You Have A Voice

Town hall meetings are an established part of the internal communication plan at OU Physicians. This format may not be unique to OU Physicians, but neither is it commonplace in the corporate community.

Town hall meetings, loosely patterned after the informal community gatherings of decades past, are an effort to keep the door to communication and exchange of ideas open wide.

A series of meetings is scheduled twice yearly, typically in June and January. Every effort is made to offer a range of dates, times and locations to promote the most broad attendance and participation possible. This month, the town hall meetings are again on the calendar.

Because our clinical presence goes well beyond the OUHSC campus, it has become increasingly important to engage off-site staff members in the meetings. In-person attendance isn’t always practical, given geographical limitations and time pressure, and patient care is always our first priority. To address this need, a webinar format was incorporated into the town hall schedule to facilitate participation among staff members at every clinic location.

Communication is far more than sharing information. Through effective communication, we convey philosophies, ideas and concepts, all of which go into building our relationships, our organization and our culture. The town hall meetings have become a valued part of the OU Medicine culture and tradition.

When senior leaders meet in an informal setting with employees who represent every area of the enterprise, everyone benefits, not only from the shared information, but in the building and keeping of connections. We learn from each other and often, leaders are made aware of situations that would not otherwise have come to our attention.

The schedule of meetings can be found in this issue of Focus. Review the times and places offered and consult with your manager or supervisor regarding your attendance. Take advantage of this opportunity.

Yes, you really do have a voice and this organization’s leaders are listening. You are part of the drive train that helps steer our organization to greater success and achievement. Your participation and feedback are welcomed and appreciated.

Brian L. Maddy
Chief Executive Officer
With Gratitude

Over the past month, I have continued to be amazed and humbled by the outpouring of support and encouragement from my OU Physicians family. All the cards, prayers, food and financial support have made an incredible difference for my husband and me. Knowing we are not alone through this terrible time has really helped. I have always loved working at OUP, but now I know at an even greater level how blessed I am to be a part of such an incredible organization. Thank you all so very much.

Teresa Atkinson

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Meet Our New Providers

Rodney K. Edwards, M.D.,
Maternal-Fetal Medicine

Rodney K. Edwards, M.D., has been named professor and chief of the section of Maternal-Fetal Medicine within the department of Obstetrics and Gynecology at the University of Oklahoma College of Medicine. He also has been named director of Obstetric Services at The Children’s Hospital at OU Medical Center. He sees patients in the OU Physicians Prenatal Diagnostic Center.

Edwards provides treatment including delivery, for the full range of high-risk pregnancy diagnoses and performs detailed fetal ultrasound examinations. He has specific experience in performing transabdominal cerclage for patients with cervical insufficiency and invasive fetal procedures such as transfusions and shunts.

Edwards is board certified in maternal-fetal medicine and obstetrics and gynecology. He completed a fellowship in maternal-fetal medicine at the University of Florida College of Medicine, Gainesville, where he also completed his residency and earned a master’s degree in clinical investigation. He earned his medical degree at the University of Texas Health Science Center, Houston.

Edwards is a Fellow of the American College of Obstetricians and Gynecologists and a member of the Society for Maternal-Fetal Medicine, Infectious Diseases Society for Obstetrics and Gynecology and American Institute of Ultrasound in Medicine.

Sabrina N. Wyatt, M.D.,
Obstetrics & Gynecology

Obstetrician-gynecologist Sabrina N. Wyatt, M.D., has established her practice with OU Physicians. She has also been named an assistant professor with the University of Oklahoma College of Medicine.

Wyatt is board certified in obstetrics and gynecology. She specializes in general obstetrics and gynecology as well as gynecologic ultrasound. She comes to OU Physicians from the University of Alabama at Birmingham, where she was a gynecologic sonologist, providing gynecologic ultrasound services. She completed her residency at the University of Florida, Gainesville, and earned her medical degree at the University of Alabama at Birmingham.

Wyatt is a Fellow of the American College of Obstetricians and Gynecologists.
Fitch Receives Excellence Award

Last month, the American Society of Anesthesiologists presented the 2016 Bertram W. Coffer, M.D. Excellence in Government award to Jane C.K. Fitch, M.D., chair, Department of Anesthesiology. The award is given in recognition of exemplary contributions to the anesthesiology specialty, its practitioners and patients.

Long-time member and past president of ASA, Fitch is a steadfast advocate for patient safety, having actively led and participated in initiatives at both federal and state levels to assure patient access to the highest quality anesthesia care available. A former practicing nurse and nurse anesthetist, Fitch has advocated for the use of the physician-led, team-based model of anesthesia care - a collaboration between physician anesthesiologists and nurse anesthetists to ensure high-quality, patient-centered anesthesia care.

“There has never been a more exciting time to be a physician anesthesiologist,” Fitch said. “Thank you so very much for this high honor, but please know that in my heart I am accepting it on behalf of the team of giants who have gone before us and on whose shoulders we now stand.”

Chad Douglas, M.D., Pharm.D.
Student & Employee Health

Chad Douglas, M.D., Pharm.D., has established his medical practice with OU Physicians. He will serve as medical director of Oklahoma Health Sciences Center Student Health, Employee Health and Express Care Clinic. Douglas has also been named a clinical assistant professor in the department of Family and Preventive Medicine at the University of Oklahoma College of Medicine.

Douglas is board certified in family medicine. He has been practicing as a family medicine provider in the Oklahoma City area for several years and was previously a pharmacist with Oklahoma Poison Control.

Douglas completed a family medicine residency and served as chief resident at the OU College of Medicine, where he also completed his internal medicine internship and earned his medical degree. He earned his pharmacy degree from the OU College of Pharmacy and completed his undergraduate studies at OU in Norman.

Douglas is a member of the American Academy of Family Physicians and Oklahoma State Medical Association.

Plastic & Reconstructive Surgery

Anil Kashyap, M.D., has established his medical practice with OU Physicians. He has also been named an assistant professor and director of microsurgery at the University of Oklahoma College of Medicine, division of Plastic and Reconstructive Surgery. He has specific interest in breast reconstruction and is one of only two surgeons in the state actively providing reconstructive microsurgical options for breast cancer survivors.

Kashyap completed a fellowship in microsurgery at Johns Hopkins University, and a residency in maxillofacial surgery at Shock Trauma Center, University of Maryland Medical Center, Baltimore, where he also earned his medical degree and pursued additional training in general surgery.

Kashyap has extensive training in caring for patients with complex surgical emergencies, including total body burns, trauma, congenital defects and cosmetic procedures.
More Than Skin Deep

From symptoms to treatment, to its level of seriousness and how it behaves from patient to patient, systemic sclerosis, or scleroderma, has many faces and each person’s experience with the disease is unique. According to Judith James, M.D., Ph.D., rheumatology specialist with specific expertise in the diagnosis and treatment of scleroderma, tight, thick skin, usually starting at the fingertips, is an almost universal symptom on which a diagnosis is based.

