

# FOCUS

February 2017

## The Andrews Legacy



Here's the thing about legacies: they have great future relevance and influence because of their significance in the past. Nowhere is this more evident than in the legacy of M. Dewayne Andrews, M.D., and his service to the medical profession, the University of Oklahoma College of Medicine and the OU Health Sciences Center. Andrews officially retired this month, effectively bringing to a close a unique era of phenomenal growth and advancement for the College of Medicine and the OU Medicine enterprise.

An OU graduate, Andrews joined the College of Medicine faculty in 1977 and served as executive dean and vice president for health affairs since 2002. In 2011, Andrews accepted additional roles as provost and senior vice president of the Health Sciences Center. Although the demands of the dean's office made it necessary to give up private practice, Andrews continued to mold and train future generations of physicians and providers as an award-winning educator.

According to Andrews, his interest in medicine was sparked when, as an 8-year-old, his left hand encountered the blade of an electric band saw. He underwent a surgery that was considered revolutionary for its time. Andrews' imagination was so thoroughly captured by the experience and procedure that when the time came to consider college options, he chose Baylor for its pre-med program. Andrews found himself often helping his fellow students gain a better grasp of complex topics, and discovered not only a passion for medicine, but an affinity for teaching. He learned early in his career that listening - and truly hearing - are critical skills for success in nearly every endeavor.

Four to five years might be considered a normal term of service for a dean at any given school of medicine. For the better part of 15 years, Andrews has provided this college of medicine with exceptional leadership, simultaneously serving in a number of additional leadership positions with significant responsibilities. In 2002, the state's largest multispecialty physician group, with nearly 400 physicians in practice, was still in transition, rebranding the former University Physicians Medical Group that became OU Physicians. Today, there are more than 900 providers of every description, more than 660 being M.D.s and D.O.s.

The College of Medicine boasts nearly 1,000 full time faculty and some 600 residents and fellows in training. With an enrollment capacity of 140 students annually, the College of Medicine received more than 2,000 applications this year alone, and the number continues to rise. Reflective of curriculum changes beginning in 2000, student satisfaction is now high at 97 percent, placing our school above the 90th percentile in national ranking across all U.S. medical schools, and matriculation has increased from 150 to 165 per class. Both the pass rate and average score exceed national averages. More than mere statistics, these numbers validate the university's commitment to educational excellence, one of the chief objectives of the OU Medicine mission, and demonstrate what is possible when able leaders are supported.

*Continued, next page*

Another dramatic and redefining shift occurred with the emergence of OU Medicine, an entity that didn't formally exist before 2008. Andrews is justifiably proud of his role in helping to create and sustain the OU Medicine enterprise. In addition to establishing a new culture of excellence, OU Medicine gave the academic health system a clear identity as a true medical group practice.

For years, the College of Medicine's scholarship endowment was static at \$10 million. Under Andrews' leadership, the Second Century Scholarship Campaign began to cultivate sources of private donations. People willing to invest in the future of health care in Oklahoma and beyond could ensure a next generation of well-trained and superbly skilled physicians. As a result, the Scholarship Endowment Fund has more than doubled, providing educational avenues that might not otherwise have been available for bright and motivated students. We're poised to realize an important milestone - to be able to grant \$3 million in scholarships each year.

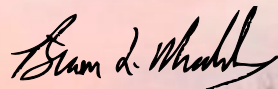
In a climate in which competition for research funding is fierce, sometimes even discouraging, we continued to apply for and receive substantial grants to further a variety of important initiatives.

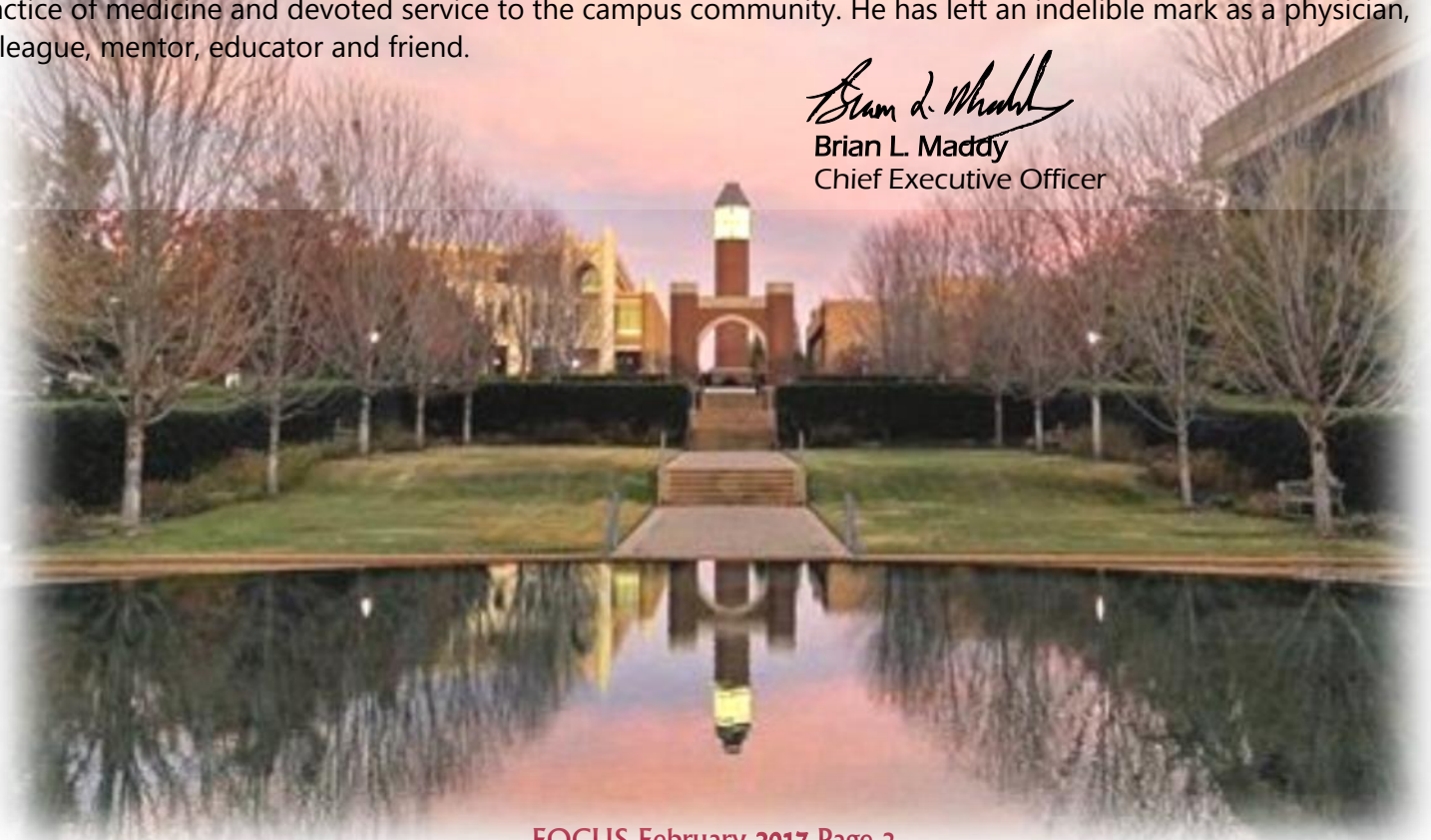
The clinical practice at OU Physicians has also thrived in its association with the College of Medicine. In the last decade, patient visits have soared from fewer than 400,000 to more than 650,000. It is impressive, not only in terms of the numbers of patients having access to high-quality health care, but also because the revenues these visits generate - \$174 million in 2011, to \$236 million for fiscal year 2016 - support the College of Medicine in providing an exceptional medical education to its students.

