Volunteers Build Futures

Volunteerism isn’t bound by seasonal markers. But fair weather does promote a more expansive range of opportunities. This is prime time to become involved in finding ways to help our community.

OU Medicine continues to be vigorous in community engagement. It’s more than something we do on the side. Our intent to be a positive force to enhance the lives of local citizens is part of our organizational culture. Our intentional interaction with individuals through community agencies is evidence that OU Medicine is not only leading health care, but also leading in care and compassion whether or not there’s a direct health care connection.

Our Live to Give program has successfully established relationships with organizations that rely heavily on volunteer help, creating a mutually beneficial situation. Employees gain ample exposure to many local, active organizations and in turn, many opportunities to volunteer. What so many of our volunteers have said is true: every person has an ability to do something that has value, to contribute in even a small way that makes a difference for people who just need a hand.

Our Habitat for Humanity project is a perennial favorite among employees. It’s appeal in part is the visible and long-term result—a home standing where a bare piece of real estate had been. Partnering with Habitat for Humanity, OU Medicine volunteers will build a tenth home for a deserving family this spring. Habitat for Humanity and OU Medicine, as well as other partner organizations, offer helping hands to family members who are willing to pitch in to make a sweat-equity investment of their own time and effort. Working side-by-side with selfless volunteers, families in hardship situations are more likely to realize the dream of owning a home of their own.

The Oklahoma City Memorial Marathon is another event with great community support. It too provides an occasion for volunteers to be part of a unique community effort. Many of our own will run in an array of events including the full marathon. Many others will support the athletes by staffing the OU Medicine water stop, offering hydration, nutrition and generous doses of encouragement. While helping out at the water stop is certainly a “feel-good” activity, it is also a humbling experience in gratitude and inspiration.

Traditionally held the first weekend in June, the OU Medicine Corporate Challenge is an event like no other, bringing local business interests together in athletic competition.

Continued, next page
Corporate teams and scores of individual competitors and their family members find a family-friendly environment that promotes health, fitness and teamwork as well as organizational camaraderie. Volunteer support is a vital ingredient that ensures the success of Corporate Challenge, and volunteer roles in an event of this magnitude are many and varied. Here is an excellent opportunity for people whose interests aren’t necessarily athletic to support this OU Medicine event. We’re quite proud of the role we play in bringing Corporate Challenge to the community. In recent years, Corporate Challenge has become more than a weekend of fun and good-natured competition. Now with a philanthropic element, the event is also a means to raise funds that support the Endeavor Games, an event that provides a competitive venue for athletes with physical disabilities. Each element of Corporate Challenge — fitness, community, philanthropy — resonates with the OU Medicine mission.

Previously mentioned events are just three of the larger, more visible efforts at OU Medicine. There’s an impressive roster of additional activities and causes that draw enthusiastic volunteer support throughout the year. This is certainly not an exhaustive representation of the many ways in which OU Medicine and its employees serve communities and individuals. Presently, we’re excited about new doors that are opening, with potential to have dynamic impact for the long term.

In recent months, you’ve seen newsletter items about needs in our local schools. OU Medicine and OU Physicians have stepped in to address very specific concerns — providing new uniforms for Douglass High School’s dance team, and rallying around a cheer squad when hopes for national competition fell short. Some might see these as small, short-term, largely internal, crises. It’s true, it may never be possible to quantify the impact made. But we know that young people are more likely to thrive and become well-grounded adults if we can nurture self-respect, bolster confidence, encourage leadership and model perseverance.

Working with the Oklahoma City Public Schools Foundation for a more targeted effort, we have “adopted” Edwards Elementary, just a short distance from our campus. Many of you have already seen volunteer action at Edwards, at events including Super Kids Day Bash to kick off the new school year, and Read Around the Building in December. This partnership continues to develop, showing great promise. Most recently, Live to Give volunteers decorated for the Father (or father figure)-Daughter dance. Research continues to confirm the importance of building strong, healthy bonds between young girls and significant male figures in their lives who provide of positive influence and emotional support.

Many initiatives of the OKC Public Schools Foundation place an appropriately high priority on literacy. We look forward to active involvement in these initiatives, many of which are being developed at a grassroots level. Illiteracy promotes the cycle of poverty and undermines family and community stability. A degree of functional literacy is imperative to obtaining a decent standard of living, enhancing quality of life and is key to a productive future. Individuals with great passion and inspiration have taken leading roles, but it takes the support of corporate citizens, faith-based organizations, non-profits and community groups to provide the fuel for a sustained and successful outreach.

We are involved in a diverse array of organizations, causes, projects and many will benefit as a result of our volunteer efforts. When there’s an opportunity to invest in the lives of young people, there’s hope. When kids know there are people who care, who believe in their worth, when there’s no “what’s in it for me” attitude, incredible things are possible. But the truth is, there is something in it for all of us. Vibrant communities. Strong leadership. Citizens of character. Thriving commerce, and more.

Frederick Douglass, perhaps the most recognizable figure of the 19th century anti-slavery movement, spoke words of great insight and wisdom when he said, “It is easier to build strong children than to repair broken men.” This is a cause that OU Medicine can sincerely embrace.

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Brian L. Maddy
Chief Executive Officer
Meet Our New Providers

JAD KEBBE, M.D.
PULMONOLOGY

Jad Kebbe, M.D., a board-certified pulmonary and critical care specialist, has established his practice with OU Physicians. He has also been named an assistant professor at the University of Oklahoma College of Medicine and director of respiratory care for OU Medical Center.

Kebbe is board certified in internal medicine, pulmonology and critical care. He has a specific interest in interstitial lung diseases. He is collaborating with rheumatologists in treating connective tissue disorders affecting the lungs and co-organizes a monthly multidisciplinary interstitial lung disease meeting.

Kebbe completed a pulmonary and critical care fellowship at the State University of New York in Buffalo. He completed an internal medicine residency at Yale New Haven Hospital, New Haven, Connecticut. He earned his medical degree from the Lebanese University Faculty of Medical Sciences in Beirut, Lebanon.

