

FOCUS



October 2016

Vital Signs

As an enterprise, we've been part of great advances and achievements and experienced significant success and growth for more than a decade. Not surprisingly, these momentous strides created new challenges in the form of limited space to house faculty, administration and services. Fortunately, future needs were anticipated by men and women with wisdom and foresight. Thanks to proactive leadership, the College of Medicine Academic Office Tower began to make its way from the drawing board to the construction site. And now, its completion will be officially celebrated in coming weeks. The tower, a visible tribute to the College of Medicine's successful growth, is also a tangible demonstration of committed and strong leadership, and moves the college to the forefront of excellence in medical education.

Sited on the southeast corner of Stanton L. Young Boulevard and Phillips Avenue, the tower is a project of the University Hospitals Authority and Trust, which has made possible much growth seen across campus in recent years.

Under construction since February 2014, the tower will soon welcome its first occupants - staffs in the Office of the Dean, Admissions Office and the Office of Continuing Professional Development. Student Services also will have a presence in the building, as will offices

of the Departments of Medicine, Surgery, Orthopedic Surgery and Rehabilitation, Otolaryngology-Head and Neck Surgery and Obstetrics and Gynecology.

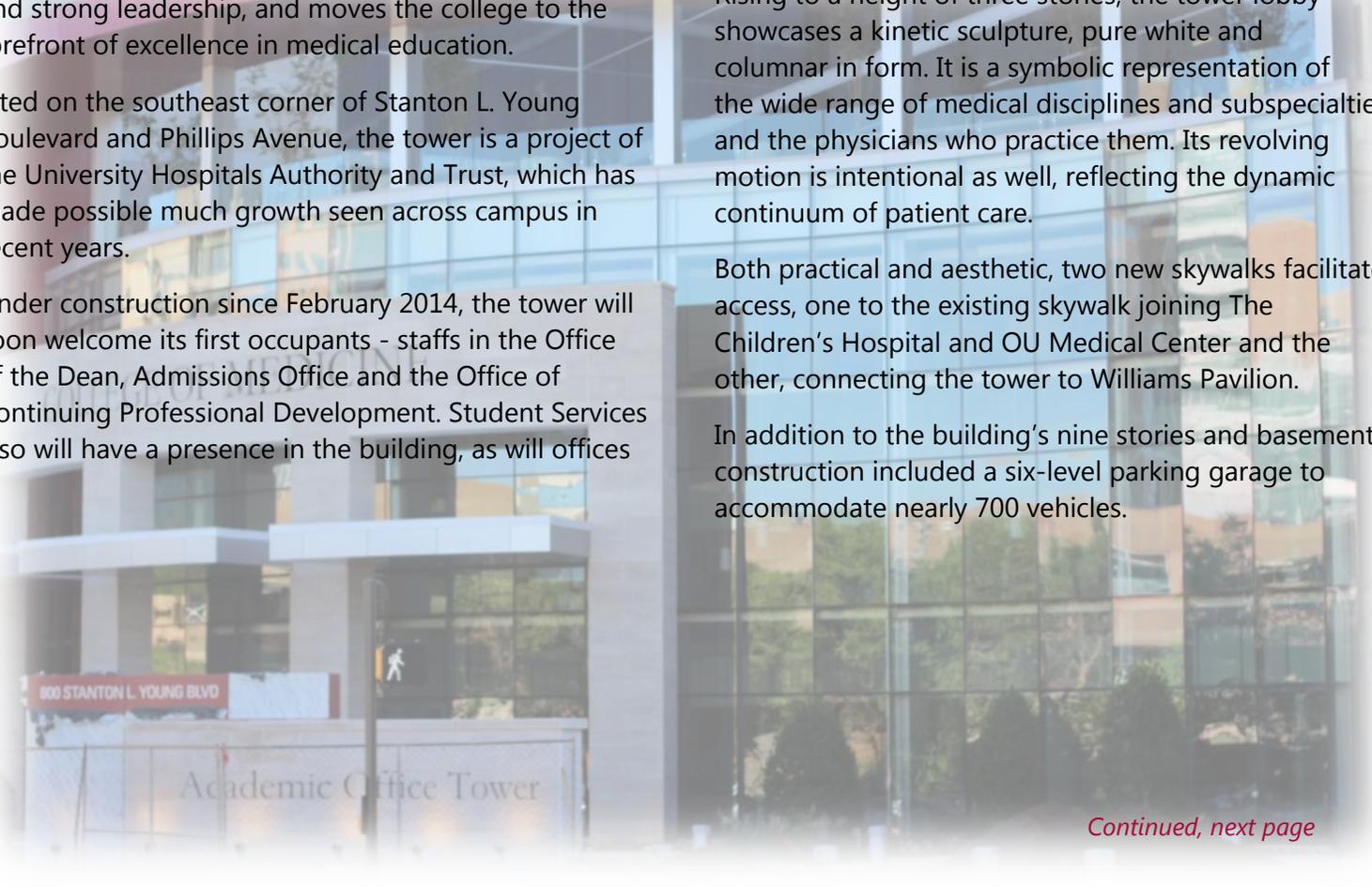
True to its original vision and design concept, the facility stands as a world-class icon, purposefully designed to further the academic, clinical and research missions of the enterprise.

From the entry and throughout the building's nine stories, meaningful symbols of the work that takes place across the Health Sciences Center are prominent. A stone portal encompassing three separate entrances defines the entryway, symbolic of the three-fold mission of patient care, education and research.

Rising to a height of three stories, the tower lobby showcases a kinetic sculpture, pure white and columnar in form. It is a symbolic representation of the wide range of medical disciplines and subspecialties, and the physicians who practice them. Its revolving motion is intentional as well, reflecting the dynamic continuum of patient care.

Both practical and aesthetic, two new skywalks facilitate access, one to the existing skywalk joining The Children's Hospital and OU Medical Center and the other, connecting the tower to Williams Pavilion.

In addition to the building's nine stories and basement, construction included a six-level parking garage to accommodate nearly 700 vehicles.



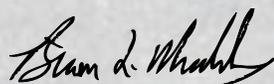
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The first floor features three multipurpose rooms with full teleconferencing capabilities. Two of the multipurpose rooms may be expanded to create a single, larger meeting space. The building also features a rooftop garden accessible from the fourth floor. With thoughtful design by the Oklahoma City firm Bockus Payne Associates, the tower features many details symbolizing both the traditional and forward-thinking aspects of medicine.

The new building doesn't house any areas of direct patient care, but like every endeavor, patient care is at the heart of every initiative, every survey and every construction project undertaken here. The ways we show our commitment to offering the best of the best are myriad— from the recruitment and retention of great faculty and staff, to our world-class facilities, designed and equipped for the delivery of excellence at every level.

We owe a debt of gratitude to the University Hospitals Authority and Trust for the role it has played to see this project through to completion. The College of Medicine Academic Office Building adds new stature and presence to the campus, exemplifying the vitality of the OU Medicine enterprise and the steadfast resolve to continue leading health care for the people of Oklahoma.



Brian L. Maddy
Chief Executive Officer

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Focus is a publication of



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



Meet Our New Providers

S. Brandon Hancock, M.D., Radiological Sciences

S. Brandon Hancock, M.D., an interventional radiologist, has established his medical practice at OU Physicians. An interventional radiologist utilizes minimally invasive, image-guided procedures to diagnose and treat diseases.

Hancock completed an interventional radiology fellowship at The Johns Hopkins University School of Medicine, Baltimore. He completed a radiology residency at the University of Oklahoma College of Medicine, where he also completed his internship and earned his medical degree. He earned his undergraduate degree at Southern Nazarene University, Bethany, graduating summa cum laude.



