

FOCUS

December 2016

An Epic Journey

Our collaboration with SSM Health/St. Anthony, announced officially only a few weeks back, still feels very new. In keeping with the positive momentum the partnership promises, members of our organization are already working hard to ensure a smooth transition process in the year ahead.

In the realm of technology, in which planned upgrades and updates related to business and medical functions are nearly a daily occurrence, it is especially critical to hit the ground running. As part of the SSM Health agreement, both OU Physicians and OU Medical System are implementing an EPIC system that includes new financial software for practice management. In addition an electronic medical record will streamline inpatient and outpatient care on campus, and integrate with the St. Anthony EMR network for care continuity and population health initiatives. EPIC offers great promise to our practice, but to successfully change a system in an organization as large as ours will be a significant challenge that requires a dedicated team effort.

To facilitate the process, a governing task force has been formed, along with several internal work groups that will work to address the multiple facets of the project: clinical operations, revenue cycle, technology, training and communications. We have also contracted with ECG, a health technology management firm skilled in EMR and business software implementations, to provide additional guidance. ECG and our internal groups have been on the job for weeks now, charting the course toward full implementation on a timeline spanning several months. During the interim period, we will continue to use our existing GE Centricity products to address current needs.

Ultimately, EPIC will have impact in nearly every area of the OU Physicians practice as well as our interactions with other entities. Citing ease of use and other helpful features, many physicians, advanced practice providers and staff have already expressed enthusiasm for the EPIC transition.

A transition process of this scope and magnitude is certain to bring challenges; we'll encounter learning curves and feel a growing pain or two. But there's no doubt—this journey will be well worth the effort.



Brian L. Maddy
Chief Executive Officer



In This Issue

Page 2 - 3

Meet New Providers

Page 4

Physicians Honored for Achievement

Page 5

Cook Receives Commendation

Page 6

Building Named in Honor of Andrews

Page 7

Ozcan Recognized

Journal to Publish Letton Presentation

Page 8

Children Deserve A Better Chance

Page 9

New Device Saves Two Lives

Page 10

Prenatal Diagnostic Center Accepts Grant

Page 11

Holiday Retreat December 16

Flu Shots Still Available for Patients

Page 12

On-Campus Health Screenings

Communicate Insurance Changes

Page 13

BHN Opens in New Locations

Page 14

Executive Luncheon

Page 15

HIPAA Hot Spot

Page 16

Weight Watchers at Work

Baby-Friendly Summit Returns

Page 17

Encouraging Students Supports Community

Silent Auction Success

Page 18 - 19

Clinics EXCEL in FY 2017

Page 20

Sooner Success Serves

Kendra Scott Event for Sooner Success

Page 21

Farmers Market

Grand Rounds Brings Cooley to OUHSC

Page 22 - 23

New Employees

Page 24 - 26

Live to Give Features

Page 27 - 30

OU Fit Features

Page 31 - 32

Support Groups

Meet Our New Providers

Kibwei A. McKinney, M.D., Otolaryngology



Otolaryngologist **Kibwei A. McKinney, M.D.**, has established his practice with OU Physicians. He also has been named an assistant professor with the University of Oklahoma College of Medicine.

McKinney is board certified in otolaryngology-head and neck surgery. He has a clinical interest in treating patients with diseases of the nose and paranasal sinuses, including acute and chronic sinusitis, and allergy. He performs a variety of in-office and operative procedures aimed at alleviating sinusitis and nasal obstruction, including sinus surgery, balloon sinuplasty, septoplasty and turbinate

reduction. In addition, he provides allergy testing and targeted subcutaneous immunotherapy for the treatment of allergic rhinitis.

McKinney also has an interest in the treatment of tumors of the nose, paranasal sinuses and base of the skull.

McKinney completed a fellowship in rhinology, allergy and endoscopic skull base surgery at the University of North Carolina–Chapel Hill, where he also completed his residency. He completed a fellowship in rhinology at the Georgia Nasal and Sinus Institute, Savannah. He earned his medical degree at the University of Pennsylvania School of Medicine, Philadelphia.

New Providers, continued

Melissa Bernstein, Ph.D.,
Pediatric Psychology



Psychologist **Melissa Bernstein, Ph.D.**, has established her practice with OU Children's Physicians. She also has been named an associate professor with the University of Oklahoma College of Medicine.

Bernstein provides comprehensive psychological and psychoeducational evaluations for children with a variety of concerns, including those who have experienced child abuse and neglect and those with disruptive behavioral problems.

Bernstein completed a fellowship in clinical child psychology with the Center on Child Abuse and Neglect at the OU College of Medicine. She completed a child and adolescent psychology internship at Starr Commonwealth, Albion, Michigan, and earned her doctor of philosophy in clinical-developmental child psychology at the University of Maine, Orono.

Rebecca M. Wallace, Psy.D.,
Pediatric Psychology



Psychologist **Rebecca M. Wallace, Psy.D.**, has established her practice with OU Children's Physicians. She has also been named a clinical assistant professor with the University of Oklahoma College of Medicine.

Wallace provides inpatient pediatric consultation and assists with pediatric pain management and rehabilitation. She completed a fellowship in pediatric psychology at the University of Arkansas Medical Science/ Arkansas Children's Hospital, Little Rock. She completed a pediatric psychology internship through the Nova Southeastern University Center for Psychological Studies South Florida Consortium Internship Program, Fort Lauderdale. She earned her doctorate in clinical psychology and master of science degree in clinical psychology from Nova Southeastern University, Fort Lauderdale. She earned her undergraduate degree in psychology at Loyola University, New Orleans.

Wallace is a member of the Oklahoma Psychology Association, American Psychological Association and Society of Pediatric Psychology.

Providers Recognized For High Scores

OU Physicians providers listed below have earned special recognition for achieving CG-CAHPS domain scores above the 90th percentile, for the designated period in 2015-2016. A special dinner event held on November 28 was a fitting celebration to honor these providers and their achievements. Those who were able to attend the event are pictured below. Congratulations!

Mark Allee, M.D.
Adam Asch, M.D.
James Barrett, M.D.
Ryan Biggers, M.D.
Shouvik Chakrabarty, M.D.
Michael Cookson, M.D.
Marny Dunlap, M.D.
Rachel Franklin, M.D.
David Gordon, M.D.
Cherie Herren, M.D.
Jennifer Holter, M.D.
Leslie Hornick, A.P.R.N.-C.N.P.
Rhett Jackson, M.D.
Vickie Jarrell, P.A.-C.