Kebbe is a member of the American Thoracic Society, the American College of Chest Physicians, the Society of Critical Care Medicine and the Christian Medical and Dental Association.

MICHELLE B. POLAN, M.D.
GENETICS

Michelle B. Polan, M.D., a board-certified geneticist, has established her practice with OU Children’s Physicians. She has also been named a clinician educator assistant professor with the University of Oklahoma College of Medicine. A medical geneticist is a physician who diagnostes and treats people with suspected or proven hereditary conditions.

Polan is board certified in clinical and medical biochemical genetics as well as radiation oncology. She completed a medical biochemical genetics fellowship at Children’s Hospital of Pittsburgh of the University of Pittsburgh Medical Center. She completed a clinical medical genetics residency at Nationwide Children’s Hospital, Columbus, Ohio, and a pediatric residency at the University of Medicine and Dentistry of New Jersey, Newark. She earned her medical degree in Poland, where she also completed a fellowship and residency in radiation oncology before her genetics studies in the United States.
National Poison Prevention Week
March 19 - 25
Learn about the prescription drug epidemic and its impact on adolescents and young adults in Oklahoma.
The Community Forum on Opioids is open to the public and there is no charge to attend. See the times and locations below:

March 21, 8:30 - 10 a.m.
Metro Technology Centers Business Conference Center Auditorium
1900 Springlake Drive,
Oklahoma City
Open to the Public

March 22, 2 - 3:30 p.m.
Rose State College Fine Arts Theater
6420 SE 15th Street,
Midwest City
Open to the Public

Prescription Drugs: The Growing Epidemic

In Oklahoma County alone, there were 925 unintentional poisoning deaths from 2007 – 2013, averaging 11 deaths monthly. Nearly 80 percent of those fatalities involved at least one prescription drug. More than 60 percent of drug overdose deaths involve an opioid, a class of drugs often used to treat moderate to severe pain. They are often appropriate when used following surgery or injury, or for health conditions such as cancer, and they are the most powerful painkillers ever invented.

The Substance Use Prevention Alliance (SUPA) brings together concerned Oklahoma County community members to fight our fastest growing drug problem: the misuse and abuse of prescription drugs. Some have called it the worst addiction crisis America has ever seen.

During National Poison Prevention Week, SUPA, in partnership with the Oklahoma Center for Poison and Drug Information, will host two community forums focused on the misuse of prescription drugs, with emphasis on opioids. The public is encouraged to attend and learn more about the prescription drug epidemic and its direct impact on Oklahoma’s youth and young adult population. A diverse panel of experts will discuss these important topics:

- What is prescription drug misuse and abuse?
- Know the signs of a prescription drug overdose.
- Naloxone – the lifesaving overdose-reversal drug.
- Testimonies from individuals and families affected by this epidemic.

Attendees will gain both education and practical prevention tools for safe use, storage and disposal of prescription drugs to help combat this growing addiction. The times and locations of these events are listed at left.

According to the American Association of Poison Control Centers, the United States is in the midst of an epidemic of “prescription painkiller overdose.” Nearly 1,000 people are treated in emergency departments each day, the result of using opioids in a manner other than as intended or directed. In a fifteen-year period from 1999 to 2014, sales of prescription opioids nearly quadrupled. Prescription opioid overdose deaths increased similarly during the same time period.

A local tragedy offers a stark illustration of the power of opioids. In 2011, Austin Box was 22, and enjoying a promising college football career as an OU Sooner. Box was no stranger to pain, having experienced a spine injury when he was only 14. He worked hard, pushing through pain to gain a position as a starter for the Sooners. Injuries followed, requiring surgeries on his elbow and knee. In 2010, he suffered a ruptured disc.

Although opioid painkillers were prescribed sparingly and with prudence, Box still struggled to manage his pain. His death occurred in May 2011, the result of an opioid overdose.

While tragic outcomes impact individuals and families most painfully, opioid dependence and opioid-related deaths present a significant public health problem that continues to grow.
National Poison Prevention Week March 19 - 25

Poisons act fast. So do kids. Even the most observant adult might have to look twice to differentiate between products shown below—just a few of many that, at a glance, look very similar. Take extra steps to ensure that potentially toxic products are well beyond the reach of an adventurous child.

Injuries at work. Arthritis related to aging. Chronic diseases, such as lupus. Until the late 1980s, patients with these conditions were most likely to be treated with little more than over-the-counter drugs. Codeine and morphine gave short-term relief from broken bones, or for recovery from surgical procedures. Because of the addictive properties of these drugs, often the only patients with long-term access to opioids were those suffering from terminal cancer. In the two decades since the development of OxyContin, more than two dozen new opioid products, brand-name and generic, were approved by the Food and Drug Administration.

In 2014, the American Academy of Neurology concluded that the risks of long-term opioid treatment for headaches and chronic low-back pain likely outweigh the benefits. In early 2015, a National Institutes of Health panel on opioids found that no scientific certainty exists to aid physicians in determining if or when opioids are safe to use for the treatment of long-term pain.

- Four of five heroin addicts now say they came to the drug from prescription painkillers.
- Heroin deaths - 8,000 a year in 2015 - have more than doubled each year since 2010.
- Nationally, there were 5,736 opioid exposures in January 2017 alone. The number reflects multiple substance exposures to opioids reported to poison centers.
- According to the CDC, nearly two million Americans were dependent on or abused prescription opioids in 2014.
- The CDC states further that opioids caused more than 33,000 deaths in 2015, the highest number of opioid-related deaths to date.
- Estimates suggest that 100 million Americans suffer from chronic pain; a quarter of those say the pain is severe enough to limit quality of life.
- An average of 46 million Americans die every day from prescription-opiod overdoses.
- The population considered most at-risk is middle-aged Americans.
- These individuals are more likely to die from a prescription-opiod overdose than an auto accident or a violent crime.
Department of Neurology
Grand Rounds & Tom Parker Lectureship

“Football and the Brain”

8:00 a.m.
Tuesday, March 7
Rainbolt Auditorium at Samis Education Center
The Children’s Hospital, 1200 Children’s Ave.