“More challenging than making the diagnosis is predicting the progression of the disease,” James explained. “How rapidly it may progress, whether the skin and/or organs will be affected, if the disease will result in fatality—these are the unknowns. Truly effective treatments or modifying therapies don’t exist, making it a difficult disease to treat. We can only try to manage symptoms.” Symptoms are different in each individual, sometimes dramatically so, and impact ranges from relatively mild to life-threatening.

Scleroderma is generally classified among autoimmune rheumatic diseases and often presents with similar symptoms. By definition, an autoimmune disease causes the immune system to work against itself. A normal immune system protects the body by attacking viruses and infections; the disordered immune system fails to distinguish between its own cells and the foreign, and mistakenly attacks healthy tissue. Scleroderma is not a single disease, but rather a group of rare diseases characterized by chronic hardening and/or tightening of the skin and connective tissues. Multiple forms of scleroderma exist, sharing these characteristics: excessive accumulation of tissue, fibrosis and inflammation.

It is chronic, but not contagious or infectious. It is rarely seen in immediate family members of affected patients, and children of patients don’t necessarily inherit the disease directly, although there is some evidence that a genetic predisposition may exist. It is not uncommon for family members to have other autoimmune diseases, such as rheumatoid arthritis or lupus. The specific cause or causes of scleroderma are not known, but it is known that overproduction of collagen plays a significant role.

Collagen is a fibrous protein produced in abundance by the body and found throughout the body. Its necessary function is to connect, support or separate other types of tissues and organs. “Where there’s connective tissue, scleroderma has potential reach,” James said. “The systemic form of scleroderma affects tissues that surround vital organs. As those tissues become hardened, tight and inflexible, affected organs lose capacity and begin to function with decreased efficiency that may lead to death.” Consequently, systemic sclerosis has the highest disease-specific mortality of all autoimmune connective tissue diseases.

There are three primary types of scleroderma currently identified: **Localized scleroderma**, or morphea, is comparatively mild, not affecting internal organs. Changes usually involve a few limited areas of skin or muscles and rarely spread elsewhere.

**Limited systemic scleroderma** affects the skin, usually beginning at the fingertips and spreading proximally, but usually not past elbows or knees. Blood vessels with increased constriction in Raynaud’s, or the abnormal dilation in small dilated blood vessels near the surface of the skin or mucous membranes, and the esophagus are often affected. Lungs and kidneys are usually spared.

**Systemic scleroderma** may affect connective tissue in any number of locations in the body. It can involve skin, esophagus, gastrointestinal tract, lungs, kidneys, heart and other internal organs. Blood vessels, muscles and joints may also be affected. Tissues of involved organs become hard and fibrous and are unable to functional normally, contributing to the highest disease-specific mortality among autoimmune rheumatic diseases.

Scleroderma is considered a rare disease statistically. Estimates put the number of Americans with scleroderma at nearly 300,000. About a third of those suffer with systemic scleroderma.

While the disease affects women in far greater numbers than men, scleroderma may also strike people of every age, gender and ethnicity. Most often it strikes in the prime of life - between the ages 25 and 55.
Limited cutaneous scleroderma usually involves only skin surfaces, often extensively, but the entire body is usually not involved. While technically not considered fatal by itself, limited scleroderma may radically undermine quality of life in ways that are often unexpected.

“Changes in skin may significantly alter appearance so severely as to be disfiguring. This, and other considerations, make these symptoms far more than cosmetic concerns.” James said. “Imagine, for example, the inability to eat favorite foods, simply because the mouth can no longer open adequately. Even a wide yawn is impossible for some patients. There are very real, adverse physical limitations that reduce the day-to-day quality of life.”

Movement can become quite difficult due to joint contractures that occur as skin thickens or tightens around the joints. Patients may also experience secondary infections due to ulcerations that develop on fingers and toes. James emphasized that even though limited scleroderma doesn’t usually affect major organs like lungs or kidneys, life-threatening complications, such as pulmonary hypertension may develop. “However, there are new, recently developed medical therapies for this complication.”

Unfortunately, Oklahoma sees more than its fair share of scleroderma cases. According to James, citizens of the Choctaw Nation in Oklahoma have a 40-fold increased risk of scleroderma compared to Caucasian populations. In addition, other studies in Oklahoma suggest that individuals with different tribal ancestries may also have some increased risk. “Patients with tribal heritage who are diagnosed with scleroderma also tend to have the form of the disease that is likely to affect major organs and lead to early death,” James said. “Therefore, our state, even more than others, needs more effective treatments or even potentially preventive approaches to address this serious medical condition.”

In addition to its identification as a rheumatic disease, recent research indicates a blood vessel component exists as well. “Inflammation of blood vessels causes them to narrow, leading to increased blood pressure, which over time may destroy smaller arteries,” James explained. “It’s not yet clear whether fibrosis is the result of this inflammation or if fibrosis is a parallel process of the disease.”

Because of its potential to involve various, often multiple, vital organ systems, scleroderma may bring about highly complex conditions. The implications are catastrophic, particularly when heart and lungs begin to function with significantly decreased efficiency. In fact, pulmonary arterial hypertension is the leading cause of death in scleroderma patients. Because of its well-known adverse effects on blood circulation and lung function, smoking is an especially dangerous habit for persons with scleroderma.

While there are treatments that address scleroderma-related conditions, none are curative. They can only serve to minimize symptoms and manage pain. The patient’s responsibility is to support general health in every way possible: don’t smoke, drink alcohol or use recreational drugs; ensure...
adequate sleep; take prescribed medications, especially for blood pressure or kidney conditions; and use stress management techniques, such as yoga, meditation or biofeedback. “Research is always the critical component in advancing progress toward discovery of a cure,” James said. “Clinical trials focusing on different aspects of the disease show promise for improved treatment options.”
About HLHS

According to CDC estimates, about 960 babies are born with HLHS each year in the U.S. The cause of the congenital heart defect is currently unknown. HLHS is typically diagnosed in utero or shortly after the baby is born. Without surgery, HLHS is fatal within the first few weeks of life.

The causes of heart defects such as HLHS are unknown. Current thought is that genetic and environmental factors may combine to create the risk.

Prior to surgery or transplant, treatment may include medication, breathing assistance, intravenous fluids, a feeding tube and/or atrial septostomy or some combination of these.

Nutrition may be an issue when babies become so fatigued during feeding that they fail to eat enough and don’t gain weight as they should. To promote healthy weight gain, a high-calorie formula may be prescribed.