In recognition of his wide sphere of influence and myriad contributions to the field of medicine and medical education, Andrews was inducted into the Oklahoma Higher Education Hall of Fame in 2013.

The most recent and fitting tribute to Dean Andrews came with the recent opening of the new medical tower, built to make desperately needed space available for College of Medicine offices. A gesture intended to adequately honor Andrews, his long and distinguished career and visionary leadership through the years, it is most appropriate that the iconic and exquisite facility now bears his name, as the M. Dewayne Andrews Academic Office Tower.

The OU College of Medicine and OU Medicine as an enterprise are better because of Andrews' commitment to the practice of medicine and devoted service to the campus community. He has left an indelible mark as a physician, colleague, mentor, educator and friend.

  
**Brian L. Maddy**  
Chief Executive Officer





## In This Issue

Page 3

Postier Named Interim Executive Dean

Page 4

Andrews Celebrated at Retirement Event

Page 5

Welcome New Provider

Bradford Elected to Post

Page 6 - 7

Support for Adult Siblings

Page 8

Initiatives Tap Primary Care Providers

Clean Hands: The Myths

Page 9

Town Hall Meeting Schedule

AAHC Review-Read

Page 10

Baby-Friendly in Oklahoma Summit

Register Now: Advances in Pediatrics

Page 11

Support Literacy—Eat Breakfast

Page 12

HHDC Launches Program

HealthySooners Offers Full Plate

Page 13

Go Girl Run to Benefit SCC

Bariatric Clinic to Offer Seminars

Page 14

Celebrating Gains in Neonatal Health

Employee Satisfaction Survey

Page 15

Someone You Should Know

Page 16 - 17

HIPAA Hot Spot

Filling the Shelves at SCC

Page 18

One Sooner Active Bystander Training

Page 19 - 20

New Employees

Page 21

Valentine Grams on Sale

OU Medicine Farmers Market

Page 22

Live to Give Volunteer of the Month

Page 23 - 26

OU Fit Features

Page 27 - 28

Support Groups

## Postier Named Interim Executive Dean



Russell G. Postier, M.D., long-term chief of surgery at the OU College of Medicine, has been named the college's interim executive dean, succeeding M. Dewayne Andrews, M.D., whose retirement became effective recently. David L. Boren, OU president, made the announcement at the January meeting of the OU Board of Regents.

Postier enjoys a strong national reputation and has served as chair of the American Board of Surgery – a position that is only awarded to exemplary academic surgeons who demonstrate outstanding commitment to teaching and academic leadership.

"I appreciate the willingness of Dr. Postier to serve as interim dean," Boren said. "He is one of the most respected physicians at the College of Medicine and has a well-deserved national reputation for excellence. Like Dean Andrews, he is personally dedicated and committed to the College and to the medical profession."

Postier joined the OU Health Sciences Center faculty in 1981 and was appointed John A. Schilling Professor of Surgery and chair of the Department of Surgery at the College of Medicine in 1997. His surgical expertise includes gastrointestinal surgery with special interest in the biliary tract and pancreas.

Throughout his career, he has excelled as a teacher and mentor, and in 2002 he received the Stanton L. Young Master Teacher Award. He has served on several committees that focus on the educational development of medical students, residents and scientists. In 2010, he was named a David Ross Boyd Professor at OU – a lifetime title that provides continuing recognition to faculty members with superior teaching ability, demonstrated leadership and a talent for student guidance.

Postier is active in many professional organizations, holding numerous leadership roles. He completed a six-year term as governor of the Oklahoma chapter of the American College of Surgeons. Postier was appointed treasurer of the American Surgical Association in 2010, and served in that position until 2015. His ability to foster an environment of academic development is evident from his multiple publications in peer-reviewed journals as well as his numerous research projects.

Postier's research efforts in the clinical arena have involved the search for improved therapeutics in a range of surgical diseases, primarily pancreatic adenocarcinoma. In the past several years, he has secured more than \$9.5 million in research funding.



## Events Mark Andrews' Retirement

Last month's OU Physicians Management Committee changed the order of business a bit in order to celebrate and honor M. Dewayne Andrews, M.D., who has served in numerous capacities within the College of Medicine through his long and distinguished career. On January 31, a more formal event was held within the atrium of the new medical office tower that now bears Andrews' name. The retirement ceremony and reception was attended by scores of well-wishers, friends, colleagues, students and staff who congratulated Andrews on 15 years of service to the university, campus and community.



*Above, from left: Molly Shi Boren, David L. Boren, M. Dewayne Andrews, M.D, and Rebecca Andrews.*





## AAO Elects Bradford



Another OU Physician has been elected to serve as the leader of a prestigious national professional organization. Cynthia Bradford, M.D., an ophthalmologist at Dean McGee Eye Institute and a faculty member of the OU College of Medicine, recently began her term as president of the American Academy of Ophthalmology.

Bradford has a long history of leadership service with the academy, which boasts a membership of 90 percent of the nation's ophthalmologists.

*Ideas for Focus? Contact  
the Editor:*

[valerie-pautsch@ouhsc.edu](mailto:valerie-pautsch@ouhsc.edu)

## Meet Our New Providers

Katherine T. Morris, M.D.

### Surgical Oncology

**Katherine T. Morris, M.D.**, a board-certified surgical oncologist, has established her surgical practice with Stephenson Cancer Center. She has also been named an associate professor of surgery with the University of Oklahoma College of Medicine.

Morris specializes in hepatobiliary and pancreatic surgery, including performing pancreatic resections, liver resections, gastrectomies, small bowel resections and intra-abdominal sarcoma resections.

Morris completed a surgical oncology fellowship with a hepatobiliary and pancreas focus at Memorial Sloan Kettering Cancer Center, New York City. She completed a research fellowship in surgical oncology at Oregon Health & Science University, Portland. She completed her general surgery residency and served as chief resident at Oregon Health & Sciences University, where she also earned her medical degree.

Morris is a member of the American College of Surgeons, American Association for Cancer Research, American Hepato-Pancreato-Biliary Association, Society of Surgical Oncology, American Society of Clinical Oncology, Association for Academic Surgery, American Association for the Advancement of Science, Society for Immunotherapy of Cancer and Association of Women Surgeons.



## Siblings As Long-Term Caregivers

You've heard of the "sandwich generation" - people caught in the middle between the responsibilities of raising their own children and the demands of also caring for aging parents. Another subset is making itself known as the "club sandwich generation." These

caregivers have similar pressures, with additional responsibilities caring for a brother or sister who has significant special needs.

The sibling relationship is often the most long-lasting relationship in life. When parents are no longer able or available to care for their child with special needs, the typically developing sibling often becomes a critical source of support, taking on caregiving roles once held by parents.

Robyn Boswell, state coordinator for Sibshops, a program of Sooner Success, explained that the sibling-as-caregiver role often begins long before adulthood. "A family with a child who has disabilities, whether intellectual, developmental both, almost automatically gears itself primarily to meeting the needs of that individual," she said. "It's necessary that those needs are given the highest priority."

