



# FOCUS

February 2016



## ***Enhancing Our Workplace***

Last month's Town Hall meetings were well attended; employees had opportunities to ask relevant questions and constructive discussion took place. The Town Hall meetings, held twice each year, are an example of leadership's response to create a more open environment for communication on multiple levels. They provide a platform where employees can freely voice concerns and learn more in general about the activities and developments that impact the enterprise. In the town hall format, it's not uncommon for situations to be identified, or concerns voiced, that may have been previously unknown to senior leaders.

Another demonstration of our efforts to create a great workplace for our employees occurred last month, with the opening of the Express Care Clinic in Suite 4A of the OU Physicians Building. The new clinic makes quality care more convenient and more efficient for employees across the Oklahoma Health Center. The operational structure is designed to accommodate same-day appointments, and even walk-ins.

Everyone faces time pressure with complex schedules and a variety of responsibilities and demands at work and at home. It's too easy to put minor concerns on the back burner and hope they just go away on their own. Extended hours — from 7 a.m. until 6 p.m., Monday through Friday — allow employees to be treated for minor medical conditions with only minimal disruption to their normal daily routines and responsibilities. The Express Care Clinic is a way we can help our employees take better care of themselves. While we wish everyone only the best of health, on those occasions when minor illnesses occur, we hope employees will utilize the services now available with easier access than ever before.

Our commitment to workplace wellness and support for employee health is nowhere more evident than in the presence of a robust employee wellness program.

OU Fit offers something for everyone and is managed by staff with depth of experience and a range of knowledge in nearly every aspect of physical fitness and overall well-being. Nutrition, physical activity, different forms and practices of exercise, healthy eating and cooking, and the science behind it all are emphasized in the tools provided by the program.

FitStart 2016 has been enthusiastically embraced, and with more than 100 teams involved, the level of participation is as impressive as our first effort just a year ago. Building better health practices and lifestyle habits, as well as building greater camaraderie throughout the organization are just a couple of the direct benefits we see in the FitStart Challenge. A dose of good-natured competition is an appropriate form of motivation, and team work always generates energy and promotes success. The challenge continues through mid-March. Persevering, each of us can look forward to achieving our personal best in positive results.

**Brian L. Maddy**  
Chief Executive Officer

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## Meet Our New Providers

### Laura L. Holman, M.D., Gynecologic Oncology



**Laura L. Holman, M.D.**, a gynecologic oncologist, has established her medical practice with the Stephenson Cancer Center. She has also been named an assistant professor with the University of Oklahoma College of Medicine.

Holman completed a gynecologic oncology fellowship at the University of Texas MD Anderson Cancer Center, Houston. She completed an obstetrics and gynecology residency at Women & Infants Hospital of Rhode Island, Warren Alpert Medical School of Brown University, Providence.

She earned her medical degree at the University of Illinois at Chicago College of Medicine and earned a master's degree in cancer biology from the University of Texas Graduate School of Biomedical Sciences.

### Camille C. Gunderson, M.D., Gynecologic Oncology

**Camille C. Gunderson, M.D.**, a gynecologic oncologist, has established her medical practice with the Stephenson Cancer Center. She has also been named an assistant professor with the University of Oklahoma College of Medicine.

Gunderson often utilizes robotic surgery or laparoscopic surgery to treat her patients.

Gunderson completed a gynecologic oncology fellowship at the OU College of Medicine, where she also earned a master's degree in clinical and translational research. She completed her residency at Johns Hopkins Hospital, Baltimore, and earned her medical degree at Louisiana State University-New Orleans School of Medicine.



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

## Battiste Earns Subspecialty Certification

**James Battiste, M.D., Ph.D.**, neuro-oncologist at the Stephenson Cancer Center, has earned a rare subspecialty certification from the United Council for Neurologic Subspecialties. Battiste is the only neuro-oncologist in the state of Oklahoma to hold this certification.

“With the complexities and malignancies of brain tumors, it’s important for patients to seek the care of a highly specialized oncologist, like Dr. James Battiste,” said Robert Mannel, M.D., director of the Stephenson Cancer Center.