FEATURING:

Ann C. McKee, M.D.
Professor of Neurology & Pathology
Director, Chronic Traumatic Encephalopathy Center
Associate Director, Alzheimer’s Disease Center
Boston University

Dr. McKee is a leading authority on chronic traumatic encephalopathy (CTE). She has found evidence of CTE in more than 70 of the athletes that she has examined, including three NHL enforcers and 18 NFL players. She has presented her findings to National Football League officials and testified before the U.S. House Judiciary Committee. She has also studied diseases including Lewy Body disease, Parkinson’s disease, progressive supranuclear palsy, multiple system atrophy, frontotemporal lobar degeneration and corticobasal degeneration.

Learning Objectives:
1) Describe the neuropathological changes associated with CTE.
2) Relate the neuropathological differences and similarities between CTE and other diseases such as Alzheimer’s disease and ALS.
3) Describe the clinical and neuropathological changes associated with neurodegeneration after single traumatic brain injury.

For more information, contact
Connie Bond, (405) 271-4113
Happy National IBCLC Day!

March 1st is National IBCLC Day - a day designated specifically for recognition of international board certified lactation consultants and the important roles they play. The specialized knowledge each has makes a difference in the lives of breastfeeding families.

IBCLCs are an important part in creating a baby-friendly environment for mother and child and are part of our medical family here at OU Physicians.

You can join in the celebration on March 1 by participating in some of these easy activities:

♦ Go to the Oklahoma Breastfeeding Resource page at OUHSC.edu/breastfeeding to discover various tools for support.

♦ Follow OBRC on Facebook at FB.com/OBRC.

♦ Thank one of our many lactation consultants on campus for all they do.

♦ Support your co-workers, friends and patients by encouraging breastfeeding.

♦ Familiarize yourself with staff lactation room locations across campus. These are equipped, furnished and made available to support employees who wish to breastfeed after returning to work.

Clinic Manager Named OUHSC Employee Of The Month

Casey Carter, an OU Physicians senior clinic manager, was selected as the OUHSC Staff Senate Employee of the Month for February. A reception was held in her honor February 24.

The Employee of the Month is selected based on nominations submitted by supervisors and co-workers who have observed exemplary qualities in personal and professional conduct and job performance.

According to those who work with her closely, Carter does more than manage her clinics, which include Occupational Medicine and Student & Employee Health and Wellness. She works hard to create a workplace that’s not only productive and challenging, but fun and empowering. Employees have opportunities to learn without becoming overwhelmed or burned out.

Described as a dedicated employee who demonstrates servant leadership, Carter has an contagious energy and consistently strives to serve patients, providers and staff. Her work includes close collaboration with physician leaders to ensure clinical operations are consistent with OU Physicians policy, and strives to improve the health care delivery system campus-wide.
“But, I Just Washed My Hands!”

- Bacteria survive on average 20 minutes to three hours on hard surfaces, such as desks, doorknobs and tables — the kind of surfaces we touch repeatedly on any given day.

- A surface the size of a pinhead may contain up to 10 million bacteria.

- Bacteria can double their number in 20 minutes.

- It’s possible to eliminate 90 percent of hand-carried germs through proper hand washing.

- Wet hands can spread 60,400 bacteria, while dry hands may spread 200.

- Residual moisture left on improperly dried hands is a primary source of bacterial contamination and transmission. So, drying hands after washing is a key factor in reducing risk of infection.

Every Day. Every Patient. Every Time.

Book Drive Benefits Sooner Pediatrics Patients

Last month, OU Children’s Physicians received dozens of books, collected through the efforts of Derek and Arianna Askham. Their son, Peter was born in April 2016 with spina bifida.

As part of the Reach Out and Read program, all patients who visit their pediatricians at Sooner Pediatrics receive a book of their own to take home. When Peter arrived for his six-month doctor appointment, he too, was given a book to take home. Peter’s mom was so impressed and moved, she launched her own book drive to help the Reach Out and Read program, supported by the clinic. Pictured below, cases of books are unloaded from the Askham’s car onto a four-wheeled cart and presented to the clinic.

Sooner Pediatrics staff members were on hand to accept books presented by Derek and Arianna Askham (center, holding Peter). Also pictured are: Lori Lake, Reach Out and Read state director, standing behind Arianna and Peter; and Marny Dunlap, M.D., pediatrician, at far right.

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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.

This course provides current evidence-based practice guidelines to physicians and other providers who care for children. These guidelines are relevant to the field of general pediatrics medicine, and augment the skill set and knowledge base needed for the care of patients in primary care practices.

Registration is open now: cme.ouhsc.edu

Bring Your Cases to the Experts

These five case-based sessions with discussions facilitated by experts in their respective fields are scheduled concurrently. However, there will be three presentations of each session throughout the afternoon:

- 3:30 - 4:15 p.m.
- 4:20 - 5:30 p.m.
- 5:15 - 6 p.m.

Autism Resources and Other Behavioral Concerns
Bonnie McBride, Ph.D., B.C.B.A.-D., and Laura MGuinn, M.D.

Obesity Management
Ashley Weedn, M.D., M.P.H., and Katy Soper, M.S., R.D., L.D.

Pediatric GI - Common Issues
Sirish Palle, M.D.

Oklahoma Children’s Health Research Network:
Pediatric Research: What Is (or Should Be) Happening
Paul Darden, M.D., F.A.A.P.

Tough Adolescent Cases: Challenge the Experts
Amy Middleman, M.D., M.S.Ed., M.P.H.; Kelly Curran, M.D., M.A.; Paulette Pitt, Ph.D.; Patrick Butler, Ph.D., L.C.S.W., M.S.W.
9th Annual Wheelchair Basketball Tournament

Save the date and plan now to attend the 9th annual Wheelchair Basketball Tournament.