The Sibling Leadership Network is a nonprofit organization founded in 2007. Like Sibshops, which were designed and developed to provide peer-to-peer support for typically developing siblings of brothers and sisters with some form of disability, SLN was created to provide practical resources and create a sense of community for adult brothers and sisters, age 21 and older, who find themselves in caregiver roles. Our own Sooner Success personnel are currently engaged in efforts to establish a local chapter of the Sibling Leadership Network.

A recent survey by Easter Seals reported that 80 percent of respondents expected to eventually become their sibling's primary caregiver. Yet only 33 percent felt financially prepared to step into that role. More than 65 million people—nearly 30 percent of the U.S. population—provide care for a chronically ill, disabled or elderly family member or friend in any given year. On average, these individuals spend 20 hours a week being caregivers. Much of that care is for an adult brother or sister.

Boswell said caregivers often experience isolation and may have a smaller circle of friends as a direct result of their caregiving responsibilities. "Consider, too, that medical advances have resulted in longer lifespans for all, including people with disabilities, extending also the need for caregiving and other forms of support."

"Part of the programming of Sibshops includes parental support and education," Boswell said. "Ensuring long-term care for a child with disabilities will require strategic planning; we try to acquaint parents with the types of challenges they may face, as well as available resources to help meet those challenges." Similarly, Sibling Leadership Network attempts to provide siblings of individuals with disabilities the information, support and tools to successfully advocate for their brothers and sisters.

### Learn About the Benefits of Sibling Leadership Network

Plan to attend an informational/organizational meeting to gauge interest in forming a local SLN core group.

Saturday, March 4, 10:30 a.m.  
Embassy Suites Hotel, Norman

Hear guest speaker Jeanne Lowery, volunteer board member of the Down Syndrome Association, present information and experience-based advice on special-needs trust options. Additional resource material available to attendees provided by the Oklahoma Disability Law Center. Contact Robyn Boswell for more information:

**robyn-boswell@ouhsc.edu**

### Who Should Join the SLN?

#### **Siblings of people with disabilities**

In unity, there is greater support and strength.

#### **People with disabilities**

The self-advocacy movement serves as a model for us to learn how to be involved in advocacy with our siblings.

#### **Parents and family members**

Connection through SLN provides a unique family perspective.

#### **Professionals**

Many professionals can provide important support to siblings and partner with them throughout their lives.

#### **Sibling supporters**

Anyone who is a friend or colleague to siblings and their families is welcome.





## Siblings Matter

As SLN membership increases, so does its impact. More members mean a stronger voice in promoting support for people with disabilities and their families.

Surveys and literature reviews found that:

Among families with numerous siblings, often one sibling, typically the oldest sister, was more involved in primary care.

Many siblings are currently active as caregivers or anticipate a future caregiving role for their brothers and sisters. However, they often do not feel prepared to take on these roles.

Overall, sibling caregivers are not as financially secure as other family caregivers.

Even as primary caregivers, siblings were more likely to report having fewer choices and less control over services and resource allocations.

Find out more at  
[www.siblingleadership.org](http://www.siblingleadership.org)

## *Sibling caregivers, continued*

Boswell explained the Sibling Leadership Network's three focus areas. "Peer-to-peer support and education for siblings form the cornerstone of SLN. But interest has expanded to include policy and advocacy. Including the sibling voice wherever policies are implemented and advocating for the things families believe are important will make a difference. Third, sharing research on the sibling experience and including siblings in research about people with disabilities promotes greater understanding on a broader scale."

Based on survey responses and literature reviews, the majority of people with intellectual or developmental disabilities still live in the homes of their parents, with transition of care likely falling to younger generations as parents age. There is a clear need to give more attention to siblings, not only to include them in the planning process for their futures as primary caregivers, but also to invest more in supporting siblings in their caregiving roles. Consider taking these steps to prepare for a future caregiving role:

**Engage your parents in the conversation.** Frequently, human beings, even parents with children, behave as if old age happens to "everyone else." The truth of course, is that your parents will grow old, and while they're sharp and in control now, a discussion about the future, particularly as it impacts their children, is always appropriate. It's much easier to not think about it, but making assumptions can bring serious consequences.

**Look into legal guardianship as an option.** Depending on the needs of the individual, you or another sibling may decide to seek guardianship. The process isn't simple and requires planning. In the absence of a designated legal guardian of a person 18 or older, parents (or siblings) lose most of their power to advocate for an adult son or daughter in any number of decisions that may need to be made on behalf of their child.

**Consider setting up a special-needs trust or Able Account.** Both are legal vehicles that allow a person with a disability to receive money while still remaining eligible for Supplemental Security Income and Medicaid. Arrangements may be complex, as someone must manage the trust, and there are many rules regarding appropriate use of funds.

**Ease into the caregiving role.** If possible, begin to assume caregiver duties from your parents selectively and gradually, or share responsibilities with other siblings. This transition also has emotional benefits to the disabled sibling who might be frightened by abrupt change, especially if the adjustment becomes necessary due to the death of a parent.

Boswell offered this wisdom, which may too easily become lost in the crush of responsibility. "Those who give care must also care for themselves," said Boswell. "It is fundamental to every other caregiving function."

For more information about Sibling Leadership Network or other support resources for families and individuals with intellectual and/or developmental disabilities, contact:

Robyn Boswell, [robyn-boswell@ouhsc.edu](mailto:robyn-boswell@ouhsc.edu),  
or call Sooner Success, 1-877-441-0434  
FOCUS February 2017 Page 7



It's a fact: Clean hands save lives. When hands are clean, the spread of illness and infection is reduced.

### The Five Most Common Handwashing Myths (Hint: they're all false!)

**1. It doesn't matter how long I wash my hands as long as I use soap.**

Studies show it takes at least 15-30 seconds of scrubbing with soap to effectively remove germs. Pass the time by humming the chorus of your favorite tune.

**2. Hand sanitizers can replace washing with soap and water.**

Soap and water remain the most effective way to reduce the number of microbes and germs on hands.

**3. The hotter the water, the better.**

Studies show water temperature has no impact on microbe removal and there's no research to prove higher temps improve handwashing *at all*. Hot water *does* do a nice job of drying out your skin, which may make hands more susceptible to germs.

**4. There's no need to dry your hands after washing.** Actually, germs are more easily transferred to and from wet hands. Drying hands is essential to staving off bacteria after handwashing.

**5. Hand dryers are more hygienic than paper towels.** Paper towels are still superior at removing bacteria. Air dryers can increase bacteria counts and have been shown to spread bacteria three to six feet from the device.

**Protect Yourself.  
Protect Your Patients**

## Primary Care Initiatives For Heart Health

Early last month, OU Physicians began to expand its cardiovascular preventive care efforts with the help of two federal initiatives.

Our primary care practices are participating in **Million Hearts**, a program administered by the Centers for Medicare and Medicaid Services. The program utilizes a data-driven, predictive modeling approach to generate personalized risk scores. The personalized data will be used to develop specific action plans in partnership with patients.

Primary care providers are also taking part in a separate federal initiative known locally as **Healthy Hearts for Oklahoma** that will provide quality improvement support to small family medicine practices, particularly in rural areas, while studying the effect of the initiatives. The goal is to lower patients' blood pressure numbers, increase aspirin use for those at risk of heart disease, reduce tobacco use and lower cholesterol levels. F. Daniel Duffy, M.D., and Steven Crawford, M.D. are the contacts for the program.