“We are fortunate to have Dr. Battiste as a part of our comprehensive Brain Tumor Program, bringing brain tumor patients in Oklahoma a level of expertise and resources they cannot receive anywhere else in the state.”



Neuro-oncology is a subspecialty that combines many aspects of neurology with those of cancer biology, providing management of brain tumors and neurologic complications of cancer.

Battiste completed the Medical Scientist Training Program, a combined medical doctorate and doctorate of philosophy program, at the University of Texas Southwestern Medical Center in Dallas. There, he also completed a residency and a fellowship in neuro-oncology.

Currently, Battiste works in the comprehensive Brain Tumors Clinic at the Stephenson Cancer Center helping treat brain tumors through chemotherapies, biological agents and novel anti-cancer agents. He also leads brain tumor research efforts at the cancer center.

*Please print and post  
this issue of Focus  
for those in your area  
without computer access.*

## *Lunch and Language*

An initiative of the OU Medicine Diversity program, this educational and fun event is held each month on a selected Friday from noon until 1 p.m. A meal is provided.

Participants gain better insights into the distinctive characteristics and customs observed in the various cultures represented in our patient population.

Lunch and Language is usually held in the Samis Education Center. Watch for announcements of any changes that may become necessary due to scheduling conflicts.

Group size is limited, so sign up quickly to hold your place.



For more information or to make your reservation, contact  
Krystin Corrujedo  
Sylvia-Corrujedo@ouhsc.

## **Stephenson Cancer Center Physicians Named "Top Cancer Doctors"**

Six physicians from the Stephenson Cancer Center have been named to *Newsweek's* "2015 Top Cancer Doctors" list. The six are among only 12 Oklahoma physicians included on the list. Representing a variety of cancer specialties, including surgical oncology, medical oncology and radiation oncology, the SCC physicians are:

**Terence Herman, M.D.**, Chairman, Department of Radiation Oncology  
**Russell Postier, M.D.**, Chairman, Department of Surgery  
**Michael S. Cookson, M.D., M.M.H.C.**, Chairman, Department of Urology  
**Daniel Culkin, M.D., F.A.C.S.**, Associate Professor, Urologic Oncology  
**Robert Mannel, M.D.**, Director, Stephenson Cancer Center  
**Joan Walker, M.D.**, Associate Professor, Gynecologic Oncology

All of the above physicians are faculty at the University of Oklahoma College of Medicine at the OU Health Sciences Center campus.

The physicians were selected based on information collected from peer nominations and extensive research conducted by Castle Connolly Medical, Ltd. The firm has compiled and published the list for more than two decades. More than 100,000 nominations are received from across the nation with only 2,600 making the final list.

## Grant Awarded For Primary Care Heart Health Initiative

*"This grant provides a critical infrastructure to help ensure better health for all Oklahomans, especially those in remote and rural areas of the state. It is a tribute to the talent and dedication of OU researchers, who are dedicated to improved health care."*

OU President David L. Boren

For more information about the EvidenceNOW initiative, including details on each of the grantees and cooperatives, visit:

<http://www.ahrq.gov/evidencenow.html>.

Awarded by the Agency for Healthcare Research and Quality of the U.S. Department of Health and Human Services, a three-year, \$15 million grant to improve cardiovascular health in Oklahoma, will advance work by researchers at the University of Oklahoma Health Sciences Center and the School of Community Medicine in Tulsa, in collaboration with health professionals statewide.

Healthy Hearts for Oklahoma is a comprehensive project aimed at creating an effective, sustainable system to help primary care practices across Oklahoma improve cardiovascular disease management and prevention.

OU is one of seven grantees awarded as part of the Agency for Healthcare Research and Quality initiative, EvidenceNOW – Advancing Heart Health in Primary Care. The initiative supports a broad effort at the federal level to prevent heart attacks and strokes in the U.S.

Targeting smaller primary care practices presents a unique opportunity to reduce cardiovascular risk factors for thousands of patients and also learn what kind of support brings about better patient outcomes, according to Sylvia Burwell, Health and Human Services secretary. Steven Crawford, M.D., chair, University of Oklahoma College of Medicine, Department of Family and Preventive Medicine, and Dan Duffy, M.D., University of Oklahoma School of Community Medicine in Tulsa, will head the Oklahoma research effort.