Amanda Page, M.D., Pediatric Critical Care

Amanda Page, M.D., a pediatric critical care provider, has established her medical practice with OU Children's Physicians. She has also been named an assistant professor with the University of Oklahoma College of Medicine.

Page completed her pediatric residency and internship at the Children's National Health System, Washington, D.C. She earned her medical degree at the OU College of Medicine, and her undergraduate degree at OU in Norman, graduating summa cum laude.



Federico Silva, M.D., Vascular Medicine

Federico Silva, M.D., has established his medical practice with OU Physicians. He will see patients in the OU Physicians Thomas Whitsett Vascular Center. He has also been named an assistant professor with the University of Oklahoma College of Medicine.

Vascular medicine focuses on the non-invasive diagnosis and treatment of problems involving the circulatory system outside of the heart including those involving the arteries, veins and lymphatic system. Silva will see patients with peripheral arterial disease, deep vein thrombosis, pulmonary embolism and other venous disorders.

Silva is board certified in internal medicine and is a registered physician in vascular interpretation by the American Registry for Diagnostic Medical Sonography. He completed a vascular medicine residency at the OU College of Medicine and an internal medicine residency at Advocate Illinois Masonic Medical Center, Chicago, serving as chief resident. He earned his medical degree in Paraguay.

Palliative Care Week Activities Planned

In connection with the observance of Palliative Care Week, beginning Monday, October 31, and continuing through November 6, a number of activities are planned to emphasize this very important field of medicine. Organized by the University of Oklahoma College of Medicine Palliative Care Committee and OU Medical System, the event is made possible by generous financial support from the Hospice Foundation of Oklahoma. This year's events will build on previous successes to offer activities that promise to be informative to all health care professionals who work in palliative care.

Harold Koenig, M.D., M.H.Sc., professor of Psychiatry and Behavioral Sciences, Duke University Medical Center, directs the university's Center for Spirituality, Theology and Health. He will present "Spirituality in Medicine" at Internal Medicine Grand Rounds, Tuesday, November 1, at noon in the Samis Family Education Center. The 2016 **Palliative Care Summit**, follows on Thursday, November 3, from 8 a.m. to 4:30 p.m. at the Samis Center. Topics include compassion fatigue, palliative care transitions, pediatric palliative care, advanced symptom management, interprofessional conflict, health literacy and prognostication, as well as spiritual and religious considerations.

Mark your calendar and plan to take advantage of the week's events. The summit is offered at no cost to attendees.

Register here:

<https://www.oumedicine.com/ou-medical-center/2016-palliative-care-summit/registration>

Comfort And Compassion Define Palliative Care



Salinas



Winn

Palliative care is a holistic, multidisciplinary medical subspecialty focused on providing relief from a broad range of symptoms that may accompany chronic or serious illnesses. To palliate means to make comfortable by treating symptoms that cause *physical or emotional pain and suffering*. The American Board of Medical Specialties formally recognized hospice and palliative medicine as a subspecialty in 2006. Peter Winn, M.D., and Robert Salinas, M.D., both OU Physicians Family Medicine providers, have earned subspecialty certification in hospice and palliative medicine.

While palliative care is comfort-oriented rather than cure-oriented, it is by no means reserved only for patients in end-of-life scenarios. "Palliative care is appropriate for patients, regardless of age or type of illness, and may occur along with curative treatments," said Winn. He described palliative care as a team approach that provides an extra layer of support for patients and their families.

"The primary goal in palliative care is to improve quality of life, certainly for the patient, but also for family members who, because of their relationships with the patient, are also experiencing the illness," he said.

According to Salinas, the core team typically includes a physician and nurse with special training and expertise in palliative medicine. Other team members, also specializing in palliative care, often include but are not limited to social workers, massage therapists, pharmacists, nutritionists and chaplains. "These professionals partner with the patient and his or her family and other providers throughout the illness, not only providing a broad range of support, but also helping people better understand the treatments, options and goals," Salinas said.

One goal of palliative care is to help the patient gain adequate strength to carry on with daily life. By focusing on symptoms such as pain, shortness of breath, intense fatigue, nausea, loss of appetite, insomnia and depression, palliative care may improve the patient's ability to tolerate medical treatments. Salinas said, "Often, the patient has a greater sense of control in health care choices because he has a better understanding of available options." Additionally, palliative care helps individuals cope with the side effects of some medical treatments.

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While similar in their goals to alleviate pain and symptoms, hospice and palliative care approaches also may differ. Traditionally, a patient enters hospice care when it is determined that further treatment is likely to cause more symptoms or is unlikely to provide any benefit. Winn explained the primary difference between the two approaches is actually patient-based and family-centered. These considerations include where the patient is in the course of illness, especially related to the prognosis, and what his or her goals and wishes are with regard to curative treatment options.

As the palliative care movement continues to build momentum forward and into new territories, the question asked continually is:

"How do we deliver the best care possible to patients with serious illness?"

The questions that often follows is:

"When should we do it?"

Specialists are telling us that the answer to the "When?" has never been more clear:

as soon as possible in a patient's illness trajectory.

-Center to Advance Palliative Care

Ideas for Focus?

Contact the Editor:

valerie-pautsch@ouhsc.edu

Crawford Accepts Award

During its September board of directors meeting, the Oklahoma Healthcare Authority announced Steven Crawford, M.D., the winner of its 2016 T.J. Brickner Defender of Health Care Award. OHCA Chair Ed McFall and outgoing C.E.O. Nico Gomez presented the award.



Crawford, chair of the Department of Family and Preventive Medicine at the University of Oklahoma College of Medicine, also holds the Christian N. Ramsey, Jr., M.D., Endowed Chair in Family Medicine.

"It's been an honor and a pleasure to serve our citizens of our state," Crawford said, thanking OHCA staff and recognizing past award recipients.

The award was created by the agency as a means of recognizing some of the best examples of dedication and personal commitment to the many underserved residents of Oklahoma. It is exclusively granted to non-state employees who work in the service of others in health care or related fields.

Gomez described Crawford as an incredible friend to OHCA and a "real friend to the people we serve."

Crawford currently oversees an academic clinical department that includes two family medicine residency programs and clinics training 60 residents a year; a primary care sports medicine fellowship program; a master's level physician association program, training 50 students annually; department faculty coordination of required and for-elective medical school courses; and an active primary care research program. Additionally, he has served as chair of the Board of Trustees of OU Medical Center, the American Academy of Family Physician's Commission on Governmental Advocacy and the OHCA Medical Advisory Committee.

Healthy Sooners and OU Physicians will offer another opportunity to take advantage of health screenings on campus.

Biometric screening will be available to benefits-eligible OU employees Monday, October 10, through Wednesday, October 12, in Nicholson Conference Room E.

An appointment includes:

- Finger stick to measure cholesterol and blood glucose levels
- Blood pressure reading
- Body composition analysis
- Comprehensive health risk assessment questionnaire
- 10-minute consultation with a credentialed provider to review results.

Please arrive fasting (water or black coffee only) for at least eight hours prior to your appointment. Arrive five minutes early for appointment check-in.

Direct your questions to healthy-sooners@ouhsc.edu

Flu Clinics For Patients

The days grow shorter as summer fades and fall takes center stage. School activities bring children and adults in greater contact, also increasing opportunities to spread illness.

At OU Physicians, we're once again preparing to protect our patients and our families by protecting ourselves from the spread of the dangerous influenza virus.



Dates and locations have been established to serve our patients and help to protect them from this dangerous virus.

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

The OU Physicians Health & Wellness Clinic in Suite 4A of the OU Physicians Building will offer vaccinations for adults beginning Monday, October 3, and continuing through Friday, December 16.