Not only will these federal preventive care efforts produce great benefits for patients and our overall practice, the initiatives also require our physicians to be proactive in implementing required quality guidelines and gathering data.

For more information on Healthy Hearts for Oklahoma, go to  
[http://www.ou.edu/web/news\\_events/articles/news\\_2015/hearthealth.html](http://www.ou.edu/web/news_events/articles/news_2015/hearthealth.html)  
and

<https://www.ahrq.gov/evidencenow/index.html>

For more information on the Million Hearts  
Cardiovascular Risk Reduction Model, go to:  
<https://innovation.cms.gov/initiatives/Million-Hearts-CVDRRM/>.



## Are You AAAHC-Ready?

Accredited by the



ACCREDITATION ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.

OU Physicians continues to move forward in preparation for the accreditation review, which will take place in the spring.

The Accreditation Association for Ambulatory Health Care is a national accreditation organization that sets standards for ambulatory health care entities across the country. The site review team last visited our campus in 2014.

During its visit, the AAAHC team will conduct a top-to-bottom review of OU Physicians operations, observing clinical and administrative areas and reviewing all policies and procedures. Because it reflects a commitment to excellence in health care, the AAAHC stamp of approval is highly sought after and only a handful of the nation's academic-based physician groups have been awarded accreditation during the organization's 38-year history.

OU Physicians earned its first accreditation in 2008 and was reaccredited in 2011 and 2014. It is our goal to earn a full three-year reaccreditation again. It's a team effort, so please assist in any way you can.

## Your Efforts Are Appreciated

# Town Hall Meeting

## Be Informed. Be Heard.

Do you want to know what's going on in and around OU Physicians, the OU Medicine enterprise, and across the OUHSC campus? Do you have questions or concerns about your work environment? Hear news and views from authoritative sources when you attend one of the town hall meetings scheduled at the locations and times below.

Meet with Brian Maddy, C.E.O., and Lynn Mitchell, M.D., C.M.O., in a casual setting with an informal format for exchange of views and perspectives. A question-and-answer session will be part of each meeting. Make a note of these times, plan to attend, and discuss your attendance with your manager or supervisor.

**Monday, February 6**

**11:30 a.m.**

Samis Education Center Rainbolt Family Auditorium

**Tuesday, February 7**

**11:30 a.m.**

Nicholson Conference Center Auditorium, 5th floor

**Wednesday, February 8**

**7 a.m.**

OU Physicians Building, 4th Floor waiting area

*and*

**12:15 p.m.**

Stephenson Cancer Center, 5th Floor Conference Room

## Advances in Pediatrics

The 43rd annual Advances in Pediatrics conference is set for Friday April 21, and will be held in the Samis Family Education Center. This one-day event will focus on the theme, Encounters of the Common Kind: Reviews and Expert Discussion, featuring keynote speaker Denise Dowd, M.D., M.P.H., professor of pediatrics, University of Missouri - Kansas City School of Medicine, Children's Mercy Hospital.

Sponsored by the University of Oklahoma College of Medicine, Department of Pediatrics, in conjunction with the Oklahoma chapter of the American Academy of Pediatrics and the department of Continuing Professional Development, this fast-paced course will include expert panel discussions and breakout sessions that enhance knowledge base and skill set.

Pediatricians and family medicine practitioners will find the course particularly valuable.

**Registration is open now:**  
[cme.ouhsc.edu](http://cme.ouhsc.edu)



**OKLAHOMA  
BREASTFEEDING  
RESOURCE CENTER**

The Oklahoma Breastfeeding Resource Center will host its 5th annual "Becoming Baby-Friendly in Oklahoma" summit, set for **Friday, February 24**. The summit is an opportunity to learn about best care for breastfeeding families from experts - including moms.

**Samis Family Education Center**  
**1200 Children's Avenue**  
**8 a.m. - 4: 30 p.m.**

Melissa Bartick, M.D., M.Sc., and Cynthia Good-Mojab, M.S., L.M. H.C.A., I.B.C.L.C., will deliver the keynote addresses.

Advance registration is \$20 per person and includes lunch. Meals may not be available for attendees who register the day of the event. Personnel associated with Oklahoma birthing hospitals are eligible to receive staff-training stipends. Contact OBRC for more information.

Completion of the summit provides six hours of continuing education credit.

**Find registration information on the OBRC website:**  
[ouhsc.edu/breastfeeding](http://ouhsc.edu/breastfeeding)



Children's



## Promote Literacy- Support Reach Out and Read



# HAPPY BIRTHDAY DR. SEUSS!

OU Children's Physicians clinics will celebrate the birthday of Dr. Seuss while they underscore the benefits of early literacy by hosting the **5<sup>th</sup> annual Reach Out and Read Green Eggs and Ham Breakfast and Activities Event**. Marianne Dunlap, M.D., is the faculty chair for the event.

**Friday, March 3**

**The Children's Atrium**

**Breakfast served from 7:30 - 10 a.m.**

**Activities and silent auction from 9 a.m. - 3 p.m.**

Last year's celebration raised \$12,500, used toward purchasing books given to children visiting our clinics. Reach Out and Read represents a unique partnership with a child's first medical providers. The pediatric health exam is often an effective setting in which trusted providers have opportunities to promote early literacy.



Like last year, tickets are \$5 each for breakfast and can be purchased in advance or the day of the event. Donations are welcome as well. Checks should be made payable to the OU Foundation, earmarked for Reach Out and Read, c/o Marny Dunlap, M.D. Mail to 1200 Children's Avenue, Suite 12400, Oklahoma City, OK, 73104. Or, arrange to have your donation picked up. Contact Dr. Dunlap, [marny-dunlap@ouhsc.edu](mailto:marny-dunlap@ouhsc.edu), or call 405-271-4407.



Nationally, Reach Out and Read serves 4.5 million children each year. In Oklahoma, more than **75,000 new books** were distributed through the program and its participating medical professionals. Last year alone, OU Children's Physicians clinics distributed more than 7,000 books, reaching some 4,500 children.

Research has established a firm link between parents reading aloud to their children and **greater success** in children's educational experiences.

Proficiency in reading by the end of third grade is a crucial marker in educational development. In 2013, an alarming **66 percent of fourth graders** in public schools were reading below levels considered proficient.

**Fewer than half** of young children in the U.S. are read to daily.

In almost every state, minority children and those from low-income households are less likely to experience being read to each day.

By age 3, children from lower-income families are familiar with nearly **30 million fewer words** than their more affluent peers.

**Early school performance improves** when parents are involved in helping their children learn to read. Unfortunately, due to their own inadequate reading skills, many parents are unable to provide this kind of support.

With powerful influences including but not limited to social media and other computer or screen-time activities, parents may face a **poverty of time**. It is increasingly difficult to carve out time to read with their children.

## Full Plate Weight Loss Program

Frustrated with your weight loss efforts? Some of us *aren't eating enough* to successfully lose weight. Strange, but true. If you're trying to improve your habits, the Full Plate Weight Loss program may be right for you.

This 16-session online program offers a simple, sustainable approach to healthy weight loss.

OU employees can enroll for just \$147 - less than \$9 per session. And, if all 16 sessions are completed between February 6 and May 25, you'll receive a \$100 reimbursement on your OU paycheck.

For more information  
or to sign up, visit

<https://fullplateliving.org/university-of-oklahoma-weight-loss-program>

Contact HealthySooners at  
[healthy-sooners@ouhsc.edu](mailto:healthy-sooners@ouhsc.edu)  
for answers to any questions  
you may have.