A competitive event like no other, this tournament pits the Oklahoma Blaze, representing the Oklahoma Adaptive Sports Association, against teams from various OU Physicians clinics and specialty practices. Among teams that will take on the Blaze, Anesthesiology, Orthopedics, Neurosurgery, Pediatric Surgery and Urology, to name a few.

Thursday, April 27, 5:30 - 9 p.m.
Oklahoma City University Freede Wellness Center
2501 N. Blackwelder

In addition to the action on the court, other fun and entertaining activities help support the fundraising effort, including:

- Silent auction
- Really cool t-shirts
- OKC Thunder drummers

All profits benefit Good Shepherd Mobile Clinic.

The mission of OKASA is to develop, sponsor and promote recreational and competitive athletic opportunities for individuals with physical challenges. All funds raised go toward the purchase of sports equipment and travel expenses for OKASA athletes competing in national tournaments.

The OU Community Health Alliance 8th annual Health Dash is coming, Saturday, April 1.

The day’s activities begin at 9 a.m. at the David L. Boren Student Union. Events include a one-mile fun run, 5K, 10K and 10K relay.

Register by Friday, March 10, and a free Health Dash t-shirt is yours. Register here:

The Good Shepherd Mobile Clinic offers medical and dental care to a patient population that is largely uninsured and indigent. Through the volunteer efforts of OU Medical students and other students across the Health Sciences Center, the OU Community Health Alliance works to improve the health care system right here in Oklahoma City.

The alliance exposes students to the challenges of providing quality health care with limited resources, and contributes to the development of greater compassion and empathy among health care professionals.
This March Madness Is Just For Men

Stop procrastinating. It’s easy to keep putting off a vasectomy, but there’s no time like the present. And OU Physicians Urology has made it easier than ever.

Schedule your consultation on Thursday, March 16, or Friday, March 17, and have the procedure completed in the same appointment.

The procedure requires only local anesthesia and takes only 20 to 30 minutes. You don’t have to remain in the office afterward, and there’s no need for alternate transportation. In good time, you’ll be on your way to enjoy a relaxing weekend. Expect a two-to-three-day recovery period, with lots of opportunities to watch hours of sporting events on TV.

Are You AAAHC-Ready?

We anticipate the AAAHC site review to take place in early May, and we intend to be thoroughly prepared. In doing so, we position ourselves for another three-year term of accreditation by AAAHC, 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.

Accreditation by AAAHC reflects a commitment to excellence in health care - much like a seal of approval in health care services. In the 38-year history of the organization, only a handful of the nation’s academic-based physician groups have been awarded accreditation.

During the visit, the AAAHC team will conduct a comprehensive and rigorous review of OU Physicians operations, observing clinical and administrative areas and reviewing all policies and procedures.

Every effort you make to ensure a successful review is appreciated.

Colon Cancer Awareness

The Stephenson Cancer Center will hold a colon cancer awareness event on Monday, March 13. The push for awareness will include availability of educational material, as well as information regarding age-appropriate screenings and genetic testing.

Monday, March 13
Myriad Gardens
10 a.m. - 2 p.m.

Making the day more fun, Myriad Gardens will also be the site for Mad Science Monday, which will include food trucks and other attractions.

For more information or to schedule an appointment, call 405-271-6452
Welcome New Employees

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

Standing, from left:
Darichele Alvarado
Pediatric Gastroenterology
Gewaldine Cherlame, Executive Office
Keri McKinney, Contracting
Anameshia Pope, Anesthesiology

Seated from left:
Kayla Goddard, Pediatric Otolaryngology
Tesia Biby, Pediatric Specialties
Ashlie Collier, Urology
Andrea Tolbert, Prenatal Diagnostic Center
Top photo
Standing, from left:
Kayla Wilcox-Skinner,
Training and Development
Sarah Reeder,
Devon Onsite Clinic
Gary Lozano,
Pediatric Specialties
Valerie Wilson,
Patient Accounts

Seated, from left:
Martha Wilkinson,
Pediatric Specialties
Stacey Gillette,
Neurology

Bottom photo
Standing, from left:
Barbara Pyle,
Population Health
Juan Adame,
General Surgery,
Kaitlyn Peterson,
Pain Medicine

Seated from left:
Callie Howe,
Family Medicine
Amanda Pankey,
Grand Prairie Pediatrics
The GloRun OKC is a 5K family fun run/walk that benefits Central Oklahoma Habitat for Humanity. Run or walk with your friends and co-workers while glowing in the dark. No kidding!

The GloRun is an evening event where runners and walkers make their way through a five-zone, luau-themed course, aglow with neon. Keep the camera handy for selfies with huge glowing luau dancers, glowing pineapples, light shows and more.

Friday, March 25
Stars and Stripes Park
3701 S. Lake Hefner Drive, Oklahoma City
7:50 p.m. - Costume contest
8:10 p.m. - 5K Begins
8:45 p.m. - DJ

Receive a 10 percent discount off the registration fee when you use code: HFHOKC

Classic Fun Run - $60
(includes 5K shirt, super-glo necklace and finish-line party)

Chip Timed Run - $66.99
(includes Finisher’s Medal, flashlight, lei, shirt, super-glo necklace and finish-line party)

Register here:
http://www.cohfh.org/get-involved/special-events

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:

Use code StephensonGGR

To sign-up as a volunteer, go to: http://volunteer.getmeregistered.com/events/open_opportunities.php?id=276

Use code Stephenson
Take Care of Our Own

OU Medicine Breast Health Network is helping each of us take care of our health by dedicating a day for employees of OU Physicians, OU Medical System and Oklahoma Health Center to conveniently schedule an annual screening mammogram. If you’re 40 or older, and haven’t had a routine screening mammogram in the last 12 months, don’t miss this opportunity.