Employee Flu Clinics Scheduled



Flu vaccines are now available at no cost to OUHSC students, employees and employees' immediate family members, beginning Wednesday, October 5. Employees must bring their Blue Cross Blue Shield insurance cards, or if not BCBS participants, university ID card. Dates and times for specific locations are shown below. Consent forms available at <http://pharmacy.ouhsc.edu>.

Wednesday, October 5

Service Center Building, room 208
8:30 am. - 2:30 p.m.

Research Park Building 840, 5th floor conference room
11:30 a.m.- 2:30 p.m.

Wednesday, October 12

Samis Family Education Center, rooms B1 and B2
8:30 a.m.- 2:30 p.m.

Wednesday, October 19 - Family Day

David L. Boren Student Union, room 262
7 a.m. - 7 p.m.

Vaccinations are available at no additional cost to family members with OU Blue Cross Blue Shield coverage. All others will be charged \$30

Wednesday, October 26

Robert M. Bird Library, Auditorium
8:30 a.m. - 2:30 p.m.

Mini Clinics Thursday, October 13, 8:30 a.m. - 11 a.m.

Stephenson Cancer Center, room 6039
Family Medicine Center, 2nd floor common area
O'Donoghue Research Building, 4th floor hallway

Available Influenza Vaccines:

Regular injection (age 3 year and older)

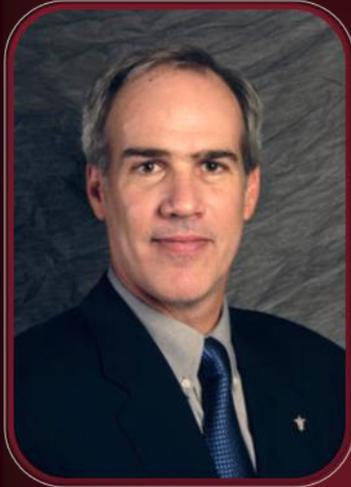
High-dose injection (age 65 and older)

Egg-free injection (for individuals known to have egg allergies)

Pediatric Grand Rounds

Elias Srouji Visiting Lectureship
In Medical Humanities

Set for **Wednesday, October 26**, the Elias Srouji Visiting Lectureship in Medical Humanities will be hosted by the University of Oklahoma College of Medicine, Department of Pediatrics.



Invited speaker for the event, Stuart Slavin, M.D., M.Ed., is associate dean for curriculum and professor of Pediatrics, Saint Louis University School of Medicine.

Slavin will present his topic, "Mental Health Across the Medical Education Continuum: Challenges and Opportunities," in the Samis Family Education Center, Rainbolt Family Auditorium, at 12:15 to 1:15 p.m.

Slavin, a graduate of Saint Louis University School of Medicine, completed his pediatrics residency at the University of California, Los Angeles, where he served on the faculty for 17 years.

Returning to SLU in 2004, Slavin now serves as director of the Applied Clinical Skills series of courses and has accomplished much toward improving mental health among students from high school, through college, medical school and residency.

October Is OUHSC Annual Training Month

During October, OU Physicians employees are required to complete specific OUHSC training material relevant to their job roles and responsibilities. Reminders with appropriate links to training content will be supplied by OU Physicians Training and Development. Watch your email inbox for these notifications and do not disregard them.

Because work responsibilities vary, not all employees complete all training topics. You will be able to determine this when you log in to complete specific training sessions. These are the OUHSC courses that must be *completed by October 31*:

- ⇒HIPAA Privacy & Security
- ⇒General Safety & Hazard Communication
- ⇒Fire Safety
- ⇒TB Environmental Awareness
- ⇒Blood-borne Pathogens
- ⇒PCI (Payment Card Industry) for those who take credit cards
- ⇒Patient Online for Overview for staff, or providers
- ⇒Secure Messaging for other staff, patient-care staff, providers, PSR staff

These OU Physicians courses are required annually if applicable to the employee's position. They are available beginning in October, but completion is required *before December 31*.

- ⇒Injection Safety
- ⇒BP Assessment
- ⇒Autoclave
- ⇒Conscious Sedation

Diversity training is also an annual requirement for all OU Physicians employees, and can be taken between October 1 and December 31.

- ⇒Cultural Competency review
- ⇒Gender Identity and LGBT Sensitivity



Salinas To Accept Inspire Award

Easter Seals Oklahoma extends an invitation for all to enjoy an evening of delicious food and live entertainment at an event held in honor of exceptional members of our community. This annual fundraiser, "Inspire Awards - Inspiring Oklahomans of all abilities for over 90 years," is an awards presentation that will recognize individuals, organizations and corporate members of the local community that inspire others through their work on behalf of people of all ages with disabilities.

Among the honorees at this inaugural Inspire event is OU Physicians Family Medicine provider, **Robert Salinas, M.D.**

Saturday, October 15

7 -9 p.m.

Science Museum Oklahoma

2020 Remington Place, Oklahoma City

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



271-CALL

(271-2255)

or

submit your service request

online at

<http://271call.com/>



Individual tickets are available for \$150. A reserved table for eight is \$1,500. Varying levels of sponsorships also are available. For more information,

Contact Lauri Monetti

lmonetti@eastersealsoklahoma.org or call 405 239-2525

H HAROLD HAMM
DIABETES CENTER
**RESEARCH
SYMPOSIUM**
2016

*Answering the call for
progress against diabetes*

Harold Hamm Diabetes Center 2016 Research Symposium will be held Friday, October 28, at the Samis Family Education Center, adjacent to The Children's Hospital at OU Medical Center.

The Symposium will consist of selected oral presentations, a poster session and a keynote address by Jed Friedman, Ph.D., professor of Pediatrics, Biochemistry & Molecular Genetics, and Reproductive Sciences, University of Colorado Anschutz Medical Center.

The event is offered at no cost, but RSVPs are appreciated. Go to:

[http://www.haroldhamm.org/
Research/Symposium.aspx](http://www.haroldhamm.org/Research/Symposium.aspx)

Please direct any questions regarding this event to
Katie Hoefling,
katie-hoefling@ouhsc.edu.

Third Annual Thoracic Oncology Conference



This one-day program will provide an in-depth and comprehensive review of thoracic oncology. Lectures and case discussions will highlight the multi-disciplinary coordination of care and address advances in the areas of lung and esophageal cancer treatment.

Conference material will be relevant to those in the disciplines of medical oncology, radiation oncology, gastroenterology, pulmonary medicine, family practice, internal medicine, general surgery and thoracic surgery. Others who will benefit from the course content include oncology nurses and nurse practitioners, patient navigators, physician assistants in related practices, as well as administrative staff that support oncology programs.

Friday, October 14

6:30 a.m. to 6 p.m.

Samis Family Education Center

Registration: cme.ouhsc.edu

*Contact Stevie Warner, stevie-warner@ouhsc.edu,
or 405-271-2537 with any questions you may have
regarding this event.*

Fall Music Festival Continues

There's still time to get out and enjoy the OU Medicine Fall Music Festival - and all the food and fun that come with it. Every Wednesday from 11 a.m. until 1 p.m., through October 26, musicians perform in Sacred Valley Park, while food vendors provide just about anything you crave.



Coming This Month To Sacred Valley Park:

October 5
Aaron Woods Band
Country

October 12
Urban Addiction
Top 40 Variety

October 19
The Weathermen
Classic Rock

October 26
Daniel Jordan Duo
Pop/Rock





Food trucks on site may vary from week to week.