Babies born with HLHS usually become seriously ill soon after birth. Symptoms may include:
- Grayish-blue skin color
- Rapid, difficult breathing
- Poor feeding
- Cold hands and feet
- Unusual drowsiness or inactivity

Signs of shock require emergency intervention:
- Pale or gray skin that becomes cool and clammy
- Weak and rapid pulse
- Abnormal breathing, either slow and shallow or very rapid
- Dilated pupils
- Dull eyes that seem to stare

Article Explores Rare Heart Defect

Hypoplastic left heart syndrome is the topic of an article published in the January 2016 issue of *The Journal of Thoracic and Cardiovascular Surgery*. The collaborative work of pediatric cardiothoracic surgeons Harold Burkhart, M.D., and Jess L. Thompson, M.D., at The Children’s Hospital at OU Medical Center, along with Timothy J. Nelson, M.D., of Mayo Clinic, Rochester, Minn., focuses on research and treatment of HLHS, a rare congenital heart defect.

The Children’s Heart Center in Oklahoma City and the Todd and Karen Wanek Program for Hypoplastic Left Heart Syndrome at Mayo Clinic also are conducting clinical trials together, exploring treatments for HLHS.

HLHS is a condition caused when the left side of a baby’s heart is severely underdeveloped. As a result, the heart cannot pump adequate volumes of blood throughout the body.

In the article, Burkhart, Thompson and Nelson discuss the evolution in HLHS treatment, which includes cell-based therapies in addition to surgery. Their research on cell-based therapy is ongoing since 2013.

Burkhart said the article highlights exciting new opportunities available to babies born with hypoplastic left heart syndrome. “I am pleased that Children’s and Mayo Clinic are able to work together to ensure that the children of Oklahoma are offered the most up-to-date therapies without having to leave the state.”

The traditional treatment for babies born with HLHS includes three open-heart surgeries, which redirect blood flow through the heart and are usually performed within the first few years of life. It is not uncommon for HLHS patients to need heart transplants later in life.

The surgeons’ current research focuses on umbilical cord blood to determine if these cells, when injected into the baby’s heart muscle during surgery, have the potential to increase heart muscle volume and strength. The goal is to delay or prevent heart failure in HLHS patients. According to Nelson, the creation of an HLHS consortium to expand research helps make it possible for all children to access the new therapies, including these cell-based treatments.
Patients living with the symptoms and effects of hepatitis C have a new resource for education and support.

The Hep-C support group is led by fellows in the gastroenterology clinic, with emphasis on increased awareness, a critical part of reducing the incidence of Hep-C. The group also seeks to reduce disparities and stigma associated with the disease.

Meetings include information about the latest pharmaceutical developments and updates on new treatments available. Participants will also hear success stories from real patients who have completed treatments.

When:
First Tuesday of every month

Where:
Presbyterian Professional Building,
711 Stanton L. Young Blvd,
4th floor, classrooms 1 & 2

Who’s Invited:
All affected by Hep-C — patients, their families and friends
Snacks provided, RSVP requested

Contact:
Michelle Price, 271-4024

Stephenson Cancer Center announces a brand new support group that begins meeting this month. Initiated by patients, survivors, caregivers and advocates, the Young Adult Support Group is an opportunity to build relationships and discuss issues specific to the young adult cancer experience. The young adult range is approximately 21 to 39, but is also open to anyone who identifies as a young adult or had cancer as a young adult.

Meetings will center on group activities, events and learning opportunities, beginning with a kick-off event on Thursday, June 9, from 6 to 8 p.m. in the Peggy Stephenson Healing Garden. All are welcome to attend this event and learn more about this group’s mission.

For more information about the kick-off event and to RSVP, please visit:
https://www.eventbrite.com/e/young-adult-support-group-kickoff-tickets-23131609266
or visit the Facebook Event page:
https://www.facebook.com/events/1718363235108886/

For additional details about Young Adult Support Group, contact
Chelsea Mooneyhan,
Patient Resources and Volunteer Coordinator,
405-271-8384,
or chelsea-mooneyhan@ouhsc.edu
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Someone You Should Know

Brandy Parker
Patient Safety and Risk Management

Brandy Parker came to OU Physicians from previous employment with a law firm. She’s been in the department of Patient Safety and Risk Management for 18 months now, although those who work with her say it seems like a lot longer....

What little-known fact would others be surprised to learn about you? Like her mother before her, Parker is a huge Elvis fan. “Even though I was born after he died, I grew up listening to his music.” Her favorite Elvis recordings include How Great Thou Art and Bridge Over Troubled Water.

Have you ever visited Graceland? “It’s on our travel agenda—hopefully this year!!”

What’s the most dangerous thing you’ve ever done (or want to do)? The thrill-seeking Parker would love to go skydiving. “It’s something my husband and I will probably do together.”

About life on the edge: Parker says she’s not much of a risk-taker, generally preferring to play it safe. And yet, she is married and she is a mom....of a 3-year-old boy. See below.

Relationships: Parker is married (six years and counting) to a man she’s known since her high school days, Shannon, whom she describes as her “wonderful husband.” Together they’re raising an active toddler, Jaxson.

If you could arrange a month-long sabbatical from work, what would you do or where would you go? “I would use my time traveling somewhere fun with my husband and son.” Parker says that fun excursion would likely be a Disney cruise, when Jaxson is a bit older and can more readily appreciate the experience.

Favorite spectator sport: Parker named NBA basketball and college football. Which teams? Naturally, OKC Thunder (Thunder up!!) and, of course: “BOOMER SOONER! We try to go to as many Sooner games as we can!”

Favorite participatory sport? Parker gets out occasionally with a friend to play tennis and basketball.

Parker’s dream vacation: “I love to travel. I love the beach — and water so clear you can see the bottom. I would love to vacation in Hawaii or St. Thomas.”

Quote she has found meaningful in her own life: “You never know how strong you are until being strong is the only choice you have.”
According to Kassidy King, R.N., clinic nurse manager who nominated Hailey Vloedman for this award, “Hailey is an excellent employee who goes above and beyond with everything she does.” Vloedman began her work at OU Physicians in the pediatric diabetes-endocrinology clinic as a medical assistant and has continued to pursue growth and development opportunities. Vloedman took advantage of the OU Physicians program to help medical assistants in obtaining their LPN credentials, and has further enhanced her leadership skills, having recently completed the Team Lead Accreditation class.

Vloedman is characterized as an employee who always exceeds expectations in every aspect of work, including how she relates to patients. Not only is she knowledgeable in this medical specialty, she also spends quality time with each patient. Having noticed that many of her young patients become worried and anxious about blood draws, Vloedman gives extra effort to keep them calm. She also took the initiative to create toys that serve as fun distractions from the medical procedures at hand.

Vloedman serves as a great example to staff as she encourages other employees to not only identify problems, but to find and implement appropriate solutions.