Greg Krempf, M.D.
Lisa Landrum, M.D., Ph.D.
Melissa Lindenau, M.D.
Deborah Lockwood, M.D.
Gillian Mackay, M.D.
Tiffany McCrabb, A.P.R.N., C.N.P.
Andria Medina, M.D., Ph.D.
Katherine Moxley, M.D.
Elizabeth Nelson, M.D.
Kelle Overand, A.P.R.N., C.N.S.
Charles Pasque, M.D.
Christi Pendergraft, M.D.
William Reiner, M.D.
Robert Salinas, M.D.

Dewey Scheid, M.D.
Anjan Shah, M.D.
Timothy Siler, M.D.
Chad Smith, M.D.
Ronald Squires, M.D.
Kelly Stratton, M.D.
Emily Swafford, P.T., P.R.P.C.
Beverly Talbert, M.D.
George Tardibono, M.D.
William Tierney, M.D.
Jeanie Tryggestad, M.D.
Jennifer Verbick, M.D.
Gretchen Wienecke, M.D.
John Zubialde, M.D.



Back row, from left: Charles Pasque, Michael Cookson, Kelly Stratton, David Gordon, John Zubialde, Melissa Lindenau, Marny Dunlap, James Barrett. *Front row, from left:* Jeanie Tryggestad, Katherine Moxley, Tiffany McCrabb, Vickie Jarrell, Ronald Squires, Rachel Franklin, Christi Pendergraft, Cherie Herren, Leslie Hornick.



Crawford congratulates Cook.



Pictured above, from left: Linda Edmondson, L.C.S.W.; Annette Prince, L.C.S.W., J.D., director, Oklahoma Palliative Care Resource Center; Cook; and Cindy Thomas, L.C.S.W., Department of Family and Preventive Medicine.

Cook Receives Gubernatorial Honor

The Oklahoma Palliative Care Resource Center recently hosted the 10th annual Palliative Care & Bioethics Conference. The highlight of the conference was the presentation of an official gubernatorial citation to Jacqueline Cook, L.C.S.W., M.S.W. Stephen Crawford, M.D., chair, Family and Preventive Medicine, made the presentation.

The citation reads in part: "Jacqueline Cook is to be recognized, celebrated and honored for dedicating 42 years of truly inspirational, selfless service to Oklahomans as a master social worker, advocate for quality health care and leader in promoting palliative care education."

Cook will retire this year, ending a long and distinguished career with the department. She is recognized as a Diplomat in Social Work by the National Association of Social Workers and has authored numerous published articles devoted to the improvement of patient care.

Her experience spans work in the departments of Gerontology, Psychiatry and Behavioral Sciences and Family and Preventive Medicine. In addition, she has served as supervisor for graduate social work students and worked at national and state levels for continuing education in the social work profession.



Building Named In Honor Of Andrews

The long-anticipated opening of the new academic office building took place in October with much fanfare and celebration. In addition to the ribbon-cutting ceremony, the true highlight of the event was the official naming of the building, in honor of M. Dewayne Andrews, M.D., executive dean, OU College of Medicine.

Andrews plans to retire next year, closing a career that spans more than four decades and includes service in a range of leadership roles within the university and beyond, as well as myriad contributions in the field of medicine and the education of generations of medical students.

"I have known and observed several great leaders in many fields, but no one is any more accomplished and has led their organization to more success than Dewayne Andrews," said Mike Samis, board chairman, University Hospitals Authority and Trust. "The college of medicine, the campus, the students and residents staff physicians and researchers have

all benefited from his steady and visionary leadership. The Trust is proud to have built this building in Dean Andrews' name."



Photo above: As part of a dedication ceremony, M. Dewayne Andrews, M.D., is recognized by OU President David L. Boren.



Ozcan Recognized By ASA



As part of the recent national meeting of the American Society of Anesthesiologists, **Mehmet Ozcan, M.D.**, received recognition for his outstanding contributions to the organization's learning collaborative.

To address national changes that place a premium on value-based care and exceptional patient experiences, the ASA has partnered with Premier, Inc. to establish a national learning collaborative to develop, pilot and evaluate a patient-centric, team-based system of coordinated care that guides patients through the entire surgical experience, from the decision to undergo surgery to discharge and beyond.

Ozcan serves as one of the ASA's intellectual leads, facilitating regular group calls, sharing information about Oklahoma's modular approach, and encouraging active peer-to-peer networking and shared learning among others pursuing similar approaches.

Ideas for Focus?
Contact the Editor:

valerie-pautsch@ouhsc

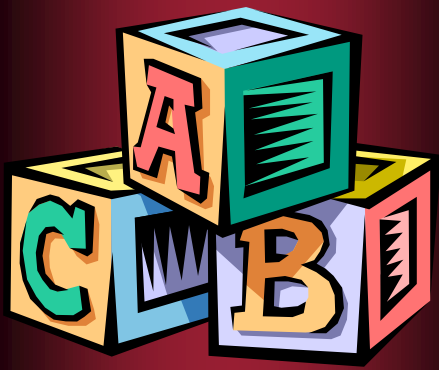
Journal To Publish Letton Presentation



The Pediatric Trauma Society held its third annual meeting in Nashville last month. PTS President **Robert Letton, M.D., F.A.A.P., F.A.C.A.**, pediatric surgeon and director of pediatric trauma services, The Children's Hospital, delivered the presidential address to the meeting's nearly 400 attendees.

Letton's presentation, entitled "Zen and the Art of Pediatric Trauma: An Inquiry Into Healing," will be published in a future issue of the *Journal of Trauma and Acute Care Surgery*.

The Pediatric Trauma Society is a professional organization for health care providers. Its focus is on the development of optimal care guidelines, education, research and advocacy for the purpose of improving outcomes for injured children.



How Can You Help?

It's an unfortunate situation, that due to the continued, nearly chronic, abuse of substances in our society, the number of referrals to the ABC clinic continues to increase each year.

For nearly 20 years the clinic has been able to provide a blanket or quilt for the youngest child on a first clinic visit. However, the large volume of children and increased demand have nearly depleted ABC's supply of blankets.

As basic as they are, blankets and/or gently used books do much to comfort children who face these circumstances. Your donations can have direct and very positive impact on a child's life.

For more information, contact
Vicki Cook, M.Ed., L.P.C.,
Co-director, ABC clinic:
vicki-cook@ouhsc.edu
405-271-5700, ext. 45114

Children Deserve A Better Chance

A Better Chance is a program of the Child Study Center, Department of Pediatrics, at the University of Oklahoma College of Medicine. Located on the OU Health Sciences Center campus, A Better Chance - the ABC Clinic - offers infants and children exposed to drugs and/or alcohol before birth a better chance to live healthy and productive lives.

The clinic's co-directors are Elizabeth Bard, Ph.D., and Vicki Cook, M.Ed., L.P.C., who has been involved with ABC for more than 22 years.

"These infants and children are considered at high risk for developmental difficulties — how they grow, think, talk and move," explained Cook. "Often, they demonstrate behavior problems, which are likely to aggravate other developmental issues."

