The fourth, fifth and six floors are the patient care areas.

This facility shall include safety-enhanced architecture, sensory-informed spaces, specialized programming areas, and secure therapeutic environments to ensure both patient and staff safety while preserving dignity and comfort. Its design is based on a trauma free environment. There will be a huge array of windows with sunlight, skylight, bright colors with outdoor space on each of the three floors within the six-floor structure that will also accommodate parking.

The Oklahoma Children's OU Health Behavioral Health Center will be a 72-bed, state-of-the-art behavioral health hospital and outpatient treatment center designed specifically for children and adolescents across Oklahoma and the region. The hospital will invest in more than 400 professionals committed to care, beginning with 72-92 nurses and more than 105 behavioral health techs.

Marketing currently has a campaign drive for recruiting. There will be a total of 469 employees including those hired.

There will be no dark, dungeon-like institutional look anywhere in or outside of the building. Children will be able to choose the daily color of light in their room. These small things make a difference in behavioral health, Boykins said.

Parents will be provided what no other hospital or facility has provided, she continued. Oklahoma Children's OU Health Behavioral Health Center will be the first facility or hospital in the state to allow parents to stay if does not conflict with care or anyone else's care.

"We have also partnered with Oklahoma City Public Schools so those children who are here — there is no break in their learning. They can attend class here onsite with Oklahoma City Public School teachers," Boykins said.



Dr. Teresa Boykins, Director of Nursing, Oklahoma Children's OU Health Behavioral Health Center, is inspired by the leadership of the six-floor facility to open in December

Children's Hospital is also partnering with the Ronald McDonald House to house parents which will be in the same building where children will be located. In addition, the Crisis Intervention Team of the Oklahoma City Police Department has reached out to partner with Oklahoma Children's OU Health Behavioral Health Center

The 172,775-square-foot Oklahoma Children's OU Health Behavioral Health Center will be a free-standing building attached to Oklahoma Children's Hospital OU Health. The staff will be hired for their skill set and expertise, starting at the top leadership down to health techs.

"I can say it is a great day and a great time to work for OU Children's Hospital," Boykins said.

Her own interview was eight hours with three to five members of leaders and she's grateful for it because it demonstrated the meticulous length that

leadership brings to ensure they hired the right person.

“They were serious about who they would choose to provide incite for this facility,” she explained.

The team she works with has laid out the red carpet to bring all necessary resources to advance the Oklahoma Children’s OU Health Behavioral Health Center.

“The staffing opportunities that I’ve been given — being able to build the training, help build the competencies for the staff that I’m bringing in and partake in the energy process and meeting with professional workflow teams to make sure we’ve got everything panned out from the admission process, to the child making it to the bed,” Boykins said. “Even the outpatient side, the collaboration with the therapists, social work, psychiatry, psychology — it’s outstanding. I’m so glad to be here.”



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A Life of Service

Confidence Compassion Care

By Vickie Jenkins, staff writer

For Heather Moxley, RN, the Director of Nursing at The Lakes, the journey into nursing began with a simple but powerful desire to help other people.



Born in Massachusetts and relocated to Oklahoma at the age of three, Heather grew up in Mustang, where her family settled when she was five years old. She attended Mustang schools from kindergarten through 12th grade, graduating in 1993. Raised in a close-knit Oklahoma community, she credits those early years for shaping her strong work ethic, compassion, and commitment to caring for others.

“I don’t remember when I decided to be a nurse, Heather said. “It was sometime after my dream of being an astronaut subsided when I was in fifth grade,” she laughed. “I just remember always feeling like I needed to help people. That sense of purpose has guided me through my entire career.”

“I chose nursing because I care deeply about people and want to make a real difference in their lives,” she said. “It gives me purpose, stability, and the opportunity to grow professionally while helping others during their most vulnerable moments.”

Heather earned her LPN from Platt College in 2010 and later returned to school to complete her RN in 2014. She began her nursing career working in a locked memory care unit, an experience that deeply influenced her perspective and practice. “Working there, it helped me develop patience and a strong respect for residents living with dementia,” she said. “That time taught me how important compassion and understanding are, especially when patients can’t always express what they need.”

Over the years, Heather has worked in several long-term care facilities providing skilled nursing services, steadily strengthening her clinical knowledge and leadership abilities. Today, she serves as director of nursing at The Lakes, where she has worked for the past year.