## Cut Diabetes Risk By More Than Half

If you have prediabetes or other risk factors for type 2 diabetes, the PreventT2 lifestyle-change program can help you make a change to improve health. More than a weight-loss program, PreventT2 empowers participants to plan better meals, exercise more efficiently and incorporate other healthy habits into their everyday lives. PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention. It is proven to work - cutting the risk of developing type 2 diabetes by more than half.



Harold Hamm Diabetes Center is recognized by the CDC as a provider of diabetes prevention programs.

<http://haroldhamm.org/DiabetesPrevention/PreventT2.aspx>



## Bariatric Surgery Clinic

The array of adult services offered by OU Physicians will soon expand to include a bariatric surgery clinic, utilizing the expertise of Laura Fischer, M.D. Fischer is a board-certified surgeon with fellowship training in bariatric surgery.

Is bariatric surgery the right weight loss option for you? Learn more at a one-hour informational seminar that could be the first step in your weight-loss journey. The seminar is scheduled twice monthly, beginning Thursday, February 2.

While the seminar is free and open for all, advance registration is encouraged for the purpose of recording attendance.

At each seminar, discussions will explore the topic of bariatric surgery and describe in detail how the program works. Clinical staff will also be on hand to answer your specific questions about the process and procedure. The seminars are from 5 to 6 p.m. on the dates below:

Thursday, February 2

Thursday, February 16

Thursday, March 2

Harold Hamm Diabetes Center,  
1000 N. Lincoln, Suite 3300

Please contact **405-271-1400** if you have any questions or would like to register.

## The Bariatric Surgery Team Metabolic & Bariatric Surgery Program

The University of Oklahoma  
with OU Physicians and the  
Harold Hamm Diabetes Center

## Go Girl Event Benefits Stephenson Cancer Center

Mark your calendars and register to participate or volunteer with us for the **2017 Go Girl Run Half Marathon and 5k event**.

The Go Girl Run is an all-women's half marathon plus a co-ed 5K event. Stephenson Cancer Center has been selected to be a local beneficiary of the Oklahoma City race.

Sunday, March 19  
Half Marathon 6:30 a.m.  
5K 6:45 a.m.

As a beneficiary, the cancer center is offering a special **10 percent discount** to Go Girl participants who use code **StephensonGGR** when submitting their entries for the event. For every entry using this code, Stephenson Cancer Center will receive 10 percent of registration fees.

In addition, Stephenson Cancer Center will also receive a donation from the Go Girl Run organization for every volunteer recruited.

Volunteers will help staff the Go Girl Run expo, packet pickup, water stops along the route, first-aid stations, and hospitality booths before and after the event.

To register for the event, go to:

[https://secure.getmeregistered.com/get\\_information.php?event\\_id=124874](https://secure.getmeregistered.com/get_information.php?event_id=124874)

**Use code StephensonGGR**

To sign-up as a volunteer, go to: [http://volunteer.getmeregistered.com/events/open\\_opportunities.php?id=276](http://volunteer.getmeregistered.com/events/open_opportunities.php?id=276)

**Use code Stephenson**

## Employee Satisfaction Survey

The OU Physicians annual employee engagement and satisfaction survey should have landed in your email in-box January 30. Please take a few minutes to complete it and let us know how you feel about your organization. The online survey poses a series of questions about your satisfaction with supervision, compensation, workload and other issues important to your work life.

The American Medical Group Association is conducting our survey again this year and will compare the findings to peers around the country. As always, individual responses will remain confidential and AMGA will only report the aggregate results to OU Physicians.

Employees have until **February 13** at midnight to complete the survey.

If you have any questions in the meantime, feel free to contact OU Physicians Human Resources at 405-271-2999 or [OUPHR@ouhsc.edu](mailto:OUPHR@ouhsc.edu).

Thank you in advance for your cooperation.

## Celebrating State's Progress In Health Initiative

Oklahoma's preterm birth rate has been reduced by eight percent over the five-year period spanning 2010 to 2015. In concrete terms, that means more babies were given a healthy start in life.

In recognition of the dedication and commitment to maternal and child health that have driven the initiative, The Oklahoma Chapter of the March of Dimes and the Association of State and Territorial Health Officials presented the March of Dimes Virginia Apgar Prematurity Campaign Leadership Award to co-recipient organizations and agencies. Accepted by Terry Cline, Ph.D., commissioner of health, the award marks the collaborative efforts of the state of Oklahoma, State Department of Health and Every Week Counts, a statewide collaborative effort for perinatal quality improvement involving physicians, staff and hospitals.



Mary Anne McCaffree, M.D., neonatology specialist, explained that preterm birth is the number one killer of babies, and it is a serious health problem that costs the United States more than \$26 billion annually. "Babies who survive an early birth often have life-long health problems," she said, "and infants born just a few weeks early are at greater risk for complications and long-term health consequences."

McCaffree commended the leadership demonstrated by the Oklahoma Hospital Association, Oklahoma Department of Health and our own Perinatal Continuing

Education Projects, as well as the College of Medicine departments of Obstetrics & Gynecology/Maternal-Fetal Medicine and Neonatal-Perinatal Medicine. "The Oklahoma Perinatal Quality Improvement Collaborative has been very effective. This award is a reflection of the effort and dedication of health care providers and organizations across the state." The initiatives are funded in part by the March of Dimes and many in-kind donations by other agencies.

The award's namesake is Virginia Apgar, M.D., an anesthesiologist who developed the five-point APGAR score to evaluate infant health at birth. Apgar also served as March of Dimes vice president for medical affairs.



## Someone You Should Know

### Heidi Watkins, OU Physicians Executive Office

Heidi Watkins came to OU Physicians four years ago and has found working in the Executive Office quite satisfying. A person who thrives on helping others, Watkins is well-suited to her job role. "I enjoy helping in any way I can. When I get the opportunity to do something for our clinic managers or staff, or help with an event, I look forward to it."

**New Year's Resolutions?** In a word, "No." Watkins has learned the pitfalls of setting herself up for failure. "I have no will power when it comes to dieting, and I don't have time to work out."

**Motivating factors.** We know it's not New Year's resolutions. This year, Watkins and family members have each selected a one-word focus that will foster emotional, mental and spiritual growth.

**How is it going so far?** A single woman with five grandchildren, Watkins is perpetually on the go. She uses sticky notes around the house and in her car as reminders to stay focused. "It's worked out pretty good so far."

**What is the source of greatest fulfillment in your life?** Watkins is understandably proud of many successes she could cite. But fulfillment comes from serving others. "I honestly feel we do ourselves the most good when we're doing something for others."

**Little known fact:** Watkins loves power tools and woodworking projects.

**Hidden talent:** A DIY enthusiast, Watkins is becoming skilled in basic automotive maintenance and repair. "Repairs can be expensive, so I've learned to do a lot of preventive maintenance and low-level repairs - and I thoroughly enjoy it."

**Dream job:** If she didn't work at OU Physicians, Watkins sees herself becoming Guy Fieri's Food Network sidekick. "I'd love to travel across the country, stopping at different restaurants along the way." She admits she's not cut out for "Bizarre Foods" with Andrew Zimmern, but she's fairly adventurous when it comes to trying new foods.

**Special interest:** Home improvement. "I've done too many to count, but the thing I enjoy most is the end of the project, when I stand back and say, 'I did that,'...or sometimes, '...what was I thinking!?'"