As a result, Cook said families and caregivers of these children deal with serious concerns as well as heightened stress, frustration and feelings of isolation. "By working with families and their children from a very early age, A Better Chance has opportunities to address risk factors and potential difficulties that often arise. Staff members work toward, hope for - and expect - better and brighter outcomes." Services of the ABC clinic include:

- ♦ Comprehensive developmental evaluations for children from birth through 6 years of age who experienced prenatal exposure to drugs or alcohol
- ♦ Information and guidance to families who are caring for high-risk infants/children
- ♦ Support for families and caregivers
- ♦ Specialized interventions to address challenging behaviors
- ♦ Evaluations for fetal alcohol syndrome when needed
- ♦ Coordination with other community programs and agencies to enhance services to infants, children and families
- ♦ Consultation and training for professionals/agencies working with this special population

Cook said all caregivers of these children are eligible for and included in services, including not only biological parents, but also adoptive parents, foster parents or relative caregivers. While the clinic primarily serves children up to 6 years of age, consultations, limited services and referrals are available for older children.

"Every eligible child may receive services regardless of ability to pay," she said. "All services are developed to help these special infants and children reach their full potential. That is our goal."

New Device Saves Two Lives



Pregnant with her second child, Keylie Baldwin, 29, was running a casual errand when a massive headache rendered her unconscious. Baldwin, of Miami, Oklahoma, was experiencing an aneurysm or bleeding on the brain. Before lapsing into unconsciousness, Baldwin somehow managed to steer her vehicle to the roadside. A family friend happened to see Baldwin's car and an urgent life-saving effort began.

From the local emergency department, Baldwin was transported by air ambulance to Tulsa, then to OU Medical Center in Oklahoma City. There, neurosurgeon Bradley Bohnstedt, M.D., utilized an advanced tool to reach a part of the brain formerly unreachable using conventional methods.



The BrainPath tube gives surgeons better access to hard-to-reach sections of the brain, utilizing a minimally invasive approach. Bohnstedt is among a select group of surgeons across the nation currently equipped to use the new device.

"The tube is basically a port system that allows us to get access into deep areas of the brain without disturbing the white and gray matter and the superficial structures," Bohnstedt said.

Used along with sophisticated, 3-D, neuro-navigation techniques, the device enabled Bohnstedt to reach an abnormal tangle of vessels deep within Baldwin's brain to stop the bleeding. In addition, the device made it possible to remove abnormal blood vessels to minimize the risk of any repeat aneurysm.

The device's unique design allows it to be maneuvered through delicate brain tissue. "With the angle of the point being approximately 30 degrees, it's thought that this diminishes the amount of sheer stress that's put on fiber tracks neurons as it passes and glides through the brain and allows for the least amount of friction on that tissue," Bohnstedt explained.

The many benefits of the breakthrough procedure include faster recovery time, minimal internal and external scarring, less damage to the brain and nerves, and fewer post-surgical side effects and complications.

"Keylie did very well. Previously, we would not have been able to treat a patient with her lesion as aggressively, especially with her pregnancy," Bohnstedt said.

Baldwin's recovery also has gone well; she gave birth to a healthy baby boy, and has resumed coaching softball. These are among the blessings Baldwin and her husband, Cord, counted as they celebrated Thanksgiving last month.

"She's a pretty good girl, and to have her back is just amazing," said Cord.

Top photo: the groundbreaking new BrainPath tube.

Bottom photo:

Cord and Keylie Baldwin discuss their experience during a media briefing with neurosurgeon Bradley Bohnstedt, M.D.

Grant Provides Resources To Reduce Risks

Thanks to a March of Dimes grant to the OU Physicians Prenatal Diagnostic Center, expectant mothers who experience complications during pregnancy will have access to education and resources that provide comfort and support. The \$26,000 grant will fund the March of Dimes Family Resource Center to address the educational and emotional needs of families during high-risk pregnancies and/or after pre-term births.

The grant will fund the Center for 12 months, covering the costs of computer equipment and educational materials, as well as costs involved with maintaining and updating educational and support materials.

A presentation took place last month at The Children's Hospital at OU Medical Center, in conjunction with World Prematurity Day. Accepting the symbolic check on behalf of the Prenatal Diagnostic Center was Rodney Edwards, M.D., chief of the section of Maternal-Fetal Medicine, department of Obstetrics & Gynecology, University of Oklahoma College of Medicine.

"Pre-term birth is a major contributor to newborn complications, some of which have lifelong consequences as well as increasing the possibility that the baby may not survive," Edwards said. "Of course one of our major efforts is to prevent pre-term birth to mitigate those risks. Pregnant women with threatened pre-term birth often have to stay in the hospital to try to prolong the pregnancy. Of course, if, despite the efforts to avoid prematurity, the baby is born pre-term, he or she may have an extended hospital stay. This grant from the March of Dimes will help to provide additional services for these families, in addition to expert medical care."

Laurie Applekamp, executive director for March of Dimes Central Oklahoma market, added, "We are so thrilled to be able to open a resource center where families have access to the OU Physicians Prenatal Diagnostic Center and the state's largest and most comprehensive Neonatal Intensive Care Unit. March of Dimes has so much important and useful information to provide families who experience pre-term birth. We feel this partnership will be a tremendous vehicle allowing us to get the information into the hands of those who need it most."

OU Medicine combines the research, education and health care expertise of OU Medical Center, The Children's Hospital, OU Physicians and the University of Oklahoma College of Medicine to establish Oklahoma's largest and most comprehensive health care system. March of Dimes is the leading nonprofit organization for pregnancy and baby health. For more than 75 years, moms and babies have benefited from March of Dimes research, education, vaccines, and breakthroughs.



*Pictured above, from left: **Laurie Applekamp**, executive director, March of Dimes Central Oklahoma Market; **Rodney Edwards, M.D.**, chief, section of Maternal-Fetal Medicine; **Marilyn Escobedo, M.D.**, chief, section of Neonatal and Perinatal Medicine; **Laura Foy** and daughter, **Zoey**, a past March of Dimes Ambassador Child; and **Lisa Liston**, March of Dimes Central Oklahoma Market.*

Get the Shot Not the Flu

Vaccinations continue through Friday, December 16.

At OU Physicians, we're giving our best effort to protect our patients and their families from the spread of this dangerous virus by encouraging all to be immunized against it. Dates and locations have been established to serve our patients in this way.

Children will be seen in the OU Children's Physician Building, Suite 5. For this influenza season, the live attenuated influenza vaccine, also known as the "nasal spray," will not be an available option.

The OU Physicians Health & Wellness Clinic in **Suite 4A of the OU Physicians Building** will offer vaccinations for adults.