"This project brings together investigators with a broad base of expertise to help ensure that these practices receive the information, support and feedback needed to improve management of four cardiovascular disease risk factors. These include smoking, blood pressure, cholesterol and the use of low-dose aspirin," Crawford said.

The work will involve critical collaboration with the Oklahoma Foundation for Medical Quality, the Public Health Institute of Oklahoma, the Community Service Council, Oklahoma Center for Healthcare Improvement, Oklahoma Primary Care Association, Oklahoma Area Health Education Centers, MyHealth Access Network and Coordinated Care Oklahoma, as well as Brigham and Women's Hospital in Boston.

The Agency for Healthcare Research and Quality also awarded a four-year grant to the Oregon Health and Science University to conduct an independent national evaluation of the overall EvidenceNOW initiative. Together, these grants represent one of the largest research investments to date by the Agency for Healthcare Research and Quality.

The Oklahoma Cooperative for AHRQ's  
EvidenceNOW



## *ENT - Elementary And Extraordinary*



*Woodson*



*Barañano*

### *Otolaryngology Specialized Clinical Services*

**The Aerodigestive Diseases Clinic** offers multidisciplinary assessment to evaluate patients with interrelated and highly complex conditions caused by a range of problems in the aerodigestive tract.

**Oklahoma Ear Institute** is staffed by otolaryngologists and audiologists who provide advanced treatment options for all ear disorders.

Healthy children constantly explore the world around them, every moment becoming an experience in learning new skills - how to control their bodies and interact with the environment. This is the essence of childhood development, and in many ways, the acquisition and mastery of these skills depends on the proper function of a healthy anatomy. Because vital anatomical function occurs in the head and neck area, ear, nose and throat health is critical to all bodily systems.

Most children will experience a range of common ear, nose and throat conditions, sometimes beginning in infancy and continuing into adolescence. However, routine conditions, if misdiagnosed or left untreated, may quickly become serious health concerns. From the common to complex, these conditions are best treated by specialists who practice in the field of otolaryngology, the medical discipline focused on the care of the ear, nose and throat.

According to Elena Woodson, M.D., board-certified otolaryngologist with OU Children's Physicians, the range of services she and her colleagues provide are second to none, and some are exclusive to The Children's Hospital and the OU Children's Physicians practice.

"The only pediatric thyroid tumor board program in the state resides here, for example," said Woodson. "The board meets monthly, and in addition to the expertise of ear, nose and throat specialists, cases are reviewed by experts in the disciplines of radiology, endocrinology and pathology." Tumor board review is a treatment planning approach that focuses on the specific details of individual cases. Multidisciplinary tumor board assessment results in more narrowly targeted treatment recommendations.

Woodson explained the significance of the tumor board program in terms of measurably improved outcomes. "When specialists in multiple disciplines have the opportunity to review a high volume of cases, we see more positive outcomes. Often, the multidisciplinary reviews yield findings that influence the development of pediatric care guidelines."

Woodson and her colleague, Christopher Barañano, M.D., treat many young patients with a wide range of airway disorders, some of which require sophisticated reconstruction techniques. The physicians explained that cartilage, taken from the thyroid or ribcage area of the patient's body, is formed and sculpted in the reconstruction process. The new tissue serves to widen the airway, which may have become restricted for a variety of reasons. After insertion, the new airway tissue is held in place by stents. "Follow-up procedures are common to ensure the airway remains open and continues to heal properly," Woodson said.

Barañano said the causes of airway damage are many are varied. "If a child has been intubated for a lengthy period, prolonged pressure may cause narrowing of the airway and tissue damage. Sometimes we see laryngeal fracture, perhaps associated with a trauma event. Other cases call for reconstruction due to malformation of facial structures, including malformations of lips and tongue." He explained that any malformations of this kind are likely to have critical impact on an infant's ability to take

## February Is Kids ENT Health Month

Providers Elena Woodson, M.D.; Chris Barañano, M.D.; Stephanie Noel, P.A.-C.; and Candice Breeden, P.A.-C., treat patients with complex ear, nose and throat/head and neck conditions. These conditions may call for intricate ear, nose and throat and/or head and neck surgeries.