**Person of influence:** "My Aunt LeLonnie always believed in me. When I was a kid, she encouraged me not only to do well in school, but also to be adventurous and try new things. She had such an adventurous spirit and she always had something for us to do or learn."

**If it moves over ground or water.....:** the Watkins family is there with a boat, jet ski, raft, ATV or just a fishing pole. "We love to go to the river or lake, ride dirt bikes and ATVs on the trails or make our own."

**Finding serenity:** Watkins says she really enjoys yardwork and landscaping. "I find it so calming."

**Life's purpose:** Watkins said Harold Kushner stated it best. "The purpose of life is not to win. The purpose of life is to grow and to share. When you come to look back on all you have done in life, you will get more satisfaction from the pleasure you have brought into other people's lives than you will from the times that you outdid and defeated them."

**Need answers?  
Help is readily available.  
Contact:**

Jill Raines, Assistant General  
Counsel and University  
Privacy Official,  
jill-raines@ouhsc.edu  
271-2033

Sally Duckett, OU Physicians  
Health Information Management  
and HIPAA Administrator,  
sally-duckett@ouhsc.edu  
271-0293, ext. 10293

Mary Milano,  
HIPAA Compliance Auditor,  
Office of Compliance,  
mary-milano@ouhsc.edu  
271-2511

Marty Walton,  
Assistant to the University  
Privacy Official and to  
Associate General Counsel,  
marty-walton@ouhsc.edu  
271-2033

## HIPAA Hot Spot

**February HIPAA Hipster:** Cindy Proctor, Associate Director,  
OU Physicians Information Systems

HIPAA compliance requires strong HIPAA security practices, and the effectiveness of those practices depends on the competent, reliable support of information technologies. Cindy Proctor and her Information Systems staff provide that support to every OU Physicians clinic, 24 hours a day, seven days a week. Proctor has been instrumental in developing and maintaining the OU Physicians device inventory and in ensuring that organization-owned laptops are registered and encrypted. She responds promptly to HIPAA security inquiries from the compliance team and, despite her demanding schedule, Proctor is positive, friendly and always ready to answer questions and provide assistance. Cindy Proctor deserves thanks for her help to ensure OU Physicians devices are accounted for and appropriately encrypted.

### **HIPAA Tip of the Month: How to Obtain Medical and Billing Records for yourself or for a family member**

Some employees are surprised to learn they cannot use their EMR password to access their own or their family members' medical or billing records. Accessing such records is appropriate only as necessary to accomplish work-related tasks. If your job includes scheduling appointments, assistance with billing, referral or patient treatment, for example, you can access the records necessary for that purpose. But what about checking your own records? Or checking the records of your spouse, children or other family members? In these instances, follow the guidelines below to avoid HIPAA violations.

**Your Records:** You must obtain personal health information *the same way any other patient would* – through the Patient Portal or by completing a Request for Records form and submitting it to Central Medical Records. Always remember that access to PHI is authorized *only as necessary for job-related tasks* and is strictly limited to that purpose. Your need to access your own records is *personal business* and is not related to your job.

**Family Members' Records:** If you are a provider of record or if your assigned job duties require that you access a family member's record, access will generally be considered proper under law and policy. Any other access is a violation. If your family member needs information from his or her chart, refer the individual to Central Medical Records. If your family member gives you verbal permission to access records, it is not valid under HIPAA regulations. Your access to PHI does not include access that is *not essential to the performance of your job*. The permission or request of a family member to access his or her PHI will not make it lawful for you to do so. Your family member only has to complete and sign a HIPAA Authorization. When submitted to Central Medical Records, staff there will provide you with a copy of the records.

*Continued, next page*



## A Literary Success



January 31 brought an end to the month-long book drive to benefit Stephenson Cancer Center. Not surprisingly, support across campus was generous, making the drive a huge success. In all nearly 2,000 books were donated, finding a good home and a new audience of readers at the cancer center. The variety was remarkable as well, with books that represented a wide range of interest and preferences for readers of every age.

The book drive was also the Live to Give-sponsored activity for January and scores of volunteers did their part.

LIVE to GIVE



 Medicine

Thanks to all who helped  
make this event  
so very successful.

*Continued from previous page*

Entities such as OU Physicians and OU Medical Center are required to audit their EMR systems regularly. Any access appearing to be inappropriate must be reviewed and addressed. If there is ever any uncertainty, call us first – we can help!

Also, please keep in mind that the team is eager to work with you to improve HIPAA compliance. We would be happy to come to department or clinic meetings, orientations, lunch and learns, or other gatherings to discuss the HIPAA topic of your choice. In addition, we can help you draft or review HIPAA procedures, training materials or notices for your area. Let us know how we can help so we can achieve our mutual goals: protecting patients' PHI and avoiding HIPAA violations.

*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.*

*Have a Tip you'd like to see in Focus?  
Is there a HIPAA Hipster you'd like to  
nominate for recognition?*

*E-mail [jill-raines@ouhsc.edu](mailto:jill-raines@ouhsc.edu)*



**ONE**  
**sooner**<sup>®</sup>  
CAN MAKE A DIFFERENCE

**2017 SPRING TRAINING DATES:**  
WEDNESDAY, FEBRUARY 22  
TUESDAY, MARCH 7  
TUESDAY, APRIL 18  
THURSDAY, MAY 18

**WILL YOU BE THE ONE?**  
**IT ONLY TAKES ONE SOONER TO SPEAK OUT.**

One Sooner Active Bystander training encourages students, faculty and staff to take positive steps in intervention when they witness inappropriate behavior.

Although the training focuses primarily on the topics of gender discrimination, sexual harassment and sexual misconduct, the concepts learned in the training translate to any situation.

Free lunch and t-shirt when you attend.

Go to the [hr.ou.edu](http://hr.ou.edu) training calendar page and select OUHSC to register.

Direct any questions you may have to  
*[students@ouhsc.edu](mailto:students@ouhsc.edu)*.



## 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.

*Top photo*  
*Standing, from left:*  
**Amanda Lawter,**  
Devon Onsite Clinic

**Annette Turner,**  
Clinical Operations

**Evan Holbrook,**  
Urogynecology

**Beverley Raley,**  
Patient Accounts

*Seated, from left:*  
**Cheryl Hudelson,**  
Urogynecology

**Jennifer Salinas,**  
Urology

**Zoraida Lopez,**  
Neurosurgery

**Patricia Fair,**  
Neurosurgery



*Bottom photo*  
*Standing, from left:*  
**Alyssa Wilkerson,**  
Dermatology

**Lauren Morrison-Edwards,**  
Anesthesiology

**Emily Castleberry,**  
Prenatal Diagnostic Center

**Samantha Stephenson,**  
Pediatric Pulmonology

**Kari Herrington,**  
Urogynecology

*Seated from left:*  
**Kelsey Garrett,**  
Devon Onsite Clinic

**Audrianna Huang,**  
OU Physicians-Fountain Lake

**Simone Mathenia,**  
Hematology-Oncology

**Kalee Livingston,**  
Stephenson Cancer Center





*New Employees, continued*

*Top Photo*  
*Standing, from left:*  
**Linda Zamora,**  
 Neurosurgery

**Jennifer Pesina,**  
 Pediatric Gastroenterology

**Jenny Witherspoon,**  
 Stephenson Cancer Center

**Shelly Maddox,**  
 Adolescent Medicine

*Seated from left:*  
**Sonja Bridgers,**  
 Pediatric Orthopedics

**Kristyn Shawver,**  
 Stephenson Cancer Center

**Nia Ervin,**  
 Neurosurgery



*Bottom photo*  
*Standing, from left:*  
**Reagan Scheller,**  
 Patient Accounts