- Taste of Soul Egg Roll
- Smokin' Okies
- Saucee Sicilian
- Phill Me Up Cheesesteaks
- Klemm's Smoke Haus
- Parking Lot Party
- Snow S'more
- Midway Deli
- Mutts Amazing Hot Dogs
- The Hall's Pizza Kitchen
- Let's Do Greek
- Roxy's Ice Cream Social
- Pitchfork Kitchen and Bakery
- Twist Gourmet Pretzels



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:
Emelin Carrillo,
Pediatric Latino Clinic

Kate McCracken,
OU Cardiovascular Institute

Tonya Keith,
OU Physicians Canyon Park

Tashalita Walker,
Family Medicine

Ladena Dubler,
Credentialing

Middle row, from left:
Sheila Vester,
Patient Accounts

Sara Jasper,
Children's Heart Center

Paula Sutton,
Pediatric Surgery

Wendy Wells,
EMR

Lora Sherman,
OU Breast Institute

Top row, from left:
Bridgette Gordon,
Neurology

Catrina Williams,
Family Medicine

Tina Pekas,
Patient Accounts

Elaine Davis,
OU Physicians Fountain Lake

Ebony Hamilton,
Health and Wellness Clinic

Take Care of Our Own

BREAST IMAGING & DIAGNOSTICS

Breast Health Network



If you are age 40 years or older and have not received a routine, screening mammogram within the last 12 months, this event is for you.

Breast Health Network-Central and Breast Health Network-Edmond, have set aside Thursday, October 6, to offer routine screening mammograms by appointment for employees across campus and in the Edmond area.

Breast Health Network-Central
Breast-institute@ouhsc.edu or call
271-4514

or schedule online:

<http://www.oumedicine.com/breast-health-network/metro-locations/breast-health-network-central>

Breast Health Network-
Edmond

2601 Kelley Pointe Parkway
Call 844-2601

or schedule online:

<http://www.oumedicine.com/breast-health-network/metro-locations/breast-health-network-edmond>

Complimentary refreshments will be provided. Register today. These appointments will go fast. Please consult your supervisor regarding your absence during your appointment time. Mammograms are not free of charge and will be filed with your insurance carrier. These appointments are for routine screening mammograms only; physicians will not examine patients.

If you are having a breast problem or concern, call a Breast Health Network location today to schedule a diagnostic mammogram.

OU Medicine Team Joins The Fight

This year, OU Medicine will take up the fight against breast cancer as the **OU Medicine Breast Health Network Team** at the annual Susan G. Komen Race for the Cure. The event takes place on **Saturday, October 22, at the Oklahoma City Civic Center downtown.**

The Susan G. Komen Race for the Cure® Series is unique among breast cancer fundraising events, with 75 percent of net income remaining in the community to fund local breast health education programs and breast cancer screening and treatment. The remaining 25 percent of net income supports the Susan G. Komen Grants Program.

Race-day schedule — Race site opens at 6:30 a.m.

- 6:30 – 8 a.m. Registration (Pink Hat Café)
- 7:45 a.m. Opening ceremony
- 8 a.m. Competitive 5K
- 8:30 a.m. 5K run/walk, 1 Mile and Family Fun Run
- 9:45 a.m. Kids' Dash
- 10:15 a.m. Survivor Ceremony
- 10:45 a.m. Closing ceremony

If you're not a team member, you can still experience this powerful and important event. Cheer on the OU Medicine team. Support a survivor. Encourage those whose fight is ongoing and remember the ones who have lost their battles.



HIPAA Hot Spot

October HIPAA Hipster: Shannon McEntire, OU Physicians Community Health Clinics

*The quality of a leader cannot be judged by the answers s/he gives,
but by the questions s/he asks.*

Simon Sinek, adjunct member of RAND Corporation,
author, speaker, consultant

Shannon McEntire poses thoughtful, specific questions that serve to ensure her understanding of HIPAA. According to Mary Milano, HIPAA compliance auditor, McEntire is very good about asking questions during and after HIPAA audits, correcting any identified HIPAA issues quickly, and making sure she understands policies and procedures that apply to the three community health clinics she manages. We in the HIPAA program welcome questions. We believe that when employees understand the *what* as well as the *why* of policies that safeguard PHI, compliance is more likely. Employees who have a good grasp of what and why also help others understand and comply. McEntire understands this principle, and her questions add to her quality of leadership by developing staff members who are well-informed and well-equipped to protect PHI. Asking questions isn't evidence of ignorance, rather, it demonstrates a desire to gain knowledge and apply it appropriately. Follow McEntire's lead — ask questions when you have them!

HIPAA Tip of the Month: Q & A

Q: Suppose a patient is accompanied to the exam or treatment room by a friend or family member. Are staff members or providers allowed to discuss the patient's medical history, diagnosis, treatment or other protected health information in the presence of the patient's guest?

A: Not always. Staff and providers must not assume that the presence of another person constitutes the patient's consent to discussion of his or her medical condition in front of the guest. In order to remain HIPAA-compliant, staff/providers must specifically ask if the patient will authorize complete disclosure of protected health information when another person is present. Because the patient doesn't know in advance what might be discussed, no prior consent to *all* disclosures exists. For example, providers and staff should first ask if the patient would prefer privacy to discuss new information, whether diagnosis, treatment or other. If sensitive information will be discussed, staff/provider should ask the patient if s/he minds having the guest step out for a few minutes. It's important that the patient understands the discussion may include sensitive information. The patient may decline the offer of privacy; make sure that the offer and the patient's decision are documented in the patient's record.

If you have questions about this month's HIPAA Tip or any other HIPAA topic, please contact any of us (see contact information at left). **We are eager to help, and we really do want you to ask!**

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

Need answers?
Help is readily available.

Contact:

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

Sally Duckett, OU Physicians
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Privacy Official and to
Associate General Counsel,
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271-2033

Have a Tip you'd like to see
in Focus?

Is there a HIPAA Hipster
you'd like to nominate
for recognition?
Email jill-raines@ouhsc.edu

Trusted for 50 years.
Ready for 50 more.

Since 1967, PAs have been improving patient outcomes and moving healthcare forward. Always innovative. Always flexible. Always ready for what's next.

As we prepare for the next 50 years in healthcare, we view challenges as opportunities. Unforeseen circumstances as possibilities. Because PAs have always achieved the extraordinary.

This PA Week, we begin celebrating five decades of excellence and a future of endless potential.

Celebrate your way with free resources from AAPA. paweek.com



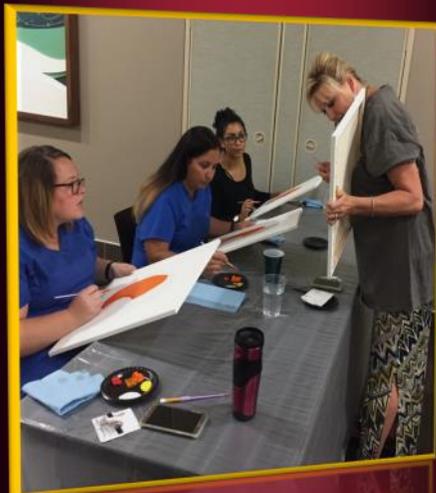
October 6 - 12 is a week when the physician assistant profession takes the spotlight. Nationally, nearly 110,000 P.A.s are making high-quality, cost-effective health care more accessible to more patients, making a significant contribution to the nation's health. These providers have more than 350 million patient encounters each year.

Along with physicians and nurse practitioners, P.A.s were recognized for the first time as providers of primary care under the Affordable Care Act, enacted in 2010. Forbes.com ranked the profession as the most promising career of 2015. According to the Bureau of Labor Statistics, the PA profession is projected to show a 38 percent rate of growth between 2012 and 2022. The demand for P.A.s increased more than 300 percent between 2011 and 2014, according to Merritt Hawkins, a health care search firm. As their numbers continue to grow, P.A.s are also taking on administrative and policy-making roles. The growth of the professional also creates demand for P.A.s as educators.

P.A.s who practice with OU Physicians do so in collaboration with physicians and other members of a patient's health care team.