As the triage nurse for the Obstetrics & Gynecology clinic, Angela Watkins handles patient calls for nearly two dozen different providers. Many character traits contribute to her ability to provide excellent care in the position she holds. With attentiveness, she shows patients that they are valued, giving her undivided concentration to each caller. With Compassion, Watkins invests whatever is necessary to help others. With decisiveness, she recognizes key factors and acts accordingly. With sincerity, she eagerly does what is right with transparent motives. Providers respect her work and rely on her thoroughness when addressing patient calls and concerns. Watkins is also responsible for training and coaching new staff to triage phone calls. She has many years of experience and expertise in the obstetrics specialty and readily shares her knowledge and resources with others. Supervisor Paula Dversdall observed that Watkins lives out the OU Physicians standards and makes valuable contributions that help patients as well as the staff of OU Women’s Health Center.
Award recipients and nominees are pictured below, from left: Angela Watkins, Vicki Kilgore (see story, next page), Amanda Odom, Jacob Carter, Hailey Vloedman and Jennie Martinez. Not pictured, Zachary Ledford.
2015 Annual EXCEL Award Presented

Excel awards are presented each year to individuals representing entities across campus. These people are those who personify OU Medicine values, particularly demonstrated in the areas of professionalism, communication, caring, quality and innovation.

OU Physicians
Vicki Kilgore, R.N., Neurosurgery

In little more than four years with OU Physicians, Vicki Kilgore, R.N., has distinguished herself as a key member of the Department of Neurological Surgery. Every provider with whom she works strongly advocated for Kilgore as deserving of the EXCEL award, without reservation. Those who work most closely with Kilgore say her commitment to personal and professional excellence played a critical role in the development of what has become a truly outstanding neuro-oncology program.

Kilgore is the primary manager - an “essential cog” - of what may well be the busiest brain tumor practice in the nation and her responsibilities are demanding. The coordination of highly complex surgeries requires a phenomenal effort as she works across multiple departments and specialties, as well as communicating with patients’ insurance providers. Through it all, Kilgore maintains a pleasant manner that puts patients at ease. Her skills greatly enhance the care of this unique set of patients, and the comfort and emotional support she provides is well beyond the boundaries of her job description.

Colleagues describe Kilgore as one who embodies the EXCEL Pillars of Excellence and cite her work as a daily demonstration of professionalism, pride, honesty, reliability and integrity.
Employees Complete Accreditation Course

Launched in February 2014, the Team Lead Accreditation course has now graduated 67 employees who have sharpened their leadership skills through a variety of learning opportunities. Graduates have completed more than 60 hours of professional development in both online learning and classroom instruction. Those successfully completing the course have passed a comprehensive exam and have presented a Capstone Project with a five-minute presentation to peers.

Areas of leadership development covered in TLA training include topics such as building an environment of trust; teamwork fundamentals; conflict resolution; motivating others; delegation; and managing differences. As a result of the training, measurable results have been documented in operational areas ranging from decreasing accounts receivable days and increasing claims processing, to dramatically increasing email capture and reducing on-hand inventories for significant cost savings. Thirty-one graduates are listed at left and pictured in the group photo below.

Melissa Bost  
Dina (Dani) Brown  
Marc Callaway  
Barbara Canales  
Sharlene Carr  
Crystal Clarbour  
Kim Ferguson  
Yvonne Galvan  
Dolores Guardado  
Rachel Hammons  
Angela Harting  
Misty Haydel  
Nerida Horton  
Genna Keith  
Benjamin Long  
Judy Lorenzen  
Patricia Lozano  
Jaime Malaska  
Garry Malcom  
Kendra Pace  
Susand (Perez) Rodriguez  
Kristen Paige Ryan  
Shannon Serrano  
Maria Silva  
Nancy Toquinto  
Kerry VanWinkle  
Kifa Turner  
Hailey Vloedman  
Nevie Walker  
Stacey Wicke  
Lindsay Wilder
JEC Event

Executives from KFOR News toured the Jimmy Everest Center for Cancer and Blood Disorders in Children last month in connection with completion of the Kids With Courage video series, broadcast earlier this spring. The series featured JEC patients and their stories of hope and challenge. The event was a time of celebration, complete with games, prizes, coloring and cookies.

Leadership Academy Highlights

Last month’s Leadership Academy was attended by 72 people who gained insights on different generational groups in the workplace and how to better understand and interact with them.

Mikel LaPorte, M.S., MBA., manager, Training & Development, covered the topic in his presentation, “Ties to Tattoos: Bridging the Generation Gap.” The highly engaging, interactive and informative workshop presented suggestions and tips for avoiding generational stereotypes that may exist for each of five generational groups, also identified in the course.

Look for the material to be offered in the future as an open-enrollment class through Training & Development.
Risk Management Week Activities Planned

The American Society for Healthcare Risk Management holds an annual campaign focused on improving patient safety by reducing risk. At OU Physicians, we are passionate about eliminating risk wherever possible and improving the environment in which our patients receive care. We want to celebrate the achievements our organization has made in this area as we look forward to an exciting future.

**New this year:** Plan to participate in these risk management activities, now available online. Detailed instructions provided by email each day during Healthcare Risk Management Week.

**June 20 - 24**

**Monday Kick-Off**
Who Embraces A Patient Safety Initiative?
1st place: dinner and a one-night stay at the Skirvin
2nd place: dinner and movie passes for two

**Tuesday**
Department Challenge: What do you do to improve patient safety?
Winning team celebrates with a pizza party

**Wednesday**
!! Food Trucks !!
Come meet your Risk Management team

**Thursday**
Testing Your Knowledge
Participants entered to win a 7” Kindle Fire

**Friday**
Recognition and Appreciation
Each employee has an important part to ensure patient safety. It’s our top priority all day, every day.

Support Your OU Medicine Team

Be part of the largest business-to-business athletic event of its kind when the annual **OU Medicine Corporate Challenge** kicks off this Friday, June 3, through Sunday, June 5.

Enjoy a full weekend of non-stop athletic competition in a wide range of individual and team events and cheer on your co-workers, colleagues and their kids. Below is just a partial list of events:

- Men's/Women’s 5K and 10K
- Men's/Women’s basketball
- Men's/Women’s Mile
- 800 M Women’s relay
- 1600 M Men’s Relay
- Shuttle relay
- Total Fitness Challenge
- Dodgeball
- Kids’ Fitness Challenge
- Cycling
- Obstacle course
- Freestyle swim relay

Contact **OUMTeam@ouhsc** to see a complete schedule of events for the entire Corporate Challenge weekend.