In her leadership role, she supervises approximately 18 nurses with the support of four department heads and helps care for a community of around 80 residents. The facility offers private rooms for skilled residents and those requiring a higher level of care.

For Heather, leadership is not just about managing operations, it’s about supporting people.

“I think patience is probably my strongest quality,” she said. “Not only with residents, but also with staff. I enjoy helping others succeed, educating staff, and learning new things myself. I believe three essential qualities every nurse should possess are patience, the ability not to take things personally, and confidence,” she said. “Nursing can be emotionally demanding, and it’s important to stay grounded and focused on the bigger picture,” she added.

Heather also knows the importance of self-care for nurses to make time for themselves. It is important in order to continue providing quality care for others, she said. “If we don’t take care of ourselves, it becomes harder for us to take care of our patients.”

In addition to Heather’s role at The Lakes, Heather works part-time for a hospice company in Oklahoma, an experience she finds especially meaningful. “It’s incredibly rewarding,” she said. “Being able to provide comfort and support to patients and families during such an important time is something I truly value.”

Heather’s motivation remains simple and heartfelt. “What motivates me is the hope that I can make a difference in the world, even if it’s just one person whose life I made better,” she commented.

Outside of work, Heather’s life centers around family. She is married and has adult children and an adult stepson. Two of her children followed in her footsteps and became LPNs. She is also the proud grandmother of seven and enjoys spending time with them whenever she can. Family, faith and a commitment to service continues to shape her both personally and professionally.

Through years of experience and dedication, Heather has developed a leadership style grounded in empathy, teamwork and education. She believes that strong nursing teams are built through encouragement and communication, and a shared sense of purpose.

At The Lakes, Heather strives to create an environment where both residents and staff feel supported, respected, and valued. “Nursing is always evolving,” Heather commented. “There is always something new to learn, and that’s what makes this career so meaningful. The heart of nursing has never changed. It is about showing up, caring and making a difference, one patient, one family, and one moment at a time.”

With steady leadership and a servant’s heart, Heather Moxley continues to shape lives at The Lakes, providing that true nursing excellence begins with compassion, patience, and purpose.

NURSE



TALK

You are the star of a romantic movie as the actress. Who do you want playing the leading male role as your partner?



“Without a doubt, my lead role would be Leonardo DiCaprio!”



Nakala T. Cargle, LPN

“My main guy would be Boran Kuzum. I love him in movies.”



Sarina Dixon, LPN

“I would definitely choose Burak Ozciuit! I would choose him over anyone!”