Make It - Take It Tuesday

Fine art in an hour? It's possible, as the photos below reveal. Take a bit of inspiration, add guidance and a little initiative and see where it goes. Hosted by the Executive Office, last month's Make It - Take It Tuesday was a fun and fruitful event for all.



A Divine Partnership

Being a part of the Divine Divas dance team at Douglass Mid-High School in Oklahoma City requires three things, according to sponsor Carolyn Shelton. "It's about academics, attitude and hard work."

And just in time for the big game against rival Millwood, it's also about looking terrific, thanks to new uniforms purchased by The Foundation for Oklahoma City Public Schools with funding by OU Physicians and Love's Travel Stops & Country Stores.

The game between the Douglass Trojans and the Millwood Falcons was part of a larger fundraising event, a football doubleheader at Douglass' home stadium, which pitted Langston University against Bethany College, just hours after the battle between the Trojans and Falcons.

The Divine Divas have been part of Douglass Mid-High for 15 years, bearing the Divine Divas name for six of those years. Shelton, who teaches 9th and 11th grade English, has sponsored the team for two years.

The Divine Divas perform at all football games and home basketball games. They perform at parades, too, including the local MLK Day parade and the Langston University parade. Shelton said the team also plans to participate in parades in Houston and Louisiana.

Shelton said the team's style is similar to what you'll see at Historically Black Colleges and Universities events, which includes those held at Langston University, Prairie View A&M in Texas and Grambling State, and schools in Louisiana's Southern University System, among others.





**Ride Your Bike.
Eat BBQ.
Kick Cancer's Butt.**

Tour de BBQ is coming to Oklahoma City to help fight cancer by raising awareness and raising funds in support of the Stephenson Cancer Center.

In addition to raising significant money to combat cancer, the ride itself is great fun. What makes the event unique is the rest stops along the route.

Oklahoma City's most famous barbeque restaurants will provide cyclists with delicious samples of their unique BBQ creations. After the riders complete their route, they're greeted with frosty beverages...and more barbeque.

Sunday, October 9, 6:30 a.m.
Chickasaw Bricktown Ballpark

Registration

<https://tourdebbqokc.rallybound.org/Account/Register>



**BAND
TOGETHER**
AGAINST CANCER

Saturday, November 12, 2016
OU vs. Baylor

BENEFITING STEPHENSON CANCER CENTER

The Pride of Oklahoma marching band and the Stephenson Cancer Center are "banding together" against cancer. You can be a part of the effort when you purchase a commemorative sash for \$250. The sash can be personalized to recognize an individual or group affected by cancer.

A member of the Pride of Oklahoma will wear the sash during a special halftime performance on November 12, when the Sooners take on the Baylor Bears.

You can even have a specific Pride member wear your sash by indicating the name of that individual in the comments section of your donation form. You may also request that someone from a certain section, hometown or major wears your commemorative sash.

Sashes will be mailed to the donor as a memento of the occasion. Allow seven to 10 business days following the game.

Learn more about the effort
and order your commemorative sash at
<http://bandtogetheroklahoma.org/>



Clinics EXCEL In 4th Quarter



Orthotics & Prosthetics



Pediatric Pulmonology, Cystic Fibrosis



Urology



Plastic Surgery

OU Children's Physicians

- **Four Stars** -

Orthotics & Prosthetics

Plastic Surgery

Pulmonology/Cystic Fibrosis

OU Physicians

- **Four Stars** -

OU Breast Institute

General Internal Medicine

Urology

Women's Pelvic & Bladder Health

Stephenson Cancer Center

- **Five Stars** -

Urologic Oncology

- **Four Stars** -

Rehabilitation Services

Not Pictured:

Off-Site Clinics

- **Five Stars** -

Devon (DOC)

- **Four Stars** -

Grand Prairie Pediatrics

Reproductive Endocrinology
& Infertility



Banner presentations, continued



General Internal Medicine



Women's Pelvic & Bladder Health



Breast Institute



*Stephenson Cancer Center
Cancer Rehab*



*Stephenson Cancer Center
Urologic Oncology*

Halloween Decorating Contest

It's October - and that means the **2016 OU Physicians Annual Halloween Decorating Contest** is just weeks away!

Unlike previous competitions, there is no pre-determined theme this year.

Winners are determined based on how well they have used or integrated:

- Materials
- Space
- Theme
- Originality
- Teamwork

In addition to the coveted Ghoul Cup award, presented to the entry deemed "best overall," three more awards will be presented, one each to an OU Children's Physicians clinic, OU Physicians clinic and one ASU department.

- Entries must be compliant with OU Physicians dress code policy.
- Décor must be appropriate for all ages.
- Costumes are encouraged but not required.
- Decorated areas must be ready for judges by 7 a.m. on Monday, October 31.

Direct questions and/or submit entries to Taylor Hurst, taylor-hurst@ouhsc.edu

Happy Halloween





September 23, 2016

10:45 A.M. - 1:00 P.M.

Bird Library Patio
OU Health Sciences Center

This year's United Way Campaign began not with pomp and pageantry, but with wet, wild and wacky fun. Spirits were high, games were fun and competition was fierce. Employees across the OUHSC campus take part in this annual fundraising campaign that supports a wide variety of community agencies and resources that help the disadvantaged and underserved.





The First Ever OUTREACH WACKY GAMES

September 17, 2016

OU Physicians Fountain Lake, Canyon Park and Community Health clinics show their support for the United Way Campaign by spending an afternoon in wacky pursuits.



Childhood Cancers At a Glance

(Source: CureSearch.org)

- Each month, 25,000 families worldwide will hear the devastating news that their child or teen has cancer.
- Each month, nearly 6,700 families will experience the loss of a child cancer.
- Every day, 43 children are diagnosed with cancer.
- 12 percent of children diagnosed with cancer do not survive.
- Pediatric cancers affect all ethnic, gender and socio-economic groups.
- The average age of a child diagnosed with cancer is 6 years.
- More than half (60 percent) of children who survive cancer will experience significant cancer-related effects later in life. These may include infertility, heart failure and secondary cancers.
- There are approximately 375,000 adult survivors of pediatric cancers in the U.S.

Going For The Gold

We think of champions as giants of the sports world who have achieved greatness in their respective fields of endeavor. Yet, some of the greatest champions among us are little children who fight big battles against cancer.

Last month, the Children's Village rooftop playground was the site of the Gold Medal Ceremony, held in honor of the young patients of the Jimmy Everest Center. Each cancer patient received a genuine, engraved gold medal. The medals are symbolic of the day-to-day victories these children achieve in the fight of their lives.

Although pediatric cancers are comparatively rare, more children are being diagnosed with cancer than ever before. In the past year alone, the Jimmy Everest Center welcomed 126 children newly diagnosed with cancer into its care. And with nearly 12,000 patient visits a year, the center is committed to making a difference for each and every child through compassionate care, state-of-the-art technologies and cutting-edge research.

The Gold Medal Ceremony and Celebration also recognized September as Pediatric Cancer Awareness month, a time to honor and remember children and families

affected by childhood cancer and to help encourage increased support to give these children a better chance for survival.





Friday is Pizza Night!!!
Order Pizza October 7, 14 & 21
Papa Murphy's will Donate \$1 per Pizza
to Children's Hospital Foundation.