**Improved Access To Mental Health Services**

The talented team of providers with the OU Physicians Mental Health Clinic helps patients and families live life to the fullest by providing an extensive variety of services including psychiatric, psychological and neuropsychological evaluations; psychopharmacology appointments; and an array of psychotherapy interventions, including cognitive behavioral therapy and group therapy.

Access for referral of adult patients has improved significantly. Previously, increased demand presented occasional challenges in securing prompt appointments for referred patients. Recent changes have substantially improved efficiency and access, and the clinic and its staff stand ready to receive additional referrals for adult mental health clients.

If you have a patient who may benefit from these services, please contact the OU Physicians Mental Health Clinic at **405-271-5251**.
OU Physicians continues to make a positive difference in our community, most recently in the collaborative effort to provide sports physicals to student athletes. In cooperation with the Oklahoma City public school district, the Oklahoma City-County Health Department and the Fields and Futures Foundation, OU Physicians providers and staff helped administer more than 500 physicals over a three-day period earlier this month. Without this special program and the support of our volunteers, school officials say many potential athletes would be unable to obtain the required health check necessary to participate in sports. Thanks to all of the providers and staff who worked long hours to help our community, particularly Bob Dimski, M.D., and clinic manager Shannon McEntire, who helped coordinate the event. We look forward to next year and opportunities to provide this level of support.

Don’t Miss It!

First Thursday Monthly
11 a.m. - 2 p.m.
The Children’s Atrium
First Floor

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

Manchester St. Coffee
(freshly roasted coffees, local and international)

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

Jennifer Webster
(produce, essential oils, herbs)

Sweet Spirit Foods
(barbecue sauces)

Twisted Oak foods
(salsas, rubs, spices)

Lovera’s Market
(cheeses)

Mittie’s Kitchen
(homemade breads, cookies, jams, fruit butter, local honey)
Center Offers Range of Resources

Did you know staff members at the Oklahoma Center for Poison & Drug Information take calls about exposure to pool chemicals, including chlorine and shock treatments? Experts also know how to advise you if your child finds medications while visiting at Grandma's or eats a garden plant or houseplant. Here are some timely tips that may help you prevent an emergency situation from occurring.

**TOP 10 Reasons Older Adults Should Call The Poison Center**

Poison Centers are NOT just for parents and children!

Poisonings & medicine mishaps can happen to anyone, anywhere, & anytime. Here are some reasons older adults should call their local poison center:

1. Poison centers won't judge you. Don't be afraid to call. Poisonings and medicine mishaps can happen to anyone!
2. Poison center staff are experts, who are specially trained in managing poisonings and overdoses. Even doctors call poison centers when they have questions!
3. You will speak with a healthcare professional right away instead of having to wait for a callback.
4. Poison centers are open when your doctor and pharmacy aren't. You can call 24/7 every day of the year!
5. Your call is confidential and at NO cost to you!
6. You can save time and money by managing poisonings & medicine mishaps at home rather than the hospital.
7. You take your spouse's medicine by mistake.
8. You find yourself brushing your teeth with arthritis rub because you didn't put on your glasses or turn on the light!
9. Your memory isn't what it used to be, and you can't recall if you took your medicine.
10. You're taking care of your grandchildren, who seem to get into everything!
Patient Appreciation Days

We appreciate our patients every day, but last month’s Mothers Day observance provided an additional opportunity to express appreciation to those who choose to be patients at OU Physicians.

These weighted purse hangers, bearing the OU Medicine logo, were given to female patients visiting our clinics the Wednesday before Mothers Day.

Mark your calendar and plan to attend one of the town hall meetings scheduled later this month. You’ll hear updates about our organization and have the opportunity to participate in a question-and-answer session with senior leaders.

**Tuesday, June 21**
7 a.m.
OU Physicians Building
4th floor waiting area
11:30 a.m.
Samis Education Center
Rainbolt Family Auditorium

**Wednesday, June 22**
12:15 p.m.
Stephenson Cancer Center
5th floor Conference Room

**Thursday, June 23**
7 a.m.
O’Donoghue Building
2nd floor break room

For off-site staff or those unable to attend the meetings in person, there will be a live interactive webinar during the 11:30 a.m. meeting on June 21. In this way, staff can watch the presentation and participate in the Q&A session in real time. Link provided below:

http://mediasite.ouhsc.edu/Mediasite/Play/425697c479f94149ba6ebfd3955707611d

Light snacks will be provided at each location.

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
Rachel Brewer,
Community Pediatrics, SW 89th
Jasmine Rios,
Pediatric Otolaryngology
Lissette Morales,
Pediatric Latino Clinic
Susan Kilmer,
Medicine Specialties

Middle row, from left
Kara Blevins,
EMR
Courtney Hunter,
OU Cardiovascular Institute
Quanisha Gatewood,
Surgery
Traci Bartley-Young,
OU Physicians Fountain Lake

Back row, from left
Shane Lama,
Information Systems
Shelly Weaver,
Patient Safety & Risk Management
Martha Fuentes,
OU Breast Institute
Dianne Hutcheson,
OU Cardiovascular Institute
Floyd Payne,
Neurology
Set for official opening in mid-June, NRGY is the new, state-of-the-art fitness facility, soon available to registered participants in the OU Fit program.

NRGY offers a total workout opportunity, complete with lockers, showers and a wide variety of machines and accessories for every fitness endeavor.

OU Fit group exercise classes that formerly met in the Nicholson Tower conference area are now meeting in NRGY rooms.

Access to and use of NRGY are offered as an incentive of the OU Fit program. Watch for more details coming soon.

Take advantage of these opportunities made available to OUHSC employees by Healthy Sooners. Look for additional details in emails to come from OU Human Resources.

**Full Plate: Eat Down Your Blood Sugar**
- Eight-session online course available this summer.
- Open enrollment begins Tuesday, May 31, and ends Thursday, June 9.
- Available at the OU employee rate of $89.
- Employees who complete all eight sessions within the 10-week period ending August 18, will be reimbursed for 50 percent of the cost ($44.50) on their OU paychecks.
- For their own reference/review, employees will be able to access all eight sessions for a full year.

**OUHSC employee health screenings completed by Catapult Health**
- Thursday, June 30.
- Participants must be benefits-eligible OU employees only.
- Find the online scheduler at www.timeconfirm.com/ou for current dates. Additional dates added throughout the year.
- A Catapult Health physician form is now available from Healthy Sooners for employees who choose to complete a physical with their PCP instead of an on-campus health screening.

**Nutrition Label Reading Lunch and Learn** presented by Katie Rahill from Profile by Sanford.
- Thursday, June 23, from 11:30 a.m. -12:30 p.m.
- Bird Library Auditorium.
- OUHSC employees must register on the OU Training Calendar.
- Lunch will be provided, first come, first served; bring your own beverage.
Nothing Says “Summer” Like Camp

More than 200 campers and 200 volunteers will converge at Cross Point Camp, near Kingston, Oklahoma, **July 6 - 10**, for the annual event we know as Camp Cavett. Cross Point is a wooded peninsula surrounded by the waters of Lake Texoma where participants revel in five days of fun in the sun and a break from the daily grind.