Thursday, April 20
Complimentary Refreshments

Use the contact information below to schedule an appointment at the Breast Health Network location you prefer. These appointments are for screening mammograms only.

**Breast Health Network Central,**
OU Physicians Building
Email your preferred time to: breast-institute@ouhsc.edu or call 271-4514 or schedule online.

**Breast Health Network Edmond,**
2601 Kelley Pointe Parkway
844-2601

**Breast Health Network Southwest,**
2607 SW 119th Street
814-2273

**Breast Health Network Northwest,**
13401 N MacArthur Blvd.
755-2273

Appointments will fill quickly. Register today. Mammograms are not free of charge and will be filed with your insurance carrier. Patients will not be examined by a physician during these appointments. If you have a concern, schedule a diagnostic mammogram at any Breast Health Network location. Please consult your supervisor regarding your absence for this appointment.

Patients Feel The Love

Valentine’s Day provides the perfect opportunity to show our patients how much they are valued and appreciated.

In February, visitors to our adult clinics received these heart-shaped hand warmers.
Children’s Valentine Celebration
The Children’s Atrium was buzzing with activity, as nearly 100 children gathered to celebrate Valentine’s Day. Helping the kids with fun and creative crafts were members of OU Ruf Neks, soccer players as well as cheer and pom members. Volunteers from AAA distributed Valentines and stuffed animals, and OU Children’s Physicians dietitians made sure that yummy and nutritious snacks were in good supply.
HIPAA Hot Spot

February HIPAA Hipster:
Tonya Keith, OU Physicians Canyon Park

It’s the little things that create a successful HIPAA environment. Tonya Keith has helped her clinic at Canyon Park in Edmond achieve a very effective HIPAA environment. In her last several site visits to the Canyon Park clinic, Sally Duckett, OU Physicians HIPAA Administrator has observed excellent HIPAA compliance and staff awareness of HIPAA requirements.

“While waiting to meet with Tonya, I’ve had opportunity to observe that staff are cognizant of volume and tone of their discussions and take steps to ensure privacy for patients who are waiting in the lobby.” In addition, Duckett and Mary Milano, HIPAA Compliance Auditor, both note little, if any, visible PHI in the area. The PHI that is visible is only that which is necessary to the patient check-in process, so it is attended and protected.

Keith and her staff take extra steps to ensure that PHI is not visible in hallways or on exam room doors. Staff members make sure that envelopes of PHI sent to Central HIM for scanning are well-sealed, taped and clearly labeled to ensure delivery to the appropriate locations. These are small, but critical, steps that have a big impact. Take your small step today!

HIPAA TIP: Stop in the Name of the Law!
Responding (or Not) to Requests for PHI from Law Enforcement

It can be intimidating when any member of law enforcement presents a badge in one of our clinics and requests information about our patients. It’s not a frequent occurrence, but it is likely to happen at some time. Preparation is the key to keeping such a situation from becoming uncomfortable. Keep these five steps in mind:

1. Respectfully inform the officer that you’re required to notify a clinic or business manager. Ask for some form of ID you can present to your manager. If the officer has a court order or other document, ask to copy the documentation. We will want this information in our files.
2. The manager should call the Office of Legal Counsel or HIPAA Privacy Official. We review the request and credentials to determine if the officer is entitled to the requested information, or if additional paperwork is required to obtain it.
3. The protection afforded under HIPAA isn’t limited to documents; it also encompasses any verbal disclosures. Unless faced with a life-or-death emergency, information may not be disclosed verbally until Legal Counsel and the Privacy Official advise that disclosure is permitted.
4. If it’s determined that the requesting officer is entitled to documents or information, OU Physicians Medical Records will provide the copies; the officer may not be allowed to access EMR or IDX. In the event the requested records are only available through the clinic or department, the clinic or department must log the disclosure. Sally Duckett will help with any questions you may have in this regard.
Continued from previous page

5. Depending on the purpose of the request, the officer may be required to sign the Law Enforcement form or the Adult/Child Protective Services form, available on the HIPAA forms page. Legal Counsel and the Privacy Official will advise you whether you need this form.

Our goal is to cooperate with law enforcement to the extent we can, while remaining compliant with federal law and protecting our patients’ PHI. If you have questions about this or any other HIPAA issue, please contact any of us. Refer to the contact information on the previous page. We can help!

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

Ideas for Focus? Contact the Editor:
valerie-pautsch@ouhsc.edu
Learn more about each camping opportunity here:
https://cavettkids.campbrainregistration.com/

Make a note of these upcoming camps, dates and application deadlines:

**Heart Camp** June 6 - 10
Application deadline May 16, 5 p.m.

**Leadership Camp** June 20 - 23
Application deadline May 30, 5 p.m.

**Camp Cavett** July 26 - 30
Application deadline July 5, 5 p.m.

**Kamp Courage** August 16 - 20
Application deadline July 26, 5 p.m.

Want To Do Something Good?

Cavett Kids Foundation has a mission: to develop character, coping skills and connection for kids battling life-threatening illnesses. Its approach to accomplishing the mission: providing exceptional opportunities for young people with chronic and life-threatening conditions, where their illnesses do not define them. Cavett Kids camps are a place where children whose daily lives are quite different from the norm can be “normal” and find common ground with their peers. Cavett Kids camps and other programs impact at least 12,000 children and their families each year. It’s a huge undertaking—and you can help.

In order to support camps, which are offered at no cost to campers, the foundation hosts a variety of fundraising events. Camp Champ Challenge is a unique fundraiser where teams engage in wildly creative competitive events. Form a team, be a sponsor at one of several levels, or show your support by purchasing an individual ticket and enjoying the show.

**Saturday, April 22, 5 - 8 p.m.**
Riverwind Showplace Theatre
1544 State Highway 9, Norman, OK

Learn more about this event:
https://cavettkids.campbrainregistration.com/
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 training calendar page and select OUHSC to register.