Participating Locations

OKLAHOMA CITY

- 7755 West Hefner Road
(405) 720-7272
- 6401 NW Expressway
(405) 603-4646
- 15001 North May Ave
(405) 286-3400
- 9501 North May Ave
(405) 286-3232
- 815 SW 119th Street
(405) 378-0116

BETHANY

3030 North Rockwell Ave
(405) 787-7907

EDMOND

- 3248 South Broadway
(405) 509-2979
- Danforth Road
(405) 844-3100

MUSTANG

425 East State Highway 152
(405) 376-2380

MIDWEST CITY

101 North Douglas Boulevard
(405) 455-3000

NORMAN

- 320 12th Ave SE
(405) 701-5775
- 1354 N. Interstate Drive
(405) 364-5000

YUKON

618 West Vandament Ave
(405) 265-4141

Power Of The Hour



The ability to earn paid leave is a tremendous benefit enjoyed by full time employees across campus. Unfortunately, unforeseen events occur that may rapidly exhaust even a liberal amount of hours accrued. Without 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 of the Hour**, an initiative of the OUHSC Staff Senate, encourages employees with significant accumulations of paid leave hours 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>
or contact:
Nicole Brunn
405-271-2180, ext 44702
Fax: (405) 271-3925

Shared Leave: Frequently Asked Questions

What is the Shared Leave program? The Shared Leave Program is a means for a university employee to donate paid leave to a fellow university employee who is eligible for and requires leave while experiencing a serious health condition, which has caused, or is likely to cause, the employee to take leave without pay.

Can I only donate to co-workers in my department? Donated paid leave is transferable between employees in different University departments within the OUHSC and Schusterman campuses.

I've maxed out my PTO balance. Can I donate that time instead of rolling it over into my ESL balance? Yes, you may donate any PTO hours that you do not want to roll over into your ESL balance.

Can I donate leave to a co-worker? Yes. Twelve-month employees who hold benefits-eligible appointments that accrue paid leave and have a paid-leave balance greater than 50 percent of annual accrual are eligible to be employee donors. A donating employee can donate paid leave at any time during the budget year.

I donated leave to a co-worker, but he/she was not approved for shared leave. What happens to my donated leave? Any unused shared leave donated to a specific employee will be maintained in the Shared Leave Pool to be distributed to other qualified employees.

How is donated leave maintained? The Shared Leave Pool will include: (1) paid-leave hours donated by eligible employees for distribution to a specific employee who has applied for and been approved for receipt of shared leave, and (2) paid-leave hours previously been donated but not distributed.

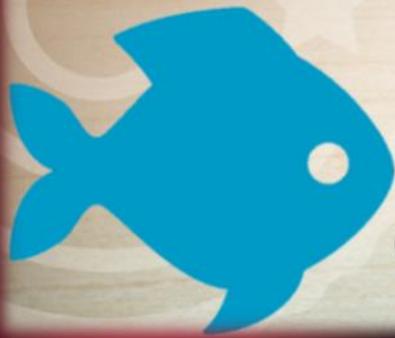
Can I use shared leave for the birth of a child? No. There must be an extraordinary or severe illness, injury, impairment, or physical or mental condition that has caused, or is likely to cause, the employee to take leave without pay. See the policy for fully detailed definitions.

Am I eligible for shared leave if I've exhausted my PTO, but not ESL? No. The recipient employee must have exhausted all paid leave, including his/her extended sick leave (ESL), prior to being eligible to receive shared leave.

If the Shared Leave Committee determines an employee is eligible for shared leave, how much shared leave will s/he receive? Shared leave is meant to cover only the duration of the serious health condition for which it was approved. The receiving employee shall be paid his or her regular rate of pay, up to a maximum of \$2,500 per month of approved shared leave. Each hour of approved shared leave will be provided to the recipient on an hour-for-hour basis. The leave received will be designated as shared leave and will be maintained separately from all other leave balances.

Is there a maximum amount of shared leave an eligible employee can receive? Yes. The committee will determine the amount of donated leave an employee may receive and may only authorize an employee to use up to a maximum of 480 hours in a 12-month period. An employee cannot exceed 260 days or 2,080 hours of donated leave during total university employment.

I'm retiring/resigning and my last day is next week. Can I donate extra PTO to the program? No. If you have given notice, you are no longer eligible to donate to the shared leave program.



3RD ANNUAL
BASS CLASSIC
benefitting Cavett Kids
— OCTOBER 23, 2016 —

Tournament Rules:

- ◆ You may fish alone or with a partner. Contestants are responsible for ramp fees, lake permits and taxes.
- ◆ Boats may not be launched before 5:30 a.m. the day of the event.
- ◆ You may not make a cast until your designated start time.
- ◆ Five-fish limit. Large mouth, small mouth and spotted bass - 14" minimum. Dead fish will result in a one-pound penalty. If the dead fish is Big Bass, it will be subtracted.
- ◆ All fish must be taken to scales in official bags. Using your own will result in disqualification.
- ◆ Only artificial baits may be used.
- ◆ In the event of a tie, money will be combined and split equally.
- ◆ No alcohol will be consumed during tournament hours before weigh-in.
- ◆ Life jackets must be worn when boat is on plane.
- ◆ Any person who fails polygraph test will be disqualified.
- ◆ Protests must be made in writing and submitted to Eric Cavett, tournament director, within 15 minutes of final weigh-in.
- ◆ **All decisions made by director are final.**

The 3rd annual Bass Classic benefiting the Cavett Kids Foundation will take place at Lake Eufaula on **Sunday, October 23.**

Entry fee per team is \$200, half of which goes to support the work of Cavett Kids, the other half, combined with donations from sponsors and others, goes toward the tournament payout. Anglers on the first 65 boats entered will each receive a t-shirt and boat towel.

Registration: Saturday, October 22, 4 - 7 p.m.

Eufaula Cove North Pavilion. Door prizes given away after registration.

Late registration will be accepted in cash. Entry fees are non-refundable. Boat numbers will be assigned in the order in which they are received. You will receive your boat number Saturday evening before the tournament.

Direct any questions to Justin:
jpace.fcg@gmail.com | 405.640.9091
or Kevin:
kevinegli@cox.net | 405.227.4496.

PAYOUT
based on 65 boats



1st - \$2,500
2nd - \$1,250
3rd - \$800
4th - \$700
5th - \$500
6th - \$400
7th - \$300
8th - \$200
Big Bass - \$650

KXY Loves Kids Radiothon

Live from the Children's Atrium, the 15th annual KXY Loves Kids Radiothon returns for what has become one of the most successful fundraising and awareness events in support of Children's Hospital Foundation.

Wednesday and Thursday,
November 9 - 10
6 a.m. - 6 p.m.
The Children's Atrium

Listeners will be inspired by stories of survival and medical miracles told by the people who actually experienced them. Miracle children share stories of hope even as they live with cancer, diabetes and a range of other conditions.

KXY 96.1 Clear Channel Radio hosts will broadcast live for two days, encouraging you to support CHF by becoming a KXY Loves Kids Club Member. The monthly pledges of club members are part of ongoing efforts to fund pediatric research, education and clinical care for kids throughout the state.

Contact Jan Dunham,
405-271-8439 or
jan-dunham@ouhsc.edu,
for more information about
this exceptional event.



Cavett Named Sparkle's Friend of the Year



Guideposts, a widely distributed inspirational publication, has named Danny Cavett, OU Medical System pastoral care services, "Sparkle's Friend of the Year," in recognition of the work done through Cavett Kids Foundation and its array of camps and activities that benefit children who aren't well.

Initially offering only one camp, the Cavett Foundation now holds six camps each year serving more than 300 children with various

chronic illnesses or life-threatening diseases. That's in addition to the more than 12,000 children who benefit through the foundation's ongoing programs. Sparkle, the Caring Star, program mascot, and his team cover thousands of miles annually to visit medical centers where *Guideposts* Comfort Kits are used. Sparkle's Friend of the Year was created to recognize an individual who embodies the Comfort Kit values - providing hope and comfort to sick and injured children - and who uses kits to enhance their great work.