It's Time To Celebrate

...and it's not too late to RSVP.
Contact holidayretreatsvp@ouhsc.edu
on or before Friday, December 9.



The annual OU Physicians Holiday Retreat

*Friday, December 16
7 - 10 p.m.*

*Chevy Bricktown
Events Center*

Enjoy hors d'oeuvres, full bar, door prizes, candy buffet,
photo booths and music by SquadLive.

See You There!

Who Knew?

Effective January 1, 2017, BlueCross BlueShield is no longer providing coverage for benefits-eligible OU employees. The university has instead chosen Cigna to provide the valuable health and medical benefits we enjoy.



You know this - and you're making the necessary adjustments. But *unless you make them aware, your health care providers will not have this critical information.*

Be proactive and advise all your providers about this change in order to keep your records accurate and up to date. It's a simple act that will go a long way to help ensure a smooth transition.

Schedule Your On-Campus Health Screening

This month and in January, there are additional opportunities for benefits-eligible employees to participate in health screenings provided at no cost. Use the appropriate link to register for your preferred date and location.

Monday, December 12 and Tuesday, December 13

Service Center Building, Room 240

[http://schedule.timetrade.com/token/route/redirector?
token=Q7QTL&Mode=rrobin](http://schedule.timetrade.com/token/route/redirector?token=Q7QTL&Mode=rrobin)

Wednesday, December 21 and Thursday, December 22

OU Physicians Building, 2C

[http://schedule.timetrade.com/token/route/redirector?
token=XFFBK&Mode=rrobin](http://schedule.timetrade.com/token/route/redirector?token=XFFBK&Mode=rrobin)

Monday, January 23 and Thursday, January 26

Samis Family Education Center, Conference Room D, Level B

[http://schedule.timetrade.com/token/route/redirector?
token=7Q2JH&Mode=rrobin](http://schedule.timetrade.com/token/route/redirector?token=7Q2JH&Mode=rrobin)

The screenings will measure height and weight, blood pressure, body mass composition, blood glucose and cholesterol, along with BMI, body fat percentage, triglycerides and waist circumference. Complete a comprehensive health risk assessment questionnaire and have a one-on-one consultation with a credentialed provider.

These screenings are provided through the collaborative efforts of OU Physicians Corporate Health and Wellness and Healthy Sooners.



OU Fit Participants:

This screening will fulfill the annual physical exam/screening requirement of the OU Fit program.

Redeem your points on the OU Fit portal beneath the Prevention/Risk Reduction section.

Breast Health Network Open In New Locations



Two Breast Health Network locations recently relocated to new buildings near their former locations, in order to expand services and offer greater convenience.

Breast Health Network Northwest, the former Oklahoma Breast Care Center North on Meridian Avenue, moved to 13401 N MacArthur Blvd. The location just north of the Kilpatrick Turnpike makes it convenient for women on the northwest side of the metro area. The network's statewide mobile mammography program will also office at the northwest location.

Breast Health Network Southwest, the former Oklahoma Breast Care Center South, is still in the same complex, but in a new building at 2607 SW 119th Street, to serve women in southwest Oklahoma City, Moore and Norman. In addition to more space, this location now offers breast and full-body MRI capabilities.

The Oklahoma Breast Care Center North location had operated in its old location for more than 30 years. The south location opened its doors in 2004.

Tracy Cothran, assistant vice president of Breast Health Network, is excited about what these moves mean for patients.

"I am so proud of the new Breast Health Network locations. Both locations offer enhanced workflow for the staff while offering a beautiful setting for our patients," said Cothran.

"Our locations have changed, however, our patients will continue to receive the highest quality and compassionate care by our professional and caring staff. It is a true pleasure to be a part of the Breast Health Network, knowing it has, and will continue to have, a profound impact on the women of our community and our state."

Breast Health Network is the state's largest group of radiologists and breast-health experts, offering four metro-area locations and a statewide mobile mammography program for women. In 2015, more than 70 women received care through the network. Across the four-clinic network, services provided include bone density screening, MRI, ultrasound, 3-D as well as digital mammography, genetic testing and more.

For more information, go to
www.breasthealthnetwork.com



Executive Luncheon

OU Physicians employees who consistently demonstrate excellence in their work are guests of honor at a monthly Executive Luncheon. These luncheons provide opportunities for senior leaders to personally acknowledge employees for their commitment to excellence in every area of job performance. Those attending the most recent luncheon are pictured below.



Front row, from left:

Ashley Ramirez,
Family Medicine

Tersetta Williams,
Family Med

Bessie Glenn,
Stephenson Cancer Center

Debbie Rowley,
Stephenson Cancer Center

Middle row, from left:

Clint Buntin,
Medical Records

Suzanna Yandell,
OU Cardiovascular Institute

Kristine Thompson,
Prenatal Diagnostic Center

Charles Townes,
OU Cardiovascular Institute

Top row, from left:

Cynthia Loughmiller,
Pediatric Hematology-Oncology

Morgan Green,
Otolaryngology

Breanne Covert,
Obstetrics & Gynecology

Ashley Davis,
Sooner Pediatrics

Melissa Jackson,
OU Physicians Patient Safety
& Risk Management

The HIPAA Hot Spot is featured periodically in the Focus newsletter. Each Hot Spot includes a useful HIPAA Tip, and highlights employees and work areas that are making a big difference in our HIPAA compliance program.

Need answers?
Help is readily available.
Contact:

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*Have a Tip you'd like to see in Focus?
Is there a HIPAA Hipster you'd like to nominate for recognition?
Email jill-raines@ouhsc.edu*

HIPAA Hot Spot

December HIPAA Hipster:

Jan Frazer, Manager, Heart Lung and Vascular Clinic

The HLV Clinic had its 2016 HIPAA Privacy audit earlier this year. Both the HIPAA Compliance Auditor and the University Privacy Official were pleased to compliment Jan Frazer and her staff on major progress made toward HIPAA compliance over the past 12 months. "This clinic sees a high volume of patients on a daily basis, and this audit shows that Jan and her staff are making HIPAA privacy a priority every day," noted Mary Milano, regarding this year's audit.

High volume makes HIPAA compliance challenging, but Frazer's commitment is to make her clinic a model of compliance. She has implemented tools to help staff stay on top of HIPAA. According to Sally Duckett, who coordinates HIPAA compliance for OU Physicians clinics, Frazer has created a patient packet checklist for front-desk staff to make sure patients receive and complete the correct HIPAA forms. Duckett commented that there is very little visible PHI in the clinic; screen protectors are on all front desk computers, PHI on attended desks is covered or placed face down, and PHI in workrooms is secured when unattended. All of these small habits add up for great results. Thanks to Jan Frazer and staff for making every effort to keep our patients' information safe.