### *What Do Otolaryngologists Treat?*

**Ears:** Hearing loss affects one in ten North Americans. The unique domain of otolaryngologists is the treatment of ear disorders. They are trained in both medical and surgical treatment of ear infections, balance disorders, hearing, nerve pain, ear noise (tinnitus) and facial and cranial nerve disorders. Otolaryngologists also manage congenital disorders of the outer and inner ear.

**Nose:** About 35 million people develop chronic sinusitis each year, making it one of the most common health complaints in America. Care of the nasal cavity and sinuses is one of the primary skills of otolaryngologists. Management includes allergies and sense of smell. Appearance of the nose as well as its function to facilitate breathing are also part of otolaryngologists' expertise.

**Throat:** Speech, singing and eating all involve this vital area. Specialists possess specific expertise in managing diseases of the larynx (voice box) and the upper aerodigestive tract or esophagus, including voice and swallowing disorders.

**Head and Neck:** This center of the body includes the important nerves that control sight, smell, hearing and face. ORL specialists are trained to treat infectious diseases, tumors, both benign and cancerous, facial trauma and facial deformities. They perform both cosmetic plastic and reconstructive surgery.

*continued from previous page*

nutrition. "The implications for long-term mental and physical development are huge."

Common in infants, gastric disorders, such as gastroesophageal reflux disease, can adversely impact proper airway function. Throat tissues are subject to significant, recurrent irritation when gastric juices back-up from the stomach into the esophagus. Woodson said reflux can worsen, or even cause, several head and neck problems, some of which may become chronic. "The expertise of a pediatric gastroenterologist is invaluable in this example. In many cases, the perspectives of specialists in pulmonology as well as gastroenterology are vital in determining a treatment plan for conditions that complicate ear, nose and throat problems."

Woodson said it's not uncommon to treat young patients with vocal fold nodules. These nodules are the most common cause of voice disorders, which are actually callouses that form due to inappropriate use of the voice. Woodson said, "More than half - 60 percent - of young boys will develop nodules directly related to overuse or stress on the vocal cords." However, she said in many cases, the nodules never become clinically significant and the individual is unaware of their presence. Speech therapy, also a sophisticated specialty of otolaryngology, trains patients with this, and other types of voice disorders to use vocal muscles correctly and offers techniques to strengthen the muscles.

Barañano underscored just a few reasons why pediatric ear, nose and throat care is especially vital. When a tumor begins to close off a young patient's airway, or when chronic ear infections impair hearing, these occurrences, among others, become significant obstacles to achieving normal developmental milestones. "Suffering from these illnesses goes beyond physical pain or discomfort," he said. "The affected patient and his or her family can experience a very real emotional loss of a normal childhood."

Woodson suggested that parents should take note of symptoms that may not seem particularly alarming. "For example, in infants, noisy breathing shouldn't be ignored, as it may indicate an airway problem, or a weak cry may be the result of vocal cord paralysis. Be aware, too, that the presence of a significant birthmark on your child's head and neck areas may become a disfiguring and damaging growth. Hoarseness that persists more than a month may indicate a vocal fold nodule or mass, or a problem with movement of the vocal folds, vocal chord paralysis or other conditions." Woodson and colleagues perform some incredible, state-of-the-art surgical techniques that can dramatically improve the voice. For these or other concerns, Woodson recommends that parents seek a referral to a pediatric specialist. "Your child's health is best served where there is access to a full range of pediatric-specific expertise."

Barañano said his personal, overarching goal is fairly fundamental: "The chance to hear comforting words spoken by family members, or being able to breathe freely and know the joy of unrestricted playtime with friends - I want my patients to experience these rewarding moments. I want them to chase the challenges of growing and becoming their future selves."

# chat

## Health Questions Answered

Join us online each week for an OU Medicine web chat, tackling a wide array of health topics, from the routine to the complex. The weekly chat can be viewed at [www.oumedicine.com/chat](http://www.oumedicine.com/chat).

Recordings of past chats from our online archive are also available for viewing.

In February and beyond, the chat schedule will vary, so watch for updated times and topics on the [OUmedicine.com](http://OUmedicine.com) web chat page.