Guideposts established its Kids Comfort Kit program 10 ten years ago and has since brightened the lives of more than 160,000 children who are hospitalized or undergoing medical treatment. The kit is a bright blue box with contents designed to bring hope, spiritual reassurance and smiles to children and all who are associated with their comfort and care.



Angel Tree Fundraiser

In conjunction with the OU Medicine Farmers Market set for Thursday, November 3, a silent auction will be held to raise funds for Angel Tree.

Plan now to be there and place your bids for great prizes - gift baskets filled with an array of coveted treasures.



Through Angel Tree, we are able to assist OU Physicians employees who may face holiday-related financial hardship. Last year, more than 64 families received assistance because of your generosity. We look forward to another successful experience this year.



Don't. Miss. This.

Start your holiday shopping a little earlier this year at the annual

**OUHSC Staff Senate
Fall Craft Fair
Friday, October 14
10 a.m. - 2 p.m.**

**Robert M. Bird Library lobby
Corner of 10th and Stonewall**

Vendors and types of merchandise represent a broad range, including:

Tupperware § Scentsy
Mary Kay § Pampered Chef
Plexus § Perfectly Posh
Jamberry Nails
Thirty-One Totes
Kona Ice Food Truck
Chair massages
Jewelry
Pottery
Floral arrangements
Clothing & accessories
Handcrafted blankets, jewelry,
soaps and lotions,
Essential oils
Fair trade coffee
Beef jerky
Nachos

Find gifts for others
or for yourself!



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

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

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

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

Lovera's Market
(*cheeses*)

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

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

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

Sweet Spirit Foods
(*barbecue sauces*)

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

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 left to right:

Sharon Ore,

Stephenson Cancer Center

Irene Piedra,

Community Health Clinic South

Jill Enevoldsen,

OU Physicians Canyon Park

Sheiva Raghebi

Patient Accounts

Standing, from left:

Mia Jackson,

Department of Surgery

Jared Avilez,

Stephenson Cancer Center

Jared Childs,

Pediatric Otolaryngology

Syreeta Hill,

Stephenson Cancer Center

Mackenzie Frederick,

Stephenson Cancer Center

Andrea Jaye

Stephenson Cancer Center



Seated, from left:

***Robin Morrison,**
Sooner Pediatrics*

***Katelyn Zuza,**
Stephenson Cancer Center*

***Kandita Knight,**
Orthopedic Surgery*

***Hayley Kendrick**
Family Medicine*

Standing, from left:

***Lorena Martinez,**
OU Breast Institute*

***Gabby Cisper,**
Sooner Pediatrics*

***Amy Esparza**
Orthotics & Prosthetics*

***Freda Lincoln**
Otolaryngology*

LIVE to GIVE



 Medicine



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

Live to Give Volunteer Of The Month

Shannon Dunkeson, R.N.

OU Medical System, Emergency Department

Volunteer of the Month Shannon Dunkeson is excited to be a participant in Live to Give's current effort, Warm Christmas. "I didn't realize so many children have to share so many things with siblings," she said. "To be able to give them a little something all their own really fills my heart with happiness."

As a nurse, Dunkeson's career is all about doing and caring for others. This makes her feel that she can still make a difference for people who are in some way disadvantaged. "I feel as though being a volunteer is completely selfless."

Dunkeson said she approached this year intentionally devoted to finding ways to help those who can't always help themselves. "I have never done a project like Warm Christmas and can't express how exciting it is!" She explained that Warm Christmas is a project that helps provide children with the supplies they need to stay warm during the cold winter. "Winter *will* come, and there are many children who won't have the necessary clothing or personal items." But it's not just about the supplies or physical needs. "With your help we can not only give warmth during the winter, but also give a child the love that every child should experience during the Christmas season," Dunkeson said. "I would highly suggest it. Seeing the smiles on the kiddos' faces is something you can't explain."

Volunteerism can be motivated by any number of factors - camaraderie, meeting new people, a sense of accomplishment. Dunkeson said there are other reasons people should want to become involved. "Volunteers often discover hidden talents that may change their perspectives, even views on their own sense of self-worth."

LIVE to GIVE



 Medicine



How To Make A Warm Christmas

Through the month of October, Live to Give is focusing its efforts on the Warm Christmas Project in collaboration with Little Ones Ministries. As the name suggests, the objective of Warm Christmas is to provide children with items needed to stay warm through the winter season. The needs are real and the items are practical: blanket, cap, gloves, toothbrush, toothpaste, wash cloth, soap, notebook, pencils, hair brush and a toy.

You can have a part in making a child's holiday season brighter - and warmer. **Our goal is to provide 300 holiday bags and help is needed.** At this time, fewer than 50 bags have been claimed by volunteers. But there's still time. Here's how it works:

- ❖ See Taylor Hurst in the OU Physicians Executive Office and pick up a white canvas bag before Monday, October 31.
- ❖ Sign for the bag by providing your name and email address.
- ❖ Decorate the bag - paint, draw, other - with your choice of design.
- ❖ Turn in bag along with a \$25 donation. Contents will be purchased by Warm Christmas.

Turn in your decorated bag at the Children's Atrium, 2nd floor, between 11 a.m. and 1 p.m., on October 12, October 26 or November 9. David Ellis, with Warm Christmas, will be on site to collect bags and checks. Bring exact amount in cash or check payable to Warm Christmas.

Learn more about this truly amazing program and this project:

<http://lomkids.org/>
<http://warmchristmas.org/>

OU Fit participants:

Log this official Live to Give volunteer event on your OU Fit portal page to earn community service points.

LIVE to GIVE



OU Medicine

Wiggle Out Loud

Held at the Myriad Botanical Gardens on the Great Lawn, this year's Wiggle Out Loud, an annual celebration of healthy lifestyles, was another huge success. Well-supported by Live to Give volunteers, the event, presented by The Children's Hospital and benefiting The Children's Hospital Volunteers, was focused on fun ways for families to live happier, healthier lives. Oklahoma City's free, active-family music festival featured activities, artwork and of course, music. Locally owned businesses offered healthy refreshments throughout the Day and two separate stages ensured non-stop musical entertainment.

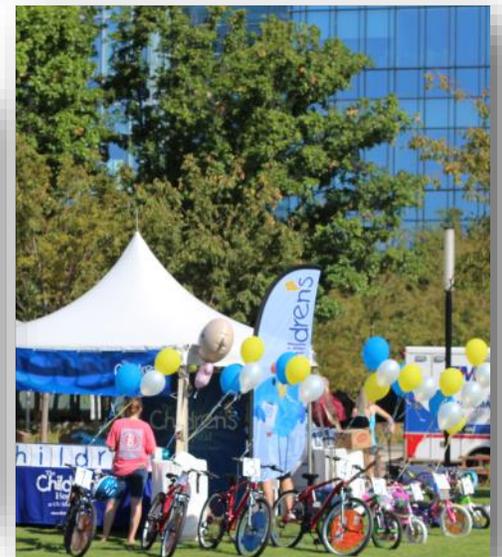


LIVE to GIVE



CU Medicine

Wiggle Out Loud, continued





OU Fit Star of the Month

Maritza Marquez, OU Physicians Urology

Always active and involved in a variety of sports, Maritza Marquez wasn't particularly focused on weight. With a soccer scholarship waiting, she graduated high school weighing almost 190 pounds. Subsequent injuries drove Marquez to gym workouts and recreational soccer. While she was no stranger to gym culture, she began to evaluate her surroundings and consider better life choices. "I started working at a fitness center where the trainers helped and gave me advice to make changes," she said. Over time, Marquez dropped nearly 50 pounds. Easy? Definitely not. Achievable? Marquez said, "It sure is!"