**Melissa Lavallee,**  
 Urogynecology

**Eric Deacon,**  
 Information Systems

**Jeri Garcia,**  
 OU Physicians at VCO

*Seated, from left:*  
**Avigael Jimenez,**  
 Pediatric Plastic Surgery

**Ana Bugarin,**  
 Pediatric Latino Clinic

**Tonya Franklin,**  
 OU Physicians at Fountain Lake







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*

*(Granola, nut mixes, healthy cookies and more)*

### *High Tides & Green Fields*

*(produce, herbs, rubs, salts)*

### *Lovera's Market*

*(cheeses)*

### *Manchester St. Coffee*

*(freshly roasted coffees, local and international)*

### *Mittie's Kitchen*

*(homemade breads, cookies, jams, fruit butter, local honey)*

### *Sweet Spirit Foods*

*(barbecue sauces)*

### *Twisted Oak foods*

*(salsas, rubs, spices)*

### *Wagon Creek Creamery*

*(cheese, Greek yogurt, grass-fed beef)*



## *Time For Valentine Grams*

Give a Valentine Gram to that colleague or co-worker you especially appreciate. Orders can be placed by email until Friday, February 10, or in person at the following times, while supplies last:

**February 8 - 9, all day**

OU Physicians Executive Offices  
Samis Family Education Center, Suite 3200

**February 10, noon - 2 p.m.**

OU Physicians Building, 2nd floor lobby area

**February 13, noon - 2 p.m.**

O'Donoghue Building, 2nd floor breakroom

<b>You're the Balm</b>	<b>\$3</b>	<b>Fish Friends</b>	<b>\$1</b>
<b>Friendasaurus</b>	<b>\$1</b>	<b>You're Kool</b>	<b>\$1</b>

**Cash only, please. All proceeds benefit Angel Tree!**



# LIVE to GIVE



 Medicine

## Live to Give Volunteer Of The Month Joan Spall, Stephenson Cancer Center

As a Live to Give/Community Volunteer, Joan Spall has contributed to several events, each of which is unique in serving the diverse needs across communities. It is that diversity of mission that drew Spall to become involved with the Regional Food Bank food drive, Stephenson Cancer Center book drive and Suited for Success clothing drive.

The book drive holds a special place in her heart. "In my position at the Information Desk, I see patients and their support teams who spend many days and long hours at SCC," said Spall. "Being able to pick up a book is very relaxing and provides a much needed distraction — with no check-in or check-out process." Through donations, the cancer center is able to offer books that appeal to a broad scope of tastes in literature and sometimes, new interests are sparked. "One gentleman's love of cooking was renewed after he found a cookbook that spurred his passion and taste buds." While the cancer center accepts donations year round, the month of January was a time to specifically promote the book drive to renew and refill the bookshelves.

Spall's favorite event was the Suited for Success clothing drive, which generated an overwhelming outpouring of support. "Not only did we collect so many pieces of clothing in *quantity*, the amazing *quality* was a lovely surprise — beautiful suits, shoes, purses and all in excellent condition," she said. "Women went into their closets, dug deep and brought in their best." The drive was focused on providing women with wardrobe items needed to bolster confidence in order to interview successfully for the jobs and careers they want. Last year, Suited for Success began providing wardrobe necessities for men as well.

Spall said it's difficult to think about fellow Oklahomans, even neighbors, going hungry and that's why she supports the Regional Food Bank. "So many of us have so much in our lives, and that includes our kitchen pantries. We may barely feel the impact of a giving a few extra food items. But it adds up to mean so much to someone who faces hunger on a daily basis," said Spall. "It is about so much more than putting food on their tables. It is love and hope along with a little food."

According to Spall, when donations are dropped off, the good feelings and happy hearts are obvious. "Giving just feels good, so I encourage everyone to get involved!" She has a favorite saying that expresses what it means, and how it feels, to be a volunteer. "'I'm drinking from my saucer, because my cup has overflowed.' Live to give...you will receive joy that you didn't know existed."





## OU Fit Star of the Month Dotty Shaw, OU College of Medicine



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

"....since I was big enough to hold up a softball glove." That's how long Dotty Shaw said she's been actively involved in sports and engaged in an active lifestyle. Coming from a family of athletically inclined individuals, the former national softball champion once played for OU. Her parents recently returned to Oklahoma from Arizona. "Now my mother and I are tennis partners. So you can see that physical fitness is our lifestyle!" she said.

Shaw likes the OU Fit program as a constant source of information and incentives that serve to enhance daily activities and encourage better nutritional choices. "If we pay attention and make good choices on a daily basis, over time we will see great results," said Shaw. "Nothing pleases me more than to see friends choose to become healthier, and then, to see the joy in their eyes when they start seeing the results!"

Shaw said she's appreciative of the university's initiatives that promote the best interests of employees for better health and well-being. "When we stop and consider where we work, I think it behooves us all to be as healthy as we can be. As a workforce, we should walk the walk and talk the talk."

Running for pleasure (not speed, she emphasized) has been a mainstay of Shaw's physical exercise. But six knee surgeries signaled an end to her participation in that particular activity. "Running outside isn't something I can do anymore. The elliptical machine is where you will find me at the gym." She also enjoys doubles tennis, which requires only half-court coverage.

Shaw's fitness goal is to *not* outgrow her wardrobe, and she has succeeded nicely. "I was cleaning the closet this summer and found a picture of my infant son crawling on the floor at my feet. I realized I was wearing the same jean shorts worn in the photo. My son is now 22. I guess you could say I am accomplishing my goal!"

Shaw is continuing the legacy of an active lifestyle for her own children. Her son played tennis and swam in high school and Shaw is now trying to recruit him to play in tennis tournaments with her. Her daughter, a former competitive gymnast, is now involved in club volleyball. "We all seem to have our own activities, but when any of us are competing, we cheer each other on."



8 weeks, 3 organizations,  
1 FITNESS GOAL

**FitStart**

## Certified Healthy — Again

Thanks in large part to health-related initiatives embodied in the OU Fit program, OU Physicians again met the criteria to become a Certified Healthy Business. The Certified Healthy Business program recognizes business sites that make a positive impact on the health of employees and patrons.



Efforts to create a healthy environment are important to the future of the entire state and its residents.

Having achieved the Basic Level of certification, OU Physicians will be honored at the Certified Healthy Oklahoma awards luncheon to be held next month.

The 3rd annual FitStart Challenge is in full swing with 61 teams engaged in the competition. The first weekly challenge required participants, as individuals and as a team, to pack and eat a healthy lunch for three days of the week, with standard servings of fruit, vegetables and protein.