Direct questions to students@ouhsc.edu.

**Town Hall Highlights**

Thanks to everyone who turned out for our Town Hall meetings last month. The forums gave us a chance to update information on practice developments and stimulated some good discussions. In case you missed the sessions, here are a few highlights.

⇒ After more than 15 years of service as executive dean of the OU College of Medicine, M. Dewayne Andrews, M.D., retired last month. His vision and leadership did much to enhance the college and the clinical practice, improving the quality and reputation of all OU health services in the process. Russell Postier, M.D., Another highly regarded, longtime campus leader, was selected to serve as interim dean while the search for a permanent replacement is conducted.

⇒ Although our local economy shows signs of improvement, adverse effects of the energy industry downturn are very present. All kinds of business interests, including health care-related fields, are dealing with the widespread impact. State legislators face yet another multi-million dollar budget shortfall this year; higher education and other state-funded agencies are bracing for more cuts. The good news is that while many of our competitors reduced their workforces in 2016, we don’t anticipate layoffs or furloughs. OU Physicians posted modest growth in clinic visits during the first half of the current fiscal year, and we hope to improve performance in months to come.

⇒ Uncertainty in health care continues from the federal level as well. A new President and U.S. Congress have made known their plans to repeal and replace the Affordable Care Act, which has driven many changes in the health care marketplace in recent years. We worked hard to adapt to changing payment and treatment models associated with the ACA, but will remain nimble and prepared for any future shifts in federal policy.

⇒ Our physicians and staff continue to move OU Physicians forward through participation in a number of task forces and work groups charged with better positioning our practice for the future. Participants are conducting a comprehensive review of our organization with the help of ECG Management Consultants, nationally known and respected. On a related note, UHAT and OU leaders continue to work on a previously announced plan that would change the operator of our state teaching hospitals. When we announced this effort in October, our shared goal was to complete the process in the first half of 2017 and we continue to work with that timetable in mind.

⇒ Soon, we’ll welcome a team from the Accreditation Association for Ambulatory Health Care to consider reaccreditation for our practice. Because the AAAHC’s seal of approval demonstrates an unwavering commitment to quality and professionalism, it is vitally important to our professional reputation and our patients. OU Physicians was one of the first academic practices to earn this designation. We’re confident that we will retain it after the AAAHC team visit in May.
Live to Give Volunteer Of The Month
Nancy Geiger, Otolaryngology

Nancy Geiger wants her volunteer efforts to count in a personal way, by having direct impact on the community in which she lives. Her desire for a personal connection is possible because of partnerships the Live to Give program has established with worthy causes. Geiger said volunteering is all the more rewarding when she can include her son in selected activities. Organizations she supports with her time and labor include the Regional Food Bank, Positive Tomorrows, Habitat for Humanity and the Toby Keith Foundation’s OK Kids Korral.

Among Geiger’s favorites, Sibshops offer a few hours of respite to families of children with special needs and provide social and emotional support to their typically developing siblings. “Because my niece and nephew are children with special needs, I have an understanding of how consuming their care can be on a day to day basis.”

Geiger believes in the work of the Regional Food Bank of Oklahoma and she and her family are regular volunteers. “As a former foster parent, I’ve seen the impact their programs have on children who otherwise would have gone hungry. We also encouraged our church youth group to sponsor two volunteer events there in the past few months.”

The unique legacy of the Oklahoma City Memorial Marathon draws Geiger to support the water stop OU Medicine sponsors each year. “It’s so much more than just a marathon for the good people of this city,” Geiger said. She gathers her family and a few co-workers to participate together in this special event. “What a fun way to help!”

Geiger’s first experience as a volunteer at Positive Tomorrows made a lasting impression and shifted her perspective. Live to Give volunteers were there to help supervise outdoor play at this school for children of homeless families. She remembers a particularly hot day and a child dressed in long pants and a long-sleeved shirt. “I said, ‘Sure is hot out here today,’ and he replied, ‘I’m used to it.’” Geiger said those four words remain with her. “I was touched, realizing the burden these tiny shoulders must carry being homeless. How could we not stop and be thankful? We’re fortunate and can find a way to help.” Geiger said that little boy is no longer at the school, so her efforts don’t help him personally. “But I hope that other children will be helped by my ongoing participation.” She and her family take advantage of recurring opportunities - to purchase toiletries for families, items that help homeless children participate in a summer camp or be better dressed for winter weather, for example. “We’ve helped a family move into their new home and gathered clothing. How many of us know families who could help by donating stuff they don’t need?”

Geiger thinks the Live to Give program is great because it supports local causes that benefit our own communities, and a wide variety of opportunities means anybody can volunteer in some capacity. “For me, the greatest incentive is the joy of being part of giving these gifts; I absolutely get more than I give.” Seeing the faces of a homeless child simply enjoying being a kid at Positive Tomorrows; the smile of a relieved and grateful parent who can feed his or her children because the Food Bank is there; making a difference for families who have a place to stay while their sick children receive medical treatments because there are places like OK Kids Korral - Geiger said every small thing counts. To capture the heart of volunteering, Geiger cited words often attributed to St. Teresa of Calcutta: “There are no great acts, only small acts done with great love.”

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

As part of OU Medicine’s partnership with Edwards Elementary, 20 Live to Give volunteers helped create an experience for young ladies and their dads or father figures who attended a special Father (Father figure)-Daughter Dance. Decorated by volunteers, the every-day gymnasium became a festive backdrop for a memorable experience. Nearly 60 girls with their dates were able to enjoy this special evening. OU Medicine provided the Mad Hatter characters, DJ and photo booth.

New and Different: More Exciting Opportunities

The Oklahoma City Memorial Marathon is on the near horizon - Sunday, April 30 - and that means OU Medicine will again host a water stop for runners. In the past, we’ve hosted water stops at Lake Hefner or near Nichols Hills Elementary School, but this year, we’re moving to home turf!