According to Marquez, OU Fit has enhanced her awareness in many ways, and the variety of events the program offers serves to keep her engaged. She shares what she learns with co-workers. "Some of us participated in the 2016 Corporate Challenge; it gave us opportunities to have fun and meet new people from on and off campus." She makes good use of tools that help her track food and exercise on a daily basis.

For Marquez, a healthy lifestyle includes doing her own meal prep instead of eating out frequently. "Moderation and portion control are more effective than depriving yourself of everything." Plus, watching anything on TV is no longer a sedentary activity, thanks to her in-home treadmill.

Marquez has multiple sources of motivation. Her mother has dealt with diabetes for years, and Marquez is determined not to go down that road. "Preventing the disease requires making better choices and decisions," she said. Another important person is Marquez' boyfriend. "We work out together and try new things that benefit both of us. I couldn't ask for more. Not just anyone supports those life-changing decisions."

Her favorite workout routine is a combination of powerlifting and CrossFit. "I love lifting heavy, but also love having the agility and endurance to keep going." Outside the gym environment, soccer remains her preferred physical activity.

Marquez finds earning trophies for her competitive efforts quite rewarding: Powerlifting, soccer, kickball, volleyball and cross-country. "My all-time favorite trophy/reward has been from breaking a couple of records in powerlifting in my weight class. I was able to do a one-rep max on a deadlift for 365 pounds and a squat for 315 pounds. It was one of the most intense and amazing things I had ever done."

Her family supports her lifestyle activities, too. She credits her father for getting the whole family, including mom and siblings, started in some kind of sports activity. "My parents gave us an advice that has long stuck with us: 'Perseverance leads to success.' We work together to accomplish our goals."

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

Row U Shines At River Festival

The Oklahoma Regatta Festival was 2016 was a four-day celebration of rowing kayaking, dragon boating, whitewater rafting and family fun. Our own OU Medicine teams competed in the events and made a fine showing.

The Row U Women Second Place



Row U Women, (Summer) from left: Seth (Boathouse Coxswain), Terry Anglin, Crystal Keene, Subha Mazzone, Janis Campbell, Aonica Quinton, Kathryn Reilly, Tiffany Soniega, Jillian Schultz. Not pictured, Heather Levi.

Row U Co-Ed (Summer), from left: Anjan Shah, Sherry Back, Hannah (Boathouse coach), Dorinda Eaton, Garry Malcom, Jessica Wade, Mary Kay Gumerlock, Rebecca Allen, Kelle Overand, Roni (Boathouse coxswain), Adam McGann.

Row U Co-Ed Second Place





The OU Medicine commitment to high-quality care and health education for patients as well as staff was recognized in August when the Champions of Health 2016 award winners were announced. Our OU Fit program was named the 2016 *Corporate Health* Champion by Oklahoma Champions of Health, a health and fitness consortium led by Blue Cross Blue Shield of Oklahoma in partnership with other agencies, associations and foundations.

Awards were presented during the 13th annual Champions of Health gala, held last month at the National Cowboy and Western Heritage Museum. Actor and author Rob Lowe presented the keynote address.

The gala benefits The Oklahoma Caring Foundation, a 501(c)(3) organization that provides Oklahoma children with immunizations at no charge.

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

OU Fit Featured Recipe

Chicken Stuffed with Golden Onions & Fontina

Prep time: 35 minutes

Makes 4 servings

Fontina is a semi-firm cheese that melts into incredible creaminess. Paired with caramelized onions, it's the perfect filling for chicken breasts.



- 4 tsp extra-virgin olive oil, divided
- 1½ cups thinly sliced red onion
- 2 tsp minced fresh rosemary, divided
- 1/8 teaspoon salt
- Freshly ground pepper, to taste
- 2/3 cup shredded fontina cheese, preferably aged
- 1/2 cup white wine
- 4 boneless, skinless chicken breasts, (about 1 pound), trimmed of fat
- 1 cup reduced-sodium chicken broth
- 4 tsp all-purpose flour

Heat 2 tsp oil in large nonstick skillet over medium-high heat. Add onion and 1 tsp rosemary; cook, 6 to 7 minutes stirring occasionally, until onion is golden brown. Season with salt and pepper, allow to cool and stir in fontina.

Meanwhile, cut a horizontal slit along the thin, long edge of each chicken breast half, nearly through to opposite side. Stuff each breast with 1/4 cup of onion-cheese mixture. Heat remaining 2 tsp oil in same skillet over medium-high heat. Add chicken and cook until golden, about 5 minutes per side. Transfer to plate and cover with foil to keep warm.

Add wine and remaining 1 tsp rosemary to pan. Cook over medium-high heat for 2 minutes. Whisk broth and flour in bowl until smooth; add to pan, reduce heat to low and whisk until sauce thickens, about 1 minute. Return chicken to pan and coat with sauce. Cook, covered, until chicken is just cooked through, 2 to 4 minutes. Top chicken with sauce and serve.

Tips

Boneless, skinless chicken **breasts**, are very low in fat, only 1 to 2 grams per serving. Conveniently, one 4- to 5-ounce breast, tender removed, yields a perfect 3-ounce cooked portion. When preparing, trim any excess fat from the outer edge of the breast. Nearly fat-free, chicken tenders are a strip of rib meat typically found attached to the underside of the chicken breast. Four 1-ounce **tenders** will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded "chicken fingers."



Low Sodium	Lower Calorie	Lower Carb/Low GI
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287 Cals	13g Fat	84mg Cholesterol
7g Carbs	29g Protein	413mg Sodium

Detailed Nutritional Information

Calories	287
Fat	13g
Saturated fat	5g
Mono Fat	6g
Cholesterol	84 mg
Carbohydrates	7g
Dietary fiber	1g
Protein	29g

Support Groups

SOS Breast Cancer Support Group

When: Thursday, October 6

(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

HOPE in Oklahoma

Gynecologic Cancer Support Group

When: Saturday, November 5

(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

Hep-C Support Group

When: Tuesday, October 4

(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.

Project 31

Breast Cancer Support Group

When: Tuesday, October 4

(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

Blood & Marrow Transplant (BMT) Gathering

When: Wednesdays - October 5, 19

(Every other Wednesday at noon)

Where: Stephenson Cancer Center, 1st floor Family Lounge

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

Contact: Crystal Gazaway, 405-271-3402

Women's Incontinence and Sexual Health (WISH)

When: Wednesday, October 5

(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

Bladder Cancer Support Group

When: Wednesday, October 12

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

Where: Stephenson Cancer Center, Room 6012

Who's invited: fighters, survivors, caregivers and advocates

Contact: Lisa at bladdercansg@gmail.com

Cochlear Implant Support Group

When: Wednesday, October 12

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

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

Contact: Carolyn Messick, MS., CCC/SLP

405-271-1368 or carolyn-messick@ouhsc.edu

Empower!

Metastatic Breast Cancer Support Group

When: Thursday, October 13

(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, October 13

(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, October 13

(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 - October 11, 25

(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

Support Groups, continued

Young Adult Cancer Support Group

When: Thursday, October 20

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

Where: Location determined by evening programming

Who's Invited: Young adult cancer survivors and patients

Contact: yasgoklahoma@gmail.com for more information

Us TOO! Prostate Cancer Support Group

When: Tuesday, October 18 (Integris)

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

Where: Integris Cancer Institute, 5911 W Memorial Road, conference room C, *October & November*

Stephenson Cancer Center, 1st floor Family Lounge, *December*

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

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

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

Support Group for Adults with Diabetes

When: Tuesday, October 25

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

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

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

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

RSVPs requested

Caregiver Support Group

When: Wednesday, October 26

(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, October 27

(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, October 28

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

Where: Stephenson Cancer Center, Seminar Room 5058

Contact: Carmen Soriano, R.N.,

405-417-2438 or

Celia Hollis, 405-236-0589