Holiday HIPAA Tip:

Not Even a Mouse Should Find PHI During the Holidays

With apologies to Clement Clark Moore, Jill Raines offers some holiday entertainment - and a few good HIPAA reminders as you head out for the break.

*'Twas the night before Christmas, and all through the clinic,
Not a patient was waiting, not even a minute.*

*The clinic doors were locked by the staff with great care,
So the clinic's PHI would be safe inside there.*

*And Doc in his scrubs and I in my coat,
Had just locked all the files and secured all the notes.*

*When what to our wondering eyes appeared there,
On the screen – it's a virus! A case of ransom ware!*

*I sprang to the phone, to OUP SYS gave a whistle.
And they cleared the hackers away with a Delete Key missile.*

*I went home relieved – our PHI secure and alright.
Happy HIPAA to all, and to all a good night!*

HIPAA Holidays! See you next year.



Save The Date!

The 5th annual
Becoming Baby-Friendly
in Oklahoma
Summit

Friday, February 24, 2017
Samis Family Education
Center
8 a.m. - 4:30 p.m.

Watch for more details coming soon. In the meantime, mark your calendar and plan to attend this one-day event. Learn from other hospital systems, moms and other experts about best care for breastfeeding families.

Six hours of continuing education credit will be provided upon completion.

Find registration information on the Oklahoma Breastfeeding Resource Center website at

ouhsc.edu/breastfeeding



WeightWatchers® AT-WORK PROGRAM

MONDAYS AT NOON
BASIC SCIENCES EDUCATION BUILDING,
ROOM 272

For additional information, contact
Lindsay Mitchell, healthy-sooners@ouhsc.edu

The current 17-week series, **Beyond the Scale**, is underway with about six weeks remaining in the series. Beyond the Scale helps you eat healthier and stay active, even when you're on the go. Weight Watchers members following the new Beyond the Scale program lost 15 percent more weight in the first two months than members who followed the previous program.

Interested employees can join at any time and pay a prorated amount for enrollment. For the remaining series, see the fee schedule below.

Week 12	\$65.64
Week 13	\$54.70
Week 14	\$43.76
Week 15	\$32.82
Week 16	\$21.88
Week 17	\$10.94

While attending Weight Watchers meetings provides encouragement and support, meetings function as more than a support group; additional resources and tools help you every step of the way to your goal.

Based on analysis from Weight Watchers, those who attend meetings regularly experience the greatest success. Employees who have completed the program and/or are currently active confirm that this has been true in their experience. You can join a series at any time. The Weight Watchers At-Work program requires a minimum enrollment.

Weight Watchers Deal Days

The next 17-week series begins in February. Sign up during Weight Watchers Deal Days, now through Friday, December 9, and receive a **15 percent early-bird discount**. Learn more at the Open House:

Monday, December 5, 12:15 p.m.
Basic Sciences Education Building, room 272

Silent Auction Success For Angel Tree



Participants in last month's silent auction **helped to raise more than \$1,000** for the OU Physicians Angel Tree project. Angel Tree assists our own employees for whom the holidays bring significant financial hardship.

Since the program was launched, Angel Tree has been well supported by generous gift givers. But it's not unusual for needs to exceed capacity.

That's why participation in events like the silent auction, popcorn days and Plug-a-Jug are especially important to help bridge the gap.

Thanks for your generosity.

See A Need, Meet A Need

Recently, OU Physicians had a part in providing new uniforms for the Douglass High School dance team, Divine Divas. Even more recently, another opportunity arose that created an opportunity for OU Physicians to support another Douglass program.

Though faced with limited funding, the Douglass Cheer team fought its way through district and regional cheer competitions, only to miss qualifying for the state competition by one place. The disappointing outcome was a crushing blow to the team's confidence, and senior team members, potentially college-bound, were reconsidering their future plans. When made aware of the situation, a few OU cheerleaders volunteered to speak to the Douglass team, for the sole purpose of encouraging and rekindling their determination. The ethnically diverse team related their own struggles and delivered a strong message: "You CAN do it!"

Kelli Hayward Walsh, project manager, who was instrumental in coordinating the visit by University of Oklahoma cheerleaders, described the event. "It was beyond inspiring, and watching it, I truly believe lives were changed and touched by the words spoken."





Clinics EXCEL In First Quarter

Eight OU Physicians clinics earned four- and five-star patient satisfaction ratings for the first quarter of 2017. For their efforts, the high-achievers were presented with EXCEL banners to be proudly displayed, along with treats to share among team members. Congratulations!

Pictured at right:
OU Physicians Clinics
Four Star Achievement:

Pain Medicine

Heart, Lung & Vascular

Women's Pelvic & Bladder
Health





Banner presentations, continued



Pictured at right:
Four Star Achievement
Stephenson Cancer
Center
Cancer Rehab
Urologic Oncology

Off-site Clinics
Four-Star Achievement

Adult Endocrinology
Dermatology at Devon
(no photo available)

Five-Star Achievement
Devon On-site Clinic
(no photo available)



Kendra Gives Back Trunk Show



Shop a curated collection of jewels and buy a gift that's more than a gift.

When you make a Kendra Scott purchase for yourself or someone on your holiday shopping list, you also play a part in helping families whose children have special needs find supportive resources through **Sooner Success**, a program of the Child Study Center, Section of Developmental-Behavioral Pediatrics.

Thursday, December 8
The Children's Atrium,
6th Floor

Twenty percent of proceeds
benefit Sooner Success

For more information, contact
Sooner-success@ouhsc.edu

Sooner SUCCESS Works For Families

Families raising children with special needs face multiple challenges related to the child's health, education and socialization. Sooner Success assists families by connecting with supports in all these important areas. Sooner Success offers these services to families across the state at no charge to families; there are no income restrictions and there is no application process.

County coordinators working in Blaine, Canadian, Cleveland, Delaware, Garfield, Kingfisher, Logan, Major, Mayes, Oklahoma, Rogers and Tulsa counties work on coalitions to build community capacity and inclusive programming to meet the families needs in each community.

Sooner Success is a program in the Child Study Center, Section of Developmental-Behavioral Pediatrics. Sooner Success works intimately with both the public and private sectors with the overarching goal to promote a comprehensive, coordinated system of health, social and educational services for Oklahoma children and youth with special health care needs in local communities. Unique in its approach, Sooner Success addresses barriers by promoting community capacity integration and seamless infrastructure across county, regional and state levels. Sooner Success achieves this through a service delivery model focused on care navigation and coordination, continuity of care and care transition.

Providers as well as families may access services by requesting support from county resource coordinators. Some requests for assistance are met by making connections with existing service resources, which were previously unknown to families and providers. However, other requests are more complex and require more extensive investment of the county resource coordinator's time. In response to these requests, the resource coordinators provide information about community needs, thereby informing efforts to build capacity for the community in general.