Soledad Cancino, LPN

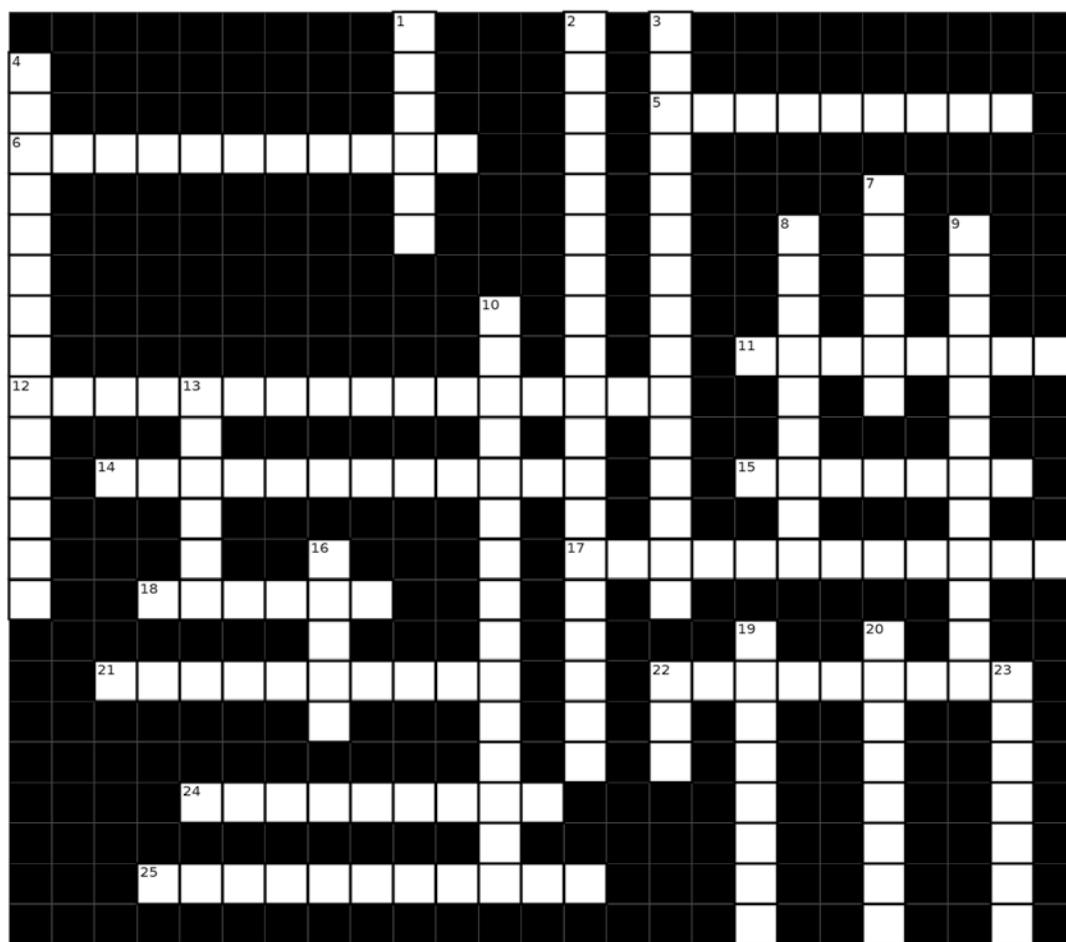
OKNT CROSSWORD: DIGESTIVE PHARMACOLOGY

Across

- 5. Classified as an antiemetic.
- 6. H2 histamine _____ are used for the treatment of Ulcers.
- 11. Side effects of long term use of these drugs include psychotic behaviors and stomach ulcers.
- 12. A common side effect of this classification is a dry mouth!
- 14. This type of laxative swells up and adds to the contents of the intestines.
- 15. Given to effectively treat diarrhea!
- 17. Reduces the risk of hemorrhage in Cirrhosis of the Liver.
- 18. Increases stomach and intestinal peristalsis therefore relieving reflux esophagitis.
- 21. A cation exchange resin used to treat hyperkalemia.
- 22. Example of a proton pump inhibitor used to treat ulcers.
- 24. Example of a bulk forming laxative.
- 25. Paregoric is used to treat diarrhea by inhibiting this.....

Down

- 1. Relieves intestinal spasms in the treatment of IBS
- 2. A classification of medications commonly used to treat IBS.
- 3. The generic name for Colace.
- 4. Given IM for the purpose of replacing B12 which is absent due to the lack of “intrinsic factor”.
- 7. When treating nausea, it is best to give an antiemetic _____ the onset of nausea.
- 8. This laxative is used in the treatment of encephalopathy.
- 9. Required in adequate amts to insure the effectiveness of this classification..
- 10. The preferred medical treatment of active Crohn’s disease with small intestinal involvement.
- 13. Example of a stool softener.
- 16. An example of an H2 histamine receptor antagonist.
- 19. Imodium, Lomotil and Kaopectate are used in the treatment of this....
- 20. When teaching your patient about this drug, it



is best to advise the patient to remain close to a bathroom!
22. Antacids are sometimes used in the treatment of this...

23. The only drug in the US approved for use in prevention of gastric ulcers caused by NSAIDS is...



Lois Salmeron former OCU nursing dean

About OCU

Founded in 1904, Oklahoma City University is a private, nonprofit liberal arts and sciences university that prides itself on graduating transformational leaders across a variety of disciplines. OCU is located in the heart of Oklahoma City, nestled between the city's Uptown 23rd and Asian districts. At OCU, students from across the globe follow their passions and excel in sciences, religion, business, nursing and health care, fine arts, law and the performing arts. More information is available at okcu.edu.

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(AS PUBLISHED IN THE 2026 EDUCATION GUIDE TO NURSING)



East Central University's School of Nursing: Expanding Access, Advancing Excellence

East Central University's School of Nursing offers a high-quality baccalaureate nursing program that provides south-central and southeast Oklahoma with accessible, professionally delivered nursing care. The program prepares graduates to practice professional nursing in both rural and urban settings, supporting the state's growing healthcare workforce. Research shows a direct correlation between successful patient recovery and the number of nurses providing care, highlighting the impact ECU graduates make.