### **Wednesday, February 3, 2 p.m.**

#### Thyroid Check:

Medical and surgical treatments for various thyroid conditions.

Overactive/low thyroid;  
Growths, cancerous and non-cancerous.

**Nilesh Vasan, M.D.,**

Otolaryngology, surgical oncology

### **Friday, February 26, 10 a.m.**

#### Healthy Hearts for Oklahoma:

A primary-care initiative to advance heart health

**Steven Crawford, M.D.,**  
Family Medicine

### **Tuesday, March 1, 9:00 a.m.**

#### Brain Matters

**Michael Sughrue, M.D.,**  
Neurosurgery

## OU Physicians Clinic Opens At UCO

The University of Central Oklahoma campus in Edmond is now home to an OU Physicians clinic, which will serve UCO students as well as university employees and the public. Among the wide range of available services, the clinic provides comprehensive primary care, including immunizations, annual wellness exams, sports physicals and treatment of general illnesses and injuries.

The clinic's primary provider is Robin Presley, P.A.-C., who has served the Edmond community for a number of years at the OU Physicians Canyon Park clinic.

"OU Physicians has proudly served Edmond for many years and we are excited about expanding our base of care in the area," said Brian Maddy, OU Physicians chief executive officer. "We look forward to working with UCO and the Edmond community."

The OU Physicians Health and Wellness Clinic is located in the UCO Wellness Center at 100 N. University Drive. It is open Monday through Friday from 8 a.m. to 5 p.m.

Students, staff and members of the public can make appointments at 405-271- 8261.



*Robin Presley, P.A.-C.*

## Mark Your Calendar



**Monthly on the first  
Thursday**

**11 a.m. until 2 p.m.  
The Children's Atrium  
First Floor**

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

Twisted Oak foods  
Lovera's Market  
Organic Squeeze  
Lasley Family Farm  
High Tides & Green Fields  
Sweet Spirit Foods  
Popcorn Gals  
Mittie's Kitchen  
Kize Concepts

## Now Available: Fast, Convenient Quality Care

The OU Physicians **Express Care Clinic** offers more efficient and convenient care for employees across the Oklahoma Health Center. The clinic, located in Suite 4A, OU Physicians Building, treats common health conditions including:

- Cold or flu
- Conjunctivitis
- Ear and throat infections
- Sinus infections
- Urinary tract infections
- Upper respiratory infections
- Seasonal allergies
- Skin rashes
- Simple sprains and strains
- Muscle aches and pains
- Bronchitis
- Gastroenteritis/stomach flu
- Lacerations
- Travel-related medicine

The clinic accepts OU insurance and other plans. Employees should bring their insurance card to any clinic appointments. Appointments are encouraged, but walk-ins are welcomed. The clinic serves patients weekdays from 7 a.m. to 6 p.m.

**For more information, call  
405-271-9675.**

 **Physicians**  

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**EXPRESS CARE CLINIC**

## Clinics Recognized For Achievement

The Banner Brigade made the rounds last month, presenting EXCEL achievement banners in clinics on and off campus. Clinic performance in customer satisfaction was recognized for third and fourth quarters of fiscal year 2015, and the first quarter of fiscal year 2016. A number of clinics achieved high scores for all three quarters.

Eligibility for Banner recognition requires clinical achievement of at least four of the five patient satisfaction benchmark categories. Below and on the next page, photos represent clinics located on campus. Photos of award-winning clinics off-site were not available.