Families reach county coordinators through referral from local service providers or self-referral. The coordinators are supported by the regional coordinator who meets monthly with all county coordinators in a group setting to provide overall guidance and support. The regional coordinator may also meet with individual county coordinators as needed for more specific guidance. Content of these monthly meetings ranges from identifying potential resources for complex family situations to problem-solving coalition management for families facing ongoing challenges.





The OU Medicine Farmers Market comes to the first floor of the Children's Atrium the first Thursday of each month from 11 a.m. until 2 p.m. Find different ways to think about fresh and healthy.

Featured vendors may vary from month to month. Look for these local merchants and others:

Healthy Cravings
(*"Superfood"-based snacks*)

High Tides & Green Fields
(*produce, herbs, rubs, salts*)

Manchester St. Coffee
(*locally roasted blends*)

Mittie's Kitchen
(*homemade breads, cookies, jams, fruit butter, local honey*)

Ms. Netties:
(*teas, dips seasonings, fresh tamales*)

Popcorn Gals
(*Cheddar, Chicago mix, cinnamon roll and more flavors*)

Renrick's
(*plants, greeting cards, prints*)

Sweet Spirit Foods
(*barbecue sauces*)

Twisted Oak foods
(*salsas, rubs, spices*)

For assistance with
housekeeping or
maintenance needs in the
OU Physicians Building
or
OU Children's Physicians
Building,
contact

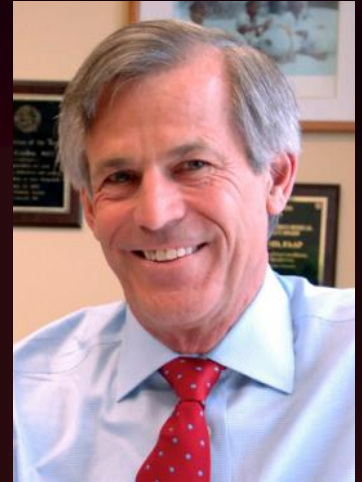


271-CALL
(271-2255)

or

Submit your service request
online at
<http://271call.com/>

January Grand Rounds To Feature Cooley



Plan now to attend Pediatric Grand Rounds next month. The event will include a presentation by **W. Carl Cooley, M.D., F.A.A.P.**, chief medical officer and medical director, The Center for Medical Home Improvement at Crotched Mountain Rehabilitation Center, Greenfield, New Hampshire.

Wednesday, January 25
12:15 - 1:15 p.m.

Samis Family
Education Center,
Rainbolt Family Auditorium

A developmental pediatrician, Cooley is adjunct professor of pediatrics at Dartmouth College Geisel School of Medicine, Hanover, New Hampshire.

The title of his presentation is "Improving Health Care Transitions from Pediatric to Adult Care - Implementing the Six Core Elements of Health Care Transition."

Welcome New Employees

Attending last month's **New Employee Orientation** conducted by OU Physicians Training and Development, these new team members were introduced to the environment, culture and special initiatives that make OU Physicians the only multispecialty group practice of its kind in the state. Be sure to extend a warm welcome when you have an opportunity.



Standing, from left:
Brittany Morgan
Stephenson Cancer Center

Bailey Fleck,
Pediatric Cardiology

Adaja Celestine,
Orthopedics

Christina Robinson,
Obstetrics & Gynecology

Frances Simison,
OU Cardiovascular Institute

Seated, from left:
Ashia Wiggins,
Stephenson Cancer Center

Sandra Jackson,
Float Pool

Devin Shetley,
Neurosurgery

Lacey McCool,
Float Pool



Standing, from left:

Deidra Yazzie,

Patient Accounts

Quintrece Nikolic,

Stephenson Cancer Center

Angie Chancellor,

Stephenson Cancer Center

Rachel Miller,

Stephenson Cancer Center

April Walker,

Family Medicine

Seated, from left:

Christi Goff,

OU Physicians Fountain Lake

Cheryl Lowry,

Psychiatry and Behavioral Sciences

Mayra Rios,

Family Medicine

Jaci Horton,

Pediatric Pulmonology

LIVE to GIVE



 Medicine



Live to Give volunteers previously selected as a Volunteer of the Month may also be considered for recognition as Volunteer of the Year, an honor that includes a \$500 award.

Live to Give Volunteer Of The Month

Tina Ellis, OU Physicians Human Resources

"Your days are numbered. Use them to throw open the windows of your soul to the sun. If you do not, the sun will soon set, and you with it."

- Marcus Aurelius

Tina Ellis was a single mom living in North Carolina when she "fell in love" with volunteering. Volunteering was a way to enjoy time with her son while helping him gain the kind of life experience he might not otherwise encounter. Their church provided many opportunities to participate in mission efforts, both domestic and international.

When she met her husband several years later, both were keenly aware of how much they had been blessed and how much they had received. "The only appropriate response to being so blessed is to be a blessing to others," Ellis said. "Our passion is to serve those that are less fortunate than ourselves." The couple hopes to foster that desire in their daughters by involving them as often as possible.

An avid volunteer, Ellis has supported nearly every organization or activity Live to Give has offered. Her first event was particularly memorable. It was a full-blown, back-to-school carnival at Positive Tomorrows, the metro's only school for homeless children. "I didn't know what to expect, but I had a blast! Since that time, the entire HR team has volunteered at the school's Christmas carnival." Ellis hasn't yet been part of a Habitat for Humanity project, but plans to be on board for next year's build. "I would also love to get involved with a pet adoption event if we have another opportunity."

Angel Tree, Warm Christmas and working at the Regional Food Bank are Ellis' favorites so far. At the Food Bank, she and 56 others packed enough food for 4,560 backpacks for the Food for Kids program *in less than two hours*. "I was amazed!" she said. "This proves my theory that if we, as a global community, would come together and give of our time and money, we could quite literally end world hunger as well as homelessness and other social struggles."

Ellis hopes all employees will choose to experience volunteering through Live to Give. "I am so thankful to the leaders of OU Physicians, and to Kelli Hayward Walsh and her team, for providing opportunities to serve the community through the Live to Give program," she said. "With such a wide variety of activities, there's definitely something for everyone. And, regardless of the event, I always get more than I give. That's the nature of giving!"

Beyond Live to Give, the Ellis family is having global impact, supporting a range of organizations, both local and international with their time and money. Toy and school-supply drives, fundraiser-running events, from inner-city homeless shelters and foster care programs, to soldiers and orphans a world away, the Ellis family is making a difference.

The opening quote attributed to Marcus Aurelius successfully captures what giving means to Ellis. "If you focus on yourself and don't give to others, your life will be over and you won't have made a difference. Conversely, it is by giving that you leave a legacy, a part of yourself. Helping others is how you make a community better. It's how you change the world, one heart at a time."