Battling life-threatening illnesses causes many kids to feel disconnected and alone, but when they come together at Camp Cavett, they begin the process of reclaiming their lives. The diagnoses may differ – leukemia, heart disease, cystic fibrosis, Crohn’s disease, to name just a few. And while the treatments and outcomes may vary, experience links all campers, creating a unique environment where children discover common ground, shared experiences and hear stories that sound remarkably like their own.

The facility is equipped to meet the medical needs of children with chronic conditions.

Among the amenities campers enjoy: the art room, fishing days, talent show with awards, carnival with prizes, jewelry making, special guests and more.

**Camper eligibility:**

Kids ages 10 to 18 (**high school seniors**) who have chronic or life-threatening illnesses.

**There is no cost to campers attending Camp Cavett.**
HIPAA Hot Spot

June HIPAA Hipsters: Beverly Shipman, Residency Program Coordinator, Department of Urology
Leisa Burton, GME Director, College of Medicine

It’s easy to pile rather than file some days, especially in busy offices like the Residency and Fellowship programs of the Department of Urology and the Graduate Medical Education program. But keeping copies of HIPAA-related documents is vitally important, and Beverly Shipman and Leisa Burton have done an excellent job in that regard. Recently, as part of an external federal review, the Department and GME office were asked to produce copies of their HIPAA-related materials, including procedures, training certificates, training and hiring materials and other documents dating from 2003. Documentation was necessary to demonstrate compliance with HIPAA requirements. Because Shipman and Burton knew what to look for and where the documents were maintained, they were able to produce the necessary documents as requested. Shipman and Burton are to be commended for superb management of their HIPAA documentation. The few extra minutes taken to file—not pile—made the task of locating and producing documents easier for everyone.

HIPAA Tip: Just Dial 9 for an Outside Line...

Faxing PHI? Before you hit SEND, be sure you’ve taken the following actions:

♦ You must use a cover sheet to protect the attached PHI from unauthorized view. The cover sheet must not contain any PHI.
♦ Check to be sure you have entered the number correctly.
  For on-campus numbers, enter 1-xxxx, just as you would when making a call on campus.
  For off-campus local numbers, enter 9 first, then number, just as you would to make a local off-campus call.
  For long-distance numbers, enter 9 first, then area code and number, just as you would to make a long-distance call.

Remember: If 9 is not entered first, the fax will be received by the wrong recipient and a HIPAA breach could result.

When the fax confirmation is printed, check again to be sure you entered the correct prefix and number. Keep the confirmation sheet in accordance with your department policy. If your fax machine includes programmed numbers, be sure the programmed numbers are checked periodically and updated as needed.

If you send a fax to the wrong number, don’t panic. Call Sally Duckett, Mary Milano, Jill Raines or Marty Walton for help to act immediately to protect the faxed PHI. Sending PHI by fax is a great convenience, but it also brings great responsibility. Take the time for accuracy when entering numbers, and check again before you hit SEND.
Power in the Hour

Employees across campus recognize that the ability to earn paid leave is a tremendous benefit. Unfortunately, events occur that may rapidly exhaust substantial hours accrued. When an employee exceeds his or her available paid leave, the weight of workload and financial pressures can be crushing.

For this reason, the University of Oklahoma offers a Shared Leave program. Power in the Hour, an initiative of the OUHSC Staff Senate, encourages employees with significant accumulated hours of leave to donate time to help employees facing adversity.

The Shared Leave program benefits staff and faculty from both Tulsa and Oklahoma City campuses, and it works because of the generous support of employees just like you who donate a even a little of their paid leave. For more information about donating, visit:

http://hr.ou.edu/benefits/SharedLeave.asp

Summer Geriatric Institute

The Oklahoma Healthy Aging Initiative presents its Summer Geriatric Institute, set for Thursday and Friday, June 23 and 24, at the Samis Family Education Center, 1200 Children’s Avenue.

“Rethink Aging” will feature keynote presenters Susan Perlstein, MSW., founder emeritus, National Center for Creative Aging, Washington, D.C., and Laura A. Robbins, M.S., MBA., consultant to Leadership Council of Aging organizations.

OHAI Summer Geriatric Institute brings together interdisciplinary professionals from the fields of aging and health care. This year’s event will encourage participants to "Rethink Aging" by challenging preconceived notions, considering what it really means to grow older and exploring innovations in resources and services for an aging population.

Two-day registration $215
One day registration $150
One-day student rate $100
Two-day student rate $125
Late registration $235

Exhibitors
Non-profit organizations $125
For-profit organizations $250
Exhibits will be set up for both days of the event

Sponsors
Silver $500
Gold $1,000
Platinum $2,000
Includes exhibitor booth

Register online at www.OHAI.org
For additional information, call 855-227-5928.
It’s the summer regatta season and the Oklahoma River will be a hot spot for rowing enthusiasts, from novices to veterans.

Mark your calendar now and be there when Row-U, OU Medicine’s own corporate rowing team, will compete once again during the Stars & Stripes River Festival, Saturday, June 25.

This annual Forth of July-themed, family-friendly festival on the shores of beautiful Lake Hefner features the Riversport Challenge, live music, food vendors and fireworks to close out a full day of celebration. The Stars & Stripes River Festival is a celebration of rowing and dragon boating that includes a 500-meter kayak/5k run duathlon and the PaddleFest Dragon Boat Festival.

Find detailed information here:
http://boathousedistrict.org/festivals-races/stars-stripes-river-festival/
Trauma One Celebrates Survivors

With nearly 200 attendees, the Trauma Services annual symposium, entitled, Texting, Tragedy, and Trauma: A Year in Review, was held April 29, in the Samis Family Education Center. The symposium featured a case review of the September 2015 homecoming tragedy in Stillwater, among other relevant events and topics.

Following these presentations, the 7th annual Trauma Survivors Reception began, with nearly 150 former patients, staff and representatives of services, facilities and first responders from the metro and beyond in attendance. The OSU homecoming tragedy took center stage in this event as well. Awards were presented to outstanding members of the trauma services community, including Stillwater Medical Center as well as emergency management, police and fire departments in Stillwater.

“There’s a lot more to OU and OSU than what happens on the football field,” said Jason Lees, M.D., associate professor and residency program director, Department of Surgery. “Historically, the term is bedlam, kind of what you all have experienced in the past year.” His comments were a reference to the unified response of OU and OSU partisans in a time of crisis. Dozens of people with injuries sustained during the homecoming event, many life-threatening or fatal, received care provided by scores of trauma professionals in a range of service areas. For many, the difference they made was survival.