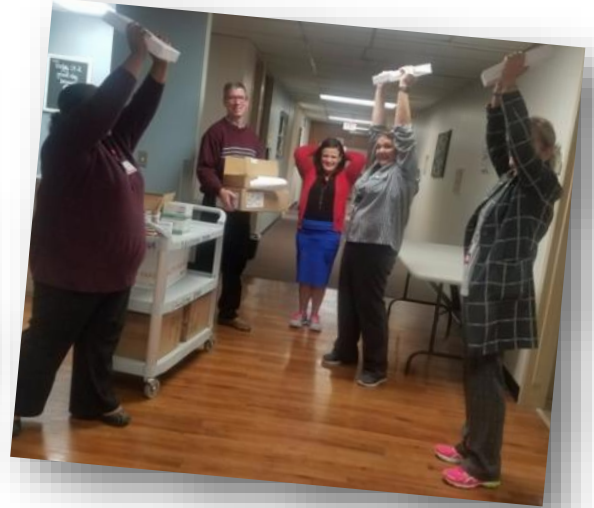




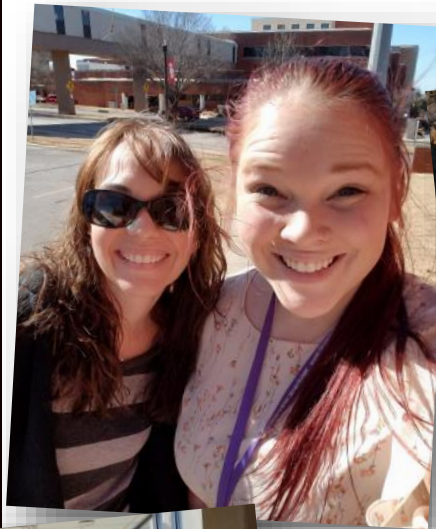
8 weeks, 3 organizations,  
1 FITNESS GOAL

**FitStart**

The weekly challenge during FitStart Week 2 saw teams engaged in physical activity, inside, outside, wherever they could make it happen.



Interested in joining  
OU Fit?  
Want to know more about  
the benefits and perks?  
Contact [OUFit@ouhsc.edu](mailto:OUFit@ouhsc.edu)



## OU Fit Featured Recipe Mexican Cabbage Soup

This healthy cabbage soup recipe, based on the one from the popular weight-loss plan, has tons of flavor, and the spicy chiles kick metabolism into a higher gear.

### Ingredients:

2 tablespoons extra-virgin olive oil	
$\frac{3}{4}$ teaspoon salt	
2 cups chopped onion	
1 cup chopped carrot	
1 cup chopped celery	
8 cups sliced cabbage	$\frac{1}{2}$ teaspoon ground coriander
4 large cloves garlic, minced	1 tablespoon tomato paste
1 teaspoon ground cumin	4 cups water
$\frac{1}{2}$ cup chopped fresh cilantro	2 tablespoons lime juice
4 cups low-sodium vegetable broth	
1 tablespoon minced chipotle chiles in adobo sauce	
1 cup chopped poblano or green bell pepper	
2 14-ounce cans low-sodium pinto or black beans, rinsed	
Crumbled queso fresco, nonfat plain Greek yogurt and/or diced avocado for garnish	



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

Heat oil in a large soup pot (8-quart or larger) over medium heat. Add onions, carrot, celery, poblano or bell pepper and garlic; cook, stirring frequently, until softened, 10 to 12 minutes. Add cabbage; cook, stirring occasionally, until slightly softened, about 10 minutes more. Add tomato paste, chipotle, cumin and coriander; cook, stirring, for 1 minute more.

Add broth, water, beans and salt. Cover and bring to a boil over high heat. Reduce heat and simmer, partially covered, until the vegetables are tender, about 10 minutes. Remove from heat and stir in cilantro and lime juice. Serve garnished with cheese, yogurt and/or avocado, if desired.

### Nutrition information

**Serving size:**  $1\frac{1}{2}$  cups

**Carbohydrate servings:** 2

**Nutrition Bonus:** vitamin C (78% daily value), vitamin A (59% dv)

**Exchanges:**  $2\frac{1}{2}$  vegetable, 1 starch,  $\frac{1}{2}$  fat,  $\frac{1}{2}$  lean protein

### Per serving:

174 calories	48 mcg folate
4 g fat (1 g sat)	0 mg cholesterol
9 g fiber	47 mg vitamin C
28 g carbohydrates	7 g sugars; 0 g added sugars
7 g protein	119 mg calcium
2,969 IU vitamin A	413 mg sodium
2 mg iron	650 mg potassium



# Support Groups

## Project 31 Breast Cancer Support Group

**When:** Tuesday, February 7

(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](mailto:sarah@project3one.org)

## Hep-C Support Group

**When:** Tuesday, February 7

(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](mailto:michelle-price@ouhsc.edu)

## Blood & Marrow Transplant (BMT) Gathering

**When:** Wednesdays— February 1, 15

(Every other Wednesday at noon)

**Where:** Stephenson Cancer Center, 5th floor, Room 5058

**Who's Invited:** Patients, family members and caregivers

**Contact:** Stephanie Sponsler, L.M.S.W., 405-271-3402

## SOS Breast Cancer Support Group

**When:** Thursday, February 2

(first Thursday monthly at noon)

**Where:** Stephenson Cancer Center, 5th floor, 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

## HOPE in Oklahoma

### Gynecologic Cancer Support Group

**When:** Saturday, February 4

(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

## Bladder Cancer Support Group

**When:** Wednesday, February 8

(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 [bladder cansg@gmail.com](mailto:bladder cansg@gmail.com)

## Cochlear Implant Support Group

**When:** Wednesday, February 8

(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](mailto:carolyn-messick@ouhsc.edu)

## Empower!

## Metastatic Breast Cancer Support Group

**When:** Thursday, February 9

(second Thursday monthly, noon)

**Where:** Stephenson Cancer Center, 5th floor, 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

## Brain Tumor Support Group

**When:** Thursday, February 9

(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— February 14, 28

(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

## Us TOO! Prostate Cancer Support Group

**When:** Tuesday, February 21

(third Tuesday monthly, 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](mailto:dlibart@odmhsas.org)

## Caregiver Support Group

**When:** Wednesday, February 22

(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](mailto:spascoe@eastersealsoklahoma.org)

Lunch provided. RSVPs requested.

[www.eastersealsok.org/caregiver-support-group/](http://www.eastersealsok.org/caregiver-support-group/)



## *More Support Groups*

### **Pancreatic Cancer Support Group**

**When:** Thursday, February 23

(last Thursday monthly, 6 p.m.)

**Where:** David L. Boren Student Union, 1106 N Stonewall, Room 260

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

Refreshments provided.

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

### **Spanish-Speaking Cancer Support Group**

**When:** Friday, February 24

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

**Where:** Stephenson Cancer Center, Seminar Room 5058

**Who's Invited:** Spanish-speaking cancer patients, survivors and their guests or caregivers

**Contact:** Carmen Soriano, R.N., 405-41-2438 or Celia Hollis, 405-236-0589

### **These groups meet every other month:**

#### **Young Adult Cancer Support Group**

**When:** Thursday, March 23

(designated Thursday every other month, 5:30 p.m.)

**Where:** Fassler Hall, 421 NW 10th Street

**Who's Invited:** Young adult cancer survivors and patients

*Date and locations may vary from month to month.*

Contact [yasgoklahoma@gmail.com](mailto:yasgoklahoma@gmail.com) to be included in email distribution

#### **Support Group for Adults with Diabetes**

**When:** Friday, March 24

(fourth Friday, every other month, 1 p.m.)

Cooking class follows at 2 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](mailto:groups@haroldhamm.org)

RSVPs requested in order to ensure availability of materials.

Focus is a publication of



Access previous issues at <https://intranet.ouphysicians.com/newsletters/Focus/>