LIVE to GIVE

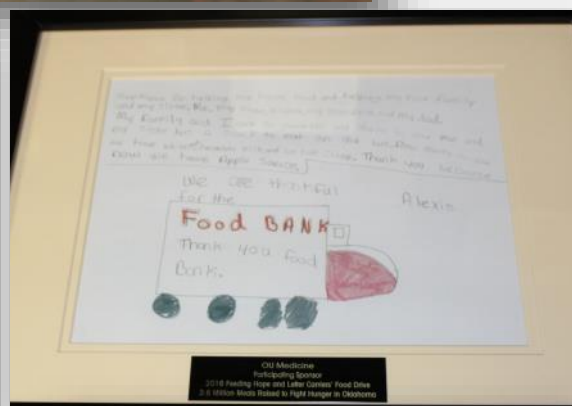


OU Medicine

Work Day At Regional Food Bank

It's clear from the photo below that last month's volunteer effort at the Regional Food Bank was a great opportunity to do some much-appreciated work for an organization that directly serves local communities. Dozens of Live to Giver volunteers took advantage of this opportunity to do something that matters. Volunteers handled a total of 25,298 pounds of food, equivalent to more than 21,000 individual meals.

The framed drawing shown below was presented to the assembled group in recognition of OU Medicine's participation in the food bank's annual Letter Carriers' Food Drive.



OU Medicine
Participating Sponsor
2016 Feeding Hope and Letter Carriers' Food Drive
3.6 Million Meals Raised to Fight Hunger in Oklahoma



LIVE to GIVE



CU Medicine

Work Day, continued





OU Fit Star Of The Month

Kaely Jackson, R.D./L.D., C.D.E.
OU Prenatal Diagnostic Center



Each OU Fit Star receives
OU Fit logo merchandise
or apparel
valued at \$50.

Kaely Jackson has been an athlete most of her life, active in high school athletics and playing intramural sports in college. It was during her senior year in high school that she began working at a fitness center, a place where she learned a great deal about nutrition and fitness. "I've been a huge fan of an active lifestyle ever since," she said. "I'm currently studying to become a group fitness instructor."

Of the many benefits the OU Fit program offers, accountability is the first Jackson mentioned. "It helps me to stay up to date on my wellness exams from physical to vision and more," she said. "I try to log in most days and I'm reminded of things to do to stay healthy."

She values other facets of the program - the variety of activities that keep boredom at bay - in addition to the opportunity to make use of an outstanding workout facility. "The NRGY Fitness center has been great because it's so close and available. I really don't have an excuse *not* to stay fit!"

Jackson said the most significant lifestyle change she's made in the interest of fitness is getting up earlier to exercise. An evening exerciser for most of her life, she wakes up earlier now to get to the gym. "I've noticed that I actually have a good amount of energy to get through the day and I just feel better," she said. "Working out earlier also improves my food choices during the day." Her elevated energy level sometimes lasts beyond the workday, when she might go for an evening walk or a light jog.

Jackson keeps herself in shape mostly by running and weight lifting. "But my FAVORITE kind of exercise is group fitness classes, particularly step aerobics and boot camp, kickboxing, circuit and spin classes."

She has a supportive family that offers verbal encouragement and more. "My dad and brother are runners so we run together sometimes. We're pretty competitive so we push and challenge each other all the time!"

For Jackson, fitness is its own reward. She isn't primarily motivated by tangible incentives. "Exercising makes me feel better not only physically but mentally and emotionally. When I feel good about myself, I'm just a better me! I want to be healthy so that I can give my best to my family, my job, and be able to do all of the things I enjoy." Occasionally, though, she enjoys a treat - ice cream, or maybe pizza. "That's a pretty great reward to me," she said.



Earn Points For Participation In These Events

Sandridge Santa Run – Saturday, December 10

OU Fit is sponsoring 17 5K runners and five one-mile runners. Whether sponsored by OU Fit or not, anyone who participates will receive 200 OU Fit points for running the 5K and 100 OU Fit points for running/walking in the one-mile fun run. Points can be redeemed on the OU Fit portal with proof of participation.

FitStart

3rd Annual FitStart Challenge January 2017

FitStart, a program of OU Fit, is an eight-week employee wellness challenge. During the challenge, teams of five to seven employees track individual and team goals, and participate in fun weekly challenges. Each team member must complete pre- and post-assessments. Dates and locations will be communicated soon.

Participation in the OU Fit program is required for the FitStart Challenge. Learn more about the program and the benefits of membership. E-mail OUFit@ouhsc.edu

Oklahoma City Memorial Marathon April 30, 2017

Many OU Fit participants will enjoy the benefits of sponsorship for this year's Run to Remember. Our organization will be represented in the full marathon as well as the half marathon, 5K and relay events. Whether sponsored by OU Fit or not, anyone who participates in the race will receive *up to 300 points* by simply uploading proof of participation onto the OU Fit portal.



Interested in joining
OU Fit?

Want to know more about
the benefits and perks?
Contact OUFit@ouhsc.edu



For 13 years, the Champions of Health awards have recognized those who are making a difference. From the rural doctor working to address the health care needs of an isolated community, to nonprofit organizations implementing innovative programs to help families develop healthier lifestyles, the Champions of Health awards have honored those efforts to improve the health of Oklahomans.

Pictured at left:

Top photo, left to right: Craig Jones, OHA president; Madison Epps, NRGY Fitness Center events coordinator; Tamara Berry, OU Fit fitness instructor; Krystal Floyd, wellness manager; Brian Maddy, chief executive officer, OU Physicians; Joe Cunningham, M.D., chief medical officer, BlueCross BlueShield; Angela Russell, HR recruiter, OU Fit supervisor; Joe Young, assistant director, Patient Accounts.

Bottom photo, left to right: Brian Maddy; Rob Lowe, celebrity guest; Angela Russell; and Krystal Floyd.



Champions of Health

OU Physicians accepted the 2016 Champions of Health Award in the corporate category. Largely based on the strength of the OU Fit program, the award serves as recognition of the organizational commitment to improving overall wellness of employees and affiliates. From group fitness classes, community events, wellness challenges and cooking seminars, OU Physicians believes that in order to provide quality care to patients, investing in employee health is a priority.



OU Fit Featured Recipe

Maple-Roasted Sweet Potatoes

Easy. Simple. Sublime.



Why boil and mash when you can roast even more easily?

2½ pounds sweet potatoes, peeled and cut into 1½ -inch pieces (about 8 cups)
 1/3 C pure maple syrup
 2 tablespoons butter, melted
 1 tablespoon lemon juice
 ½ teaspoon salt
 Freshly ground pepper to taste

Prep time: 10 minutes

Total time: 1 hour, 10 minutes

Serves 12

Preheat oven to 400°F. Arrange sweet potatoes in an even layer in 9 x 13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour mixture over sweet potatoes. Toss to coat.