*OU Breast Institute*



*Pediatric Dermatology*



*Devon Onsite Clinic*



*Plastic Surgery*



*Pediatric Diabetes-Endocrinology*



*Pediatric Pulmonology*



*Occupational Medicine/  
Health & Wellness*

### **OU Children's Physicians**

FY15, Quarter 3

**Pulmonology**

**Dermatology**

**Diabetes/Endocrinology**

**Pediatric Specialties at Mercy**

### **OU Physicians**

FY15, Quarter 3 and

FY16, Quarter 1

**Occupational Medicine/Health  
& Wellness**

FY 15, Quarters 3 and 4, and

FY16, Quarter 1

**OU Breast Institute**

**Pain Medicine**

FY 15, Quarter 3

**Plastic Surgery**

FY 15, Quarter 4

**Orthopedic Surgery**

Stephenson Cancer Center

FY16, Quarter 1

**Urology**

**Infusion**

**Cancer Rehab**

FY15, Quarter 3

**Phase One**

FY15, Quarter 3, and

FY16, Quarter 1

**Breast Oncology**

**Supportive Care**

FY14, Quarter 4 and FY15, Quarter 1

**W. Facial Aesthetics**

FY15, Quarters 3, 4, and

FY 16, Quarter 1

**The Doc (Devon Onsite Clinic)**

FY15, Quarters 3, 4

**Mid-Del Family Medicine**

**Reproductive Endocrinology &  
Infertility**

**Community Health Clinic South**

**Community Health Clinic West**

FY15, Quarters 3, FY16, Quarter 1

**OU Physicians Fountain Lake**

**Urology**

*Clinics recognized, continued*



*Orthopedics*



*Stephenson Cancer Center  
Cancer Rehab*



*Pain Medicine*



*Stephenson Cancer Center  
Infusion*



*Stephenson Cancer Center-Urology*



*Stephenson Cancer Center  
Phase One*



*Stephenson Cancer Center  
Breast Oncology*



*Stephenson Cancer Center  
Supportive Care*

## Cavett Kids Ski Camp

Cancer patients and survivors are more than familiar with extreme lows, emotional and physical. That's why we pull out all the stops so they can experience the highs. In this case, we mean the mountaintop heights of Winter Park, Colorado, home to the National Sports Center for the Disabled, one of the largest therapeutic recreation agencies in the world.

**March 13 - 20, 2016**

During this fun-filled week, 20 teen cancer patients, currently undergoing treatment or who have completed treatment, will travel to Winter Park. Campers will be matched with instructors who can help them conquer the mountain, from top to bottom. Skiing, snowboarding or snow tubing, kids will experience loads of laughter and the camaraderie of those who know what it is to battle cancer.

Lessons learned on the slopes and in small-group encounters transfer easily to the activities and challenges young people will face in daily life. By facing the extremes, campers leave with an attitude and spirit that can endure treatment and recovery in remission, through character, coping and connection.

Ski Camp is offered at no cost to participants.

Act quickly — registration is limited to 20 eligible teens.

<http://www.cavettkids.org/camp-ski/>



## Executive Luncheon

OU Physicians employees who consistently demonstrate excellence in their work are guests of honor at a monthly Executive Luncheon. These luncheons provide an opportunity 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:*

**Breanna White-Heckman,**  
OU Physicians Edmond

**T'Leashia Dumas,**  
Gynecologic Oncology

*Second row, from left:*  
**Alejandra Rodarte,**  
Obstetrics & Gynecology

**Ronda Liles,**  
Gynecologic Oncology

**Jo Linn Logston,**  
Family Medicine

**Pat Balding,**  
Pain Medicine

*Third row, from left:*

**Sharon Kern,**  
Urology

**Nikki Knaggs,**  
Financial Services

**Elisa Johnson,**  
Information Systems

**Jamileh Wilcox,**  
Information Systems

**Scot Currier,**  
Neurosurgery

*Back row, from left:*

**Victoria Hurd,**  
OU Breast Institute

**Masvelina Garcia,**  
Medicine Specialties

**Renae Taber,**  
EMR Project

**Alicia Stansberry,**  
Surgery

**Cindy Miller,**  
Pediatric Surgery

## Town Hall Meetings Inform

Town Hall meetings held last month gave senior leaders an opportunity to present updates on developments within the OU Physicians practice of interest to employees. Constructive discussions were spurred by the open question-and-answer segments of the meetings. A few highlights:

- Continued revenue growth, 7 percent at mid-year, will help us to support two of our critical missions: research and education. Revenue growth is especially important at a time when economic pressures are prompting budget cuts at the state level and layoffs in the private sector.
- We continue to expand our care network in Edmond, as OU Physicians was recently selected to operate a clinic on the University of Central Oklahoma campus. The new location will serve students, staff, faculty and the public.
- Because federal mandates and private payers place a greater emphasis on quality outcomes in health care, OU Physicians is launching a Population Health Department to ensure our practice can thrive in the new care environment. We must be prepared for a comprehensive, preventive care approach.