The annual Trauma Survivors Reception recognizes not only skilled physicians, but a wide array of nurses, transport professionals, pastoral care staff and first responders of every description. Mostly unseen and/or unsung, these heroes serve others first, often placing themselves in the midst of catastrophic events, whether the result of natural disaster or human error.
Staff Awards

Leigh Sanders Outstanding Trauma Emergency Department Nurse (adult)
  Deb Ochs, R.N.

Outstanding OR Staff
  Erika Brawdy, C.S.T.

Outstanding TICU Nurse
  Gertrude Nwanebu, R.N., B.S.N., M.H.R.

Outstanding Post Trauma Nurse
  Katrina Dilbeck, R.N., B.S.N.

Outstanding Trauma Services Member
  Julie Conrady, M.Div.

Outstanding Rehab Services Staff
  Claire Schinnerer, M.S., CCC-SLP

Outstanding Support Services Staff
  Officer Tracy Warkentien

Outstanding Resident
  General Surgery
  Fadi Balla, M.D.

Outstanding Resident Subspecialty
  Joe Ghata, M.D.

Outstanding ED Nurse (child)
  Mandy Shelby, R.N.

Outstanding PICU Nurse
  Kayla Redelsperger, R.N.

Patient Awards

Determined Spirit Award: Leo Schmitz

Sticks and Stones Award: Louis Devereaux

Tough Guy Award: Michael Bynum

Beating the Odds: Chris Colbert

The Roxie Albrecht “What Was I Thinking” Award:
  Charles Dobbs

Oldest Survivor: Wanda White

Facility, Transport & Other Awards

Trauma Angel Award: Tiana Isley

Outstanding Prehospital Transport: LifeNet, Inc.

Outstanding First Response:
  Stillwater Emergency Management,
  Police and Fire departments

Golden Hour Award: Stillwater Medical Center

Friend of Trauma Award: Carlos Domínguez

Beyond the Call of Duty Award:
  Greg Pickett, M.D., and Jeff Duncan, M.D.

Watch the Trauma Survivors Reception here: http://mediasite.ouhsc.edu/Mediasite/Play/2ffc5d05bf474950afd13e312a51ff551d

Related videos:
  https://drive.google.com/open?id=0B1tCvfYwmzpkWHRU1U1b2xFS00
  https://drive.google.com/open?id=0B1tCvfYwmzpkdW51cFM3NDIsZVE
  https://drive.google.com/open?id=0B1tCvfYwmzpkbUNDM3JSNW1WVms
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.

Seated, from left:

Monique Harrison,
OU Cardiovascular Institute

Shannon Gray,
Stephenson Cancer Center

Karen Rodriguez,
Reproductive Medicine

Lexi Allembaugh,
Patient Accounts

Standing, from left:

Alex Fine,
OU Physicians Fountain Lake

Tonya David,
Pediatric Orthopedics

Stephanie Jones,
Family Medicine

Shaylee Rowe,
Pediatric Specialties

Falisha Shoun,
Pediatric/Adult Neurology

Marsha Bozell,
Pediatric Neurology

Karen Rubio,
OU Physicians Fountain Lake

Richard Imsen,
Pediatric Neurology
Live to Give Volunteer Of The Month
Ana Balderas Becerra, Stephenson Cancer Center

What Live to Give community events or volunteer activities or projects have you been involved in? What drew you towards those particular events?

I have been involved with the Memorial Marathon water stop as well as the Food Bank. I was drawn toward these particular events because they are events where I can get other family members involved, including my son and others close to his age. I really want to teach them the importance of giving back to the community we live in.

What do you enjoy the most about giving back to our community through the Live to Give program?

I get a great joy knowing that I will be helping someone in our community, as well as meeting new people outside my work area and throughout the campus.

To employees who haven’t volunteered through Live to Give, what would you tell them about the program? Why should they get involved?

I would say, “Jump in and get involved!” It doesn’t have to be the big stuff or even take up a lot of your time. The little you give will be well received and appreciated.
Live to Give Workday At Regional Food Bank

Live to Give volunteers 80 strong spent a few hours at the Oklahoma Regional Food Bank last month in an effort that ultimately benefits citizens in our own communities who do not have enough to eat. Their work was focused on sorting, bagging and otherwise organizing what seemed like a ton of frozen corn. In fact, volunteers handled many tons - 12,300 pounds, the equivalent of 10,250 meals.
Live to Give: In The Homestretch

OU Medicine’s Live to Give volunteers have accomplished the task. This month, a dedication ceremony will be held, formalizing the new ownership of the home in Legacy Estates, built in partnership with Habitat for Humanity. All who contributed in any way to making the project such a great success should plan to attend this meaningful and memorable event.
Edwards Partnership Takes Shape

Live to Give program coordinators continue their work toward creating volunteer opportunities at Edwards Elementary School. A number of possibilities are being explored for the beginning of the fall school term. In the meantime, Live to Give volunteers have already assisted with two special year-end events that had the kids engaged in fun-filled activity.

On May 18, the school hosted a real Sock Hop, featuring “crazy” socks worn by students. OU Physicians provided a pair of wild socks to more than 340 students for the event.

Super Kids Day took place on May 23, a day of fun and games, snow cones and s’mores. Live to Give volunteers helped with games and organized the food truck to provide a sweet treat to each student - free!

Watch for more information about opportunities to help students and staff at Edwards Elementary.
OU Fit Star of the Month:
Leslie Driskill, Department of Pediatrics

Leslie Driskill remembers exactly when her interest in healthy living began. “I was in second grade. A friend told me about a 4-H meeting that same day and I decided to attend,” Driskill said. Not having signed up in advance, she was given the “leftovers” - information on canine obedience training, tractors, other truly forgettable material - and a book about health, which changed her life. “Until then, I had no idea that foods could be unhealthy. I learned to read food labels, about exercising each day, the food pyramid, and how to calculate heart rate from that simple 4-H book.” While Driskill didn’t always adhere to everything in the book, it offered knowledge that made her more conscious about making healthy decisions.

“I started running for fitness that year and never really stopped,” she said. Without access to a gym, Driskill’s track followed cow pastures, creeks and trails until college. Now, with 32 marathons and/or 50Ks behind her (not to mention an array of other races and distances), her future goals include qualifying for the Boston Marathon and completing an Ironman triathlon.

It was the sponsored marathon entries that initially drew Driskill to the OU Fit program. She continues to participate because of fun incentives, group challenges and learning opportunities. “There have been times when I’ve slacked off, but OU Fit incentives kept me motivated,” she said.