Cover and bake 15 minutes. Uncover, stir and cook, 45-50 minutes longer, stirring every 15 minutes, until potatoes are tender and beginning to brown.

Nutritional Information

Serving Size: 1/2 cup

Makes: 12 servings

Calories	113
Fat	2 g
Saturated fat	1 g
Cholesterol	5 mg
Carbohydrates	23 g
Dietary fiber	3 g
Protein	1 g
Sodium	149 mg

* Nutritional Guidelines based on the [USDA's MyPlate Standards](#).

*Being healthy and fit isn't
 a fad or a trend.
 Instead, it's a lifestyle.*

Support Groups

HOPE in Oklahoma Gynecologic Cancer Support Group

When: **Saturday, December 3**

(first Saturday monthly, **10 a.m. - noon**)

Where: Stephenson Cancer Center, 1st floor Family Lounge

Who's Invited: Patients, caregivers and survivors

Contact: Odra Pratt, **405-694-9517**

Project 31 Breast Cancer Support Group

When: **Tuesday, December 6**

(first Tuesday monthly, **6 - 8:30 p.m.**)

Where: Stephenson Cancer Center, 1st floor Family Lounge

Who's Invited: Patients, survivors,
families and friends of breast cancer patients

Contact: Sarah McLean, sarah@project3one.org

Hep-C Support Group

When: **Tuesday, December 6**

(first Tuesday monthly, **4 - 5 p.m.**)

Where: Presbyterian Professional Building,
711 S.L. Young Blvd, 4th floor

Who's Invited: Patients, friends,
families and caregivers affected by Hep-C
Snacks provided; RSVP requested.

Contact: Michelle Price, **405-271-4024**,
or michelle-price@ouhsc.edu

Women's Incontinence and Sexual Health (WISH)

When: **Wednesday, December 7**

(first Wednesday, monthly at **noon**)

Where: OU Physicians Building, 825 NE 10th Street, 5D

Who's invited: Women who experience incontinence,
prolapse, pelvic pain or related conditions

Contact: Jessica Moates, **405-271-9493, ext. 37007**
or jessica-moates@ouhsc.edu

Empower! Metastatic Breast Cancer Support Group

When: **Thursday, December 8**

(second Thursday monthly, **noon**)

Where: Stephenson Cancer Center, Seminar Room 5058

Who's Invited: Stage 4 patients
And those who care for them

Participants may bring their own lunches
Contact: Kristen Squires, R.N., C.N.-B.N.,
405-271-8001, extension 48527

SOS Breast Cancer Support Group

When: **Thursday, December 8**

(first Thursday monthly at **noon**)

Where: Stephenson Cancer Center, Seminar Room 5058

Who's Invited: Patients, survivors,
families and friends of breast cancer patients

Contact: Kristen Squires, R.N., C.N.-B.N.
405-271-4514, ext. 48527

Brain Tumor Support Group

When: **Thursday, December 8**

(second Thursday monthly, **6 to 8 p.m.**)

Where: Oklahoma Brain Tumor Foundation
4024 N Lincoln Blvd, Suite 220

Who's Invited: Patients, families, survivors
Contact: Cassandra, **405-843-4673**

Parents of Children With Cancer

When: **Tuesdays - December 13, 27**

(second and fourth Tuesdays monthly at **noon**)

Where: The Jimmy Everest Center
OU Children's Physicians Building, 10A
1200 Children's Avenue

Who's Invited: Parents whose children have cancer
Contact: Danny Cavett, **405-271-5758**

Blood & Marrow Transplant (BMT) Gathering

When: **Wednesdays - December 14, 28**

(Every other Wednesday at **noon**)

Where: Stephenson Cancer Center, 1st floor Family Lounge

Who's Invited: Patients, family members and caregivers
Light lunch provided. Please RSVP.

Contact: Crystal Gazaway, **405-271-3402**

Bladder Cancer Support Group

When: **Wednesday, December 14**

(second Wednesday monthly, **12:15 -1:15 p.m.**)

Where: Stephenson Cancer Center, Room 6012

Who's invited: fighters, survivors, caregivers and advocates
Contact: Lisa at bladdercansg@gmail.com

Cochlear Implant Support Group

When: **Wednesday, December 14**

(second Wednesday monthly, **noon-1:30 p.m.**)

Where: OU Physicians Building 2nd floor, Conference room 2107

Contact: Carolyn Messick, MS., CCC/SLP
405-271-1368 or carolyn-messick@ouhsc.edu

Support Groups, continued

Young Adult Cancer Support Group

When: Thursday, December 15
(third Thursday monthly, 5:30 p.m.)

Where: Location determined by evening programming

Who's Invited: Young adult cancer survivors and patients

Contact: yasgoklahoma@gmail.com for more information

Pancreatic Cancer Support Group

When: Thursday, December 15*

(last Thursday monthly, 6 p.m. *Alternate date due to holiday)

Where: David L. Boren Student Union, 1106 N Stonewall, Room 265

Who's Invited: Patients, their friends and families.

Refreshments provided.

Contact: Dan Brackett, 405-380-8236, or Julie Linse, 405-250-1835

Us TOO! Prostate Cancer Support Group

When: Tuesday, December 20

(third Tuesday every other month, 6 p.m.)

Where: Stephenson Cancer Center, 1st floor Family Lounge

Who's Invited: Patients and survivors, and their families.

Contact: Dane Libart, L.C.S.W.,

405-595-7217, or dlibart@odmhsas.org

Support Group for Adults with Diabetes

When: Tuesday, December 27

(last Tuesday monthly, 5:30 p.m.)

Where: Harold Hamm Diabetes Center, 1000 N Lincoln Blvd., Suite 3200

Who's Invited: Diabetes patients, their friends and family members

Contact: 405-271-5642 or groups@haroldhamm.org

RSVPs requested

Caregiver Support Group

When: Wednesday, December 28

(fourth Wednesday monthly, Noon - 1:30 p.m.)

Where: Easter Seals Oklahoma, 701 NE 13th Street

Who's Invited: Those caring for patients with
long-term or chronic illnesses

Contact: Samantha Pascoe, 405-239-2525,

or spascoe@eastersealsoklahoma.org

Lunch provided. RSVPs requested.

www.eastersealsok.org/caregiver-support-group/

Spanish-Speaking Cancer Support Group

When: Friday, December 30

(last Friday, monthly, 5:30 p.m.)

Where: Stephenson Cancer Center, Seminar Room 5058

Contact: Carmen Soriano, R.N.,

405-417-2438 or Celia Hollis, 405-236-0589

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