Support the Thunder and have a bit of extra fun when you drop by the OU Children's Physicians Thunder Kids Zone at Chesapeake Arena. Located near section 113, it's a great space for kids and parents to have fun before and during the game.

The zone has been a big hit with fans the last few years and has helped raised awareness of the unique services our physicians provide.

The OU Children's Physicians Thunder Kids Zone is a place kids and parents go for some pre-game fun. Clever giveaways keep OU Children's Physicians in view even after the game, enhancing our opportunities to become the chosen provider of health care services for more families with children.



- If all goes well, a ribbon cutting ceremony in August will mark completion of the new academic building south of The Children's Hospital. The new facility will provide much-needed space for our growing practice. We're appreciative of the role of the University Hospitals Authority & Trust in making construction possible.
- To protect employees and patients, we continue to work with the police to monitor traffic and reduce speeds in pedestrian areas. Pedestrians can assist in this effort by using only designated crosswalks.



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 making a big difference in our HIPAA compliance program.

*Have a Tip you'd like to see or a HIPAA Hipster you'd like to nominate? Email [jill-raines@ouhsc.edu](mailto:jill-raines@ouhsc.edu).*

If you have any questions about destruction of PHI or any HIPAA matter, please contact us. We are happy to assist. And good luck with that resolution!

**Jill Raines**, Assistant General Counsel and University Privacy Official,  
[jill-raines@ouhsc.edu](mailto:jill-raines@ouhsc.edu) or 271-2033

**Sally Duckett**, OU Physicians HIM and HIPAA Administrator,  
[sally-duckett@ouhsc.edu](mailto:sally-duckett@ouhsc.edu) or 271-8001, ext. 46947

**Mary Milano**, HIPAA Compliance Auditor, Office of Compliance,  
[mary-milano@ouhsc.edu](mailto:mary-milano@ouhsc.edu) or 271-2511

## HIPAA Hot Spot

February HIPAA Hipster:

### Jessica Moates, Urogynecology

Visits to this clinic clearly demonstrate the high priority HIPAA matters hold for Jessica Moates. She regularly communicates the importance of HIPAA compliance with staff and providers, and reminds them, in meetings and by email, of steps they can take to ensure HIPAA compliance. She maintains a copy of the Facility Access Control policy *with* the visitor sign-in sheet, to remind staff to explain to visitors why we take this step. Moates also makes a point to walk through the clinic several times daily to address any HIPAA issues she may see, using the opportunity to educate staff and providers. HIPAA compliance is treated as part of clinic operations.

Said Mary Milano following the clinic's recent privacy audit, "I am very impressed with this clinic manager and the way she communicates with her staff about HIPAA." Clinic managers hold good positions that offer regular opportunities to create an atmosphere of compliance in the areas they manage. The strength of the HIPAA privacy program in Urogynecology is due in part to Moates' efforts to make HIPAA a top priority, including her consistent reminders for others to do the same.

### HIPAA Privacy Tip of the Month Out with the Old; In with the New?

If your New Year's resolution includes cleaning - your desk, files or your entire office, there are federal and state laws to consider before you fill that trash can with documents containing PHI. Please keep the following in mind:

HIPAA documents such as completed forms, disclosure logs, Role-Based Access Worksheets and the like must be **maintained for at least six years** from the date of completion.

Documents pertaining to open investigations or complaints (e.g., lawsuits, hearings, grievances, HIPAA violations, peer review) **may not be destroyed** until the matter is closed and the time for appeals has passed.

Documents pertaining to patient care or billing may be subject to additional **state retention laws**. See OU Physicians policy MR9, "Medical Record and Diagnostic Image Retention and Destruction," <https://oup.ouhsc.edu/docs/Shared%20Documents/MR09%20-%20Medical%20Record%20and%20Diagnostic%20Image%20Retention%20and%20Destruction.pdf>. This policy also includes information about appropriate destruction of other forms of PHI and general approval of destruction requests. It's a "must-read" for 2016.