The new OU Medicine water stop site is on the west side of Lincoln Boulevard at 13th Street. At this location, we’ll be able to provide refreshments and encouragement to many more runners.

More details to follow.
Maybe you’ve wondered, “What about Habitat….?”

Our partnership with Habitat for Humanity has become a great tradition, embraced by dozens of Live to Give volunteers. In previous years, each project has kicked off in March.

We’ll begin in April this year, and like previous builds, you can count on something for everyone, no matter what the level of skill. In fact, no skills are required. There are many tasks that anyone can do, and every small labor is valued. Whether you’re rolling on the paint or rolling out the sod, each person’s contribution is important.

Watch for coming Live to Give announcements with all the details you’ll need, and plan now to participate in this fun and rewarding effort.

Meet Our Habitat Family

Jeffery and Sadae Berry were married in August 2013. Little more than a year later, the couple faced great adversity when their daughter Ajah was born with a heart defect that would require three complex surgeries. The first surgery, performed December 2, 2014, went well. But just five days later, the Berrys’ older daughter, Briella, was admitted to the hospital with a type 1 diabetes diagnosis.

After a week-long hospitalization including a stay in critical care, Briella was discharged. It was the beginning of a new way of life, almost a new world for the family. Sadae Berry said her faith kept them sane and made it possible for them to endure this stormy episode in their lives.

In January 2015, Sadae had to quit her job order to care for the girls. While the situation brought hardship, she saw it as another opportunity to strengthen her faith in God as her family’s source of provision.

Sadae said she and her husband, Jeffery, had always hoped to own a home before the age of 30, but were turned down when they tried to buy a home in 2013. Now, Habitat for Humanity has made their goal possible. “With this opportunity, it gives my family hope and is a testament that all we went through wasn’t in vain.” They now see the difficult times as a period of preparation for the better future just ahead.

“We thank God for Habitat for Humanity, for making it possible to have a home to call our own,” Sadae Berry said. “We are forever grateful.”

The Berrys will work alongside Habitat volunteers to build their home and plan to become Habitat volunteers. “This is such a great organization that I would love to help and volunteer anytime.”

Also new this season, an emphasis on monetary support will encourage online donations. It’s a strategy that works on many levels, most important: Money can help fill any gaps, no matter what the season. It has no shelf-life or expiration date, and no trucks and drivers are required to pick it up and deliver where it’s needed. Watch for more information coming soon!

Coming in May: Funding The Fight Against Hunger

Each year, the Regional Food Bank gains much-needed support through the Feeding Hope and Letter Carriers’ Food and Fund Drive. On Saturday, May 13, Live to Give volunteers will gather at designated post office locations to help with the volume of incoming food, collected on the letter carriers’ delivery routes.

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OU Fit Star of the Month
Amanda Pollock, L.P.C., Child Study Center

According to Amanda Pollock, L.P.C., the OU Fit program contributes heavily to her lifestyle and fitness mindset. “I love how it keeps me motivated and accountable for my fitness every day,” she said. OU Fit is particularly valuable on those days when Pollock needs the extra push to keep moving in order to achieve her daily steps goal.

One of the attributes of the program Pollock values is its focus on overall health—not just an activity level. “While I always tried to eat healthy, I never paid too much attention to my eating. By logging meals, I really see what I’m actually eating each day,” she said. “It also has helped me try new activities, including meditation, which I really liked. And the FitStart Challenge has become a way to get involved with others in my office.”

Pollock is looking forward to her next new OU Fit experience: cardio kickboxing. She also has participated in a few of the Recipe Refresh courses and discovered recipes that have already become family favorites. “Especially the pumpkin dip!” she said. “I’ve enjoyed other wellness classes, too, such as the one discussing essential oils.”

Caring for herself as well as her family are Pollock’s most significant motivators for maintaining a healthy lifestyle. “I strive to be a good role model for my daughters, not only in that I like to exercise and be healthy, but they also see that I take time to care for myself.”

Small efforts can have great results. That’s why Pollock is a fan of walking for fitness. “I love walking and how something so simple can have such a big impact on your well-being,” she said. “Going for a walk increases my energy level and also helps me to refresh my mind. I also love Pilates and how strong and balanced it makes me feel.”

An active lifestyle is a family pursuit in the Pollock household. Andrew Pollock supports his wife’s efforts as he keeps his own fitness priorities. He currently aspires to run the half marathon during this year’s Oklahoma City Memorial Marathon. Pollock said the activities of their girls, Abigail, age 6, and Annabeth, age 3, support her own efforts to stay active. “If they are dancing, playing soccer or just running around in the backyard, I try and join in. Great family time and fitness all in one!”

Interested in joining OU Fit? Want to know more about the benefits and perks?

Contact OUFit@ouhsc.edu

Each OU Fit Star receives OU Fit logo merchandise or apparel valued at $50.
Week 3 of the FitStart Challenge called on participants to take a five-minute daily stretch break to ward off tension and the muscle-tightening effects of stress. Adequate hydration was the emphasis for Week 4 with due attention to individual needs based on body weight and levels of physical activity.
Based on studies that suggest kind and considerate people are often healthier and happier, the challenge for Week 5 included expressing appreciation to people in the form of written “Thank You” notes. During Week 6, challengers did a lot of planking, 30 seconds at a time, with Bingo Wellness on the side.
We know the healthiest foods aren’t usually the ones you find in boxes or ready to eat. Even labels that tout “healthy” foods may be suspect. The editors at *Eat This, Not That!* want us to be alert to claims and promises that may leave us, well, empty…. Here are 16 foods that may not live up to the health hype.

**Pasteurized milk:** Here’s the problem. Pasteurization kills the essential enzymes required for digestion. People with congestion, arthritic pain or any inflammatory response might consider cutting milk from their diets.

**Skim milk:** Surprise! Skim dairy isn’t healthy or good for your weight. When the fat is gone you’re less satiated and likely to consume more milk. In the absence of fats, you’re left with a lot of hormones. Choose a different milk—low-fat, full-fat, coconut, almond or rice milk.