Driskill has made fitness part of the fabric of her life. “I follow a strict vegan diet; I just purchased a package to attempt a 30-day yoga challenge this summer; I also purchased a FitBit to use with the OU Fit portal, which has helped me see how running in the morning doesn’t cancel out a lack of movement during the day.”

As a result, she’s been intentional about breaking up extended periods of sitting throughout the day. With running shoes at her desk, she’s prepared to walk or run to meetings across campus rather than driving. She may run a few flights of stairs for mid-morning and mid-afternoon breaks. Besides running, Driskill stays active by cycling to and from work. She mixes in some weightlifting or body-weight workouts once or twice a week. And she’s made fitness an integral part of her social activities with friends, hosting cookouts after a group run; going on camping/hiking trips; taking “run-cations” - traveling together to participate in out-of-state race events.

On the home front, Driskill encourages a lifestyle focused on health benefits, rather than size, weight or appearance. “I want my daughters to learn to practice healthy behaviors. Just because they are naturally thin isn’t a reason to make poor food choices now, or engage in unhealthy eating behaviors to stay thin later in life.” Driskill said they discuss food in the context of meeting the body’s needs for energy and nutrition, and exercise as necessary to keep hearts, lungs and bones healthy - “…just like brushing our teeth keeps our mouths healthy. Our family times incorporate ‘music parties,’ walking the dogs, going to the park, or volunteering at local running events.”
OU Fit Featured Recipe
Mexican Pasta Salad with Creamy Avocado Dressing

From EatingWell.com April 2016
Avocado lightens the creamy dressing for a healthier take on a picnic classic.

6 servings
Total Time: 20 minutes

Dressing
• 1/2 ripe avocado
• 1/4 cup mayonnaise
• 2 tablespoons lime juice
• 1 small clove garlic, grated
• 1/2 teaspoon salt
• 1/4 teaspoon cumin

Pasta Salad
• 8 ounces whole-wheat fusilli (about 3 cups)
• 1 cup halved grape or cherry tomatoes
• 1/2 cup canned black beans, rinsed
• 1/2 cup corn, fresh or frozen (thawed)
• 1/2 cup shredded Cheddar cheese
• 1/4 cup diced red onion
• 1/4 cup chopped fresh cilantro

Prepare dressing:
Combine avocado, mayonnaise, lime juice, garlic, salt and cumin in a mini food processor. Puree until smooth.

Prepare pasta salad:
Cook pasta in large pot of boiling water according to package directions. Drain, rinse with cold water; drain again. Transfer to large bowl. Stir in tomatoes, beans, corn, Cheddar, onion and cilantro. Add dressing and toss to coat.

Make Ahead Tip: Cover and refrigerate, without dressing, for up to one day. Toss with dressing about an hour before serving.

Nutrition
Per serving: 290 Calories
13 g fat
13 mg cholesterol
37 g carbohydrates
8 g protein
6 g fiber
343 mg sodium
254 mg potassium
2½ carbohydrate serving

According to research published in Obesity Research & Clinical Practice, it really is measurably harder to lose weight or be thin today than it was in the 80s.

And there’s more to it than the inescapable fact of aging. The study found that people in 2006 had higher BMIs — as much as 2.3 points higher — than people in 1988, even though both groups ate the same number of calories and exercised equally.

The research indicates that factors of modern life contribute to this greater weight-loss challenge. Those factors include:
• Higher stress levels
• Exposure to environmental toxins (pesticides, BPA and flame retardants)
• Differing sleep patterns
• More prescription drug use
• Different gut bacteria

Although the contemporary lifestyle offers the advantages of social support and tracking devices for food intake and exercise, some factors remain beyond our control. What to do? Remember that small changes count. One suggested strategy — de-stress your diet by eating these foods in appropriate quantities:
1. Snack on nuts
2. Eat salmon twice a week
3. Load up on spinach
4. Fill up on oatmeal
5. Eat dark chocolate
6. Sip tea (decaf and herbal)
7. Add red peppers to meals or as a snack
Support Groups

Blood & Marrow Transplant (BMT) Gathering
When: Wednesdays, noon until 1 p.m.
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

Women’s Incontinence and Sexual Health (WISH)
When: Wednesday, June 1
(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

SOS Breast Cancer Support Group
When: Thursday, June 2
(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
Lunch is provided. RSVPs requested

HOPE in Oklahoma Gynecologic Cancer Support Group
When: Saturday, June 4
(first Saturday monthly, 10 a.m.)
Where: Stephenson Cancer Center, 1st floor lobby
Who’s Invited: Patients, caregivers and survivors
Contact: Odra Pratt, 405-694-9517

Parents of Children With Cancer
When: Tuesday, June 14 and 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

Empower!
Metastatic Breast Cancer Support Group
When: Thursday, June 9
(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

Tobacco Cessation Support Group
When: Thursday, June 9
(second Thursday monthly, 6 p.m.)
Where: Stephenson Cancer Center, 1st floor, Family Lounge
What: Hear different strategies for quitting, from successful tobacco-free quitters
Contact: Leslie Chandler, 405-271-1640
or leslie-chandler@ouhsc.edu
Light refreshments served

Brain Tumor Support Group
When: Thursday, June 16
(third Thursday monthly, 6 p.m.)
Where: Oklahoma Brain Tumor Foundation 720 W Wilshire Blvd, Suite 101A
Who’s Invited: Patients and survivors, and their families
Contact: Jan Rush, 405-843-4673

Us TOO! Prostate Cancer Support Group
When: Tuesday, July 19
(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
Light meal provided.
Contact: Dane Libart, L.C.S.W., 405-595-7217
or dlibart@odmhsas.org

Support Group for Adults with Diabetes
When: Tuesday, June 28
(Last Tuesday monthly, 5:30 p.m.)
Where: Harold Hamm Diabetes Center 1000 N Lincoln Blvd., Suite 2900
Who’s Invited: Diabetes patients, their friends and family members
Contact: 405-271-5642 or email groups@haroldhamm.org RSVPs requested

Caregiver Support Group
When: Wednesday, June 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
Lunch provided, RSVPs requested
www.eastersealsok.org/caregiver-support-group/

Pancreatic Cancer Support Group
When: Thursday, June 30
(last Thursday monthly, 6 p.m.)
Where: David L. Boren Student Union 1106 N Stonewall, Room 214
Who’s Invited: Patients, their friends and families
Contact: Dan Brackett, 405-380-8236
Refreshments provided

Spanish-Speaking Cancer Support Group
When: Friday, June 24
(last Friday, monthly, 5:30 p.m.)
Where: Stephenson Cancer Center, Seminar Room 5058
Contact: Carmen Soriano, R.N., 405-417-2438 or Carmen.soriano@stephenson.org

Support & Education for People with Head & Neck Cancers
Online support Group
Contact: Helena Garrett, 405-271-6809 or www.okhnc.org