The School of Nursing offers a Bachelor of Science in Nursing (BSN) for pre-licensure students. Pre-licensure students complete an eight-semester program leading to the degree. Graduates who meet Oklahoma licensure requirements, including a clear criminal background check, are eligible to sit for the National Council Licensure Examination for Registered Nurses (NCLEX-CAT, RN). The most current first-time tester NCLEX pass rate is 88.16%, reflecting the program's strong academic preparation. On-time program completion rates average 78%, underscoring student success.

The mission of ECU's School of Nursing is to prepare baccalaureate nurses who are lifelong learners, capable of providing safe, high-quality, patient-centered care in collaborative environments. Evidence-based practice and informatics ensure graduates deliver optimal outcomes in a diverse and evolving healthcare system.

Clinical learning is central to the curriculum, gaining experience in medical-surgical nursing, pediatrics, obstetrics, psychiatric mental health, critical care, community health, and nursing leadership. Senior students participate in a one-to-one preceptorship with a qualified nurse, providing intensive, hands-on preparation for independent practice.

ECU also offers an LPN-to-BSN pathway. Licensed practical nurses (LPNs) from five partner technology centers, Mid-America Technology Center in Wayne, Southern

Technology Center in Ardmore, Pontotoc Technology Center in Ada, Gordon Cooper Technology Center in Shawnee, and Wes Watkins Technology Center in Wetumka, may receive credit for courses such as Foundations in Nursing, Physical Assessment, and Introduction to Professional Nursing. This pathway streamlines the transition from LPN to RN while building on existing competencies. LPN applicants must be admitted to both ECU and the School of Nursing.

Applications are accepted biannually for Fall and Spring entry. Prospective students meet with a nursing advisor to review eligibility and application requirements. Admission is competitive and determined using a points-based rubric considering retention and program GPA, pre-entrance exam scores, math and science grades, and prior degrees. Applicants are ranked numerically, with top candidates selected.

To expand capacity, the Tobacco Settlement Endowment Trust (TSET) awarded ECU a \$13 million Legacy Grant to complete The Dan Hays STEM Center and School of Nursing. The 64,000-square-foot, two-floor facility, projected for completion in July 2026, will feature a simulation center, more than 25 hands-on labs, and advanced STEM classrooms for Nursing, Math, and Computer Science students. Labs include medical-surgical skills, foundational healthcare skills, critical care, and labor and delivery simulation. The expansion will allow ECU to grow to 600 nursing majors over the next four years while adding faculty and staff. About 80% of graduates remain in Oklahoma, strengthening rural and urban healthcare access.

As the only accredited BSN program in south-central and southeastern Oklahoma, ECU continues to produce workforce-ready graduates. The latest AACN survey indicates that 28% of new nursing positions require a BSN, while 72% strongly prefer one. Through strong outcomes, innovative pathways, and transformative infrastructure, East Central University prepares the next generation of nurses to deliver safe, high-quality care across Oklahoma and beyond.

(AS PUBLISHED IN THE 2026 EDUCATION GUIDE TO NURSING)

What Can I Become?

- Cardiology Nurses
- Forensic Nurses
- Home Health Care Nurses
- Intensive Care Unit Nurses
- Legal Nurse Consultants
- Military Nurses
- Nurse Administrators
- Nurse Educators
- Nurse Investigators
- Nurse Midwives
- Obstetrical Nurses
- Oncology Nurses
- Operating Room Nurses
- Pediatric Nurses
- Public Health Care Nurses
- Psychiatric Nursing
- School Nurses

The School of Nursing offers a five-semester program leading to a Bachelor of Science in Nursing to pre-licensure students. Graduates of this ACEN-accredited, state-approved program are eligible to write the National Council Licensure

Applications to the ECU School of Nursing are accepted bi-annually for admission to the Fall and Spring semesters. Interested candidates are encouraged to contact the School of Nursing to meet with an assigned Nursing advisor to discuss all application and eligibility requirements. Typically, there are one to two semesters of college-level coursework that need to be completed in order for a student to be eligible for admission.

Application Cycles:

- Fall Semester Entry- Cycle opens Oct. 1st - closes March 1st
- Spring Semester Entry- Cycle opens April 1st - closes Sept. 1st

- nurse_sec@ecok.edu
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