**Certain fruits:** Fruit is always preferable to processed treats like cookies and cakes. At least there’s fiber in fruit. Some though, are markedly higher in sugar content, such as mangoes, cherries and grapes. If you eat lots of fruit and don’t want to stall weight-loss progress, opt for other berries and grapefruit.

**Granola:** Think of granola as a cookie that’s been pre-crumbled for you. Better to eat Greek yogurt topped with a few seeds, nuts and berries. For something sweeter, add a bit of dried fruit—the kind with no added sugar, sulfites, preservatives or other additives.

**Tofu:** Tofu acts as an estrogen-like substance and is among the “Top 10 Foods That Can Cause Man Boobs.” Most tofu is genetically modified to withstand intense chemical sprays. If chemicals don’t faze it, can your body even make use of it?

**Soy milk:** Considered worse than organic cow’s milk (not recommended because it can cause inflammation) soy milk is a chemically treated, processed food. Non-dairy sources of calcium are plentiful and include leafy greens, like turnip greens, kale and bok choy, as well as almonds, oranges, seaweed and canned salmon. And, almost all soy is GMO and estrogenic.

**Fruit juice:** Even fresh pressed juices are still too high in sugar to be truly healthy, and there’s zero fiber. Smoothies, on the other hand, have the fiber and offer opportunities to also work in some vegetables.

**Energy bars:** There are no controls on the use of words like “healthy” and “natural.” Most energy bars are a source of those stealthy, hidden sugars, fats, calories and unrecognizable ingredients.

**Boxed cereals:** Even the “healthy” ones are, more often than not, loaded with hidden sugars and processed ingredients. Opt for the cereals high in fiber and protein, low in sugar, fat and calories.

**Flavored yogurts:** Most have far too much sugar. Flavoring is often a sugar-loaded jelly that adds calories but no fiber or protein.
OU Fit Featured Recipe
Crispy Glazed Tofu with Bok Choy

Tofu cooks up perfectly when first pressed to release excess liquid. Enhance the flavor of this healthy Chinese tofu recipe with plum sauce, a sweet-and-sour condiment, found near other Asian sauces in most supermarkets. Serve with steamed brown rice.

Ingredients
1 14-ounce package extra-firm water-packed tofu, drained
1/4 cup plum sauce
3 tablespoons ketchup
2 tablespoons reduced-sodium soy sauce
1 tablespoon Shao Hsing rice wine
2 teaspoons plus 1 tablespoon canola oil
3 scallions
1 teaspoon minced garlic
1 teaspoon minced fresh ginger
4 baby bok choy
1/4 cup water
1 teaspoon toasted sesame seeds

Instructions
Fold a kitchen towel in half and place on cutting board. Cut tofu in half horizontally and set on towel. Put another folded towel and a weight (such as a heavy skillet) on tofu to press moisture out; let drain for 15 minutes.

Meanwhile, whisk plum sauce, ketchup, soy sauce and rice wine in small bowl; place near stove. Cut pressed tofu into 3/4-inch cubes and place near stove.

Heat 2 teaspoons oil in large non-stick skillet over medium-high heat. Add scallions, garlic and ginger; cook, stirring, for 30 seconds. Add bok choy and cook, turning, until bright green, 1 to 2 minutes. Add water, cover and steam until tender, about 2 minutes. Transfer everything to a plate. Wipe the pan dry.

Return pan to medium-high heat, add remaining 1 tablespoon oil and heat until shimmering. Add tofu in a single layer. Cook, without stirring, until starting to brown, 2 to 3 minutes. Stir and continue cooking, stirring frequently, until brown on all sides, 6 to 8 minutes more. Add sauce; cook, stirring, until tofu is well coated, 1 to 2 minutes. Serve with bok choy, sprinkled with sesame seeds.

Recipe Tips
Shao Hsing (or Shaoxing) is a seasoned rice wine used to flavor sauces, marinades and stir-fries. Find it in Asian specialty markets or in the Asian food section of large supermarkets. Dry sherry is a suitable substitute. For best flavor, toast nuts and seeds before using in a recipe. To toast small nuts, chopped nuts and seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2-4 minutes.
Support Groups

Project 31 Breast Cancer Support Group
When: Tuesday, March 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

Cochlear Implant Support Group
When: Wednesday, March 8
(Second Wednesday monthly, noon-1:30 p.m.)
Where: OU Physicians Building 2nd floor, Conference room 2107
Contact: Carolyn Messick, MS., CCC/SLP
405-271-1386 or carolyn-messick@ouhsc.edu

Empower!
Metastatic Breast Cancer Support Group
When: Thursday, March 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, March 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— March 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, March 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

Caregiver Support Group
When: Wednesday, March 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/

Hep-C Support Group
When: Tuesday, March 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

Blood & Marrow Transplant (BMT) Gathering
When: Wednesdays— March 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, March 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, March 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

Brain Tumor Support Group
When: Thursday, March 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— March 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, March 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

Caregiver Support Group
When: Wednesday, March 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/

Bladder Cancer Support Group
New Meeting Time
When: Tuesday, March 28
(Fourth Tuesday monthly, 5:30 – 6:30 p.m.)
Where: Stephenson Cancer Center, Room 6012
Who’s invited: fighters, survivors, caregivers and advocates
Contact: Lisa at bladdercansg@gmail.com
More Support Groups

Pancreatic Cancer Support Group
When: Thursday, March 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, March 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, May 25
 desi gnat ed Thursday every other month, 5:30 p.m.)
Where: The Barrel, 4308 N Western Avenue
Who’s Invited: Young adult cancer survivors and patients
Date and locations may vary from month to month.
Contact yasgoklahoma@gmail.com to be included in email distribution

Support Group for Adults with Diabetes
When: Friday, May 26
(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
RSVPs requested in order to ensure availability of materials.

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