Documents that may be destroyed must be placed in a locked recycling bin. Recall that **PHI may not be placed in the regular trash** or left for pick-up by Site Support or Housekeeping. If special arrangements for pick-up are needed, contact your business administrator or clinic manager for help.

Reach Out and Read represents a unique partnership with a child's first medical providers. The pediatric health exam is often an effective setting in which trusted providers have an opportunity to promote early literacy.

Nationally, Reach Out and Read serves 4.5 million children each year. In Oklahoma, nearly **70,000 books** were distributed through the program and its participating medical professionals.

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

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

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

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

By age 3, children from lower-income families have heard roughly **30 million fewer words** than their more affluent peers.

**Children's early school performance improves** when their parents are involved in helping them learn to read. Unfortunately, many parents lack the reading skills to support their children in this way.

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

## *It's A Birthday Breakfast*

...and so much more. **Wednesday, March 2**, is not only the birthday of famous children's author, Dr. Seuss, it is a celebration of the joys - and undeniable benefits - of reading, early, often and aloud.

It's hard for most of us to imagine children growing up without books in their homes, with no one who will read them a story. But it is a reality in far too many homes. One mission of the Department of Pediatrics is to alter that reality.

Reach Out and Read is an early literacy program that provides books to children at well-child exams, and trains medical professionals to discuss with parents the importance of reading aloud with their children.

When you purchase a ticket to the annual **Green Eggs & Ham Breakfast**, you become a source of support to the program and the children and families it serves.



Wednesday, March 2  
The Children's Atrium  
Breakfast, 7:30 - 10 a.m.  
Other activities, 9 a.m. - 3 p.m.

More fun activities for kids will follow throughout the morning and afternoon. Participate in the silent auction — another opportunity to raise funds for Reach Out and Read.

Breakfast tickets may be purchased for \$5 at the event, or in advance. To purchase ahead of time, make your check payable to the OU Foundation, earmarked for Reach Out and Read, c/o Marny Dunlap, M.D. Mail to 1200 Children's Avenue, Suite 12400, Oklahoma City, OK 73104.

**Donations above the \$5 minimum are welcomed and appreciated.**

## OU Women's Team Visits JEC

Patients receiving treatment at the Jimmy Everest Center recently welcomed Sherri Coale, head coach, and members of the OU women's basketball team. In addition to photo opportunities with athletes, the kids enjoyed a puppet show and other activities with the players.

Photos, top to bottom, left to right:

*JEC patient Cash Myers and his mom strike a pose with OU women's basketball players Sherri Coale, the team's head coach.*

*Ashley Koons, JEC patient, is a bit shy as she watches a puppet show with the OU women's basketball team.*

*Sooners women's basketball players shown with Buddy Meade, JEC patient.*

*Kinsley McKinley watches a puppet show with OU players.*





## Everyone Is Invited

**February 12 and 26** — and every other week on Fridays, the University Hospitals Authority and Trust hosts **Super Hero Friday**, with complimentary popcorn, and possibly, a drop-in visit from a famous super hero or two.

That's **every other Friday**, from 10 to 11 a.m. in the Children's Atrium.

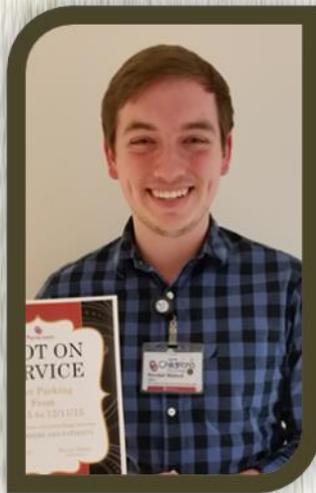


## Spot-On Service Awards Presented

Winners of Spot-On Service awards for the second quarter of fiscal year 2016 were recently named and are pictured below. This award originated as a means to promote employee engagement as well as recognize and reward excellence. Eligible nominees are those who:

- Use AIDET - every patient, every time
- Exemplify and model EXCEL behaviors
- Provide excellent internal and external customer service
- Inspire co-workers and lead by example

Award recipients receive an OU Physicians keychain and are allowed to valet park at their buildings for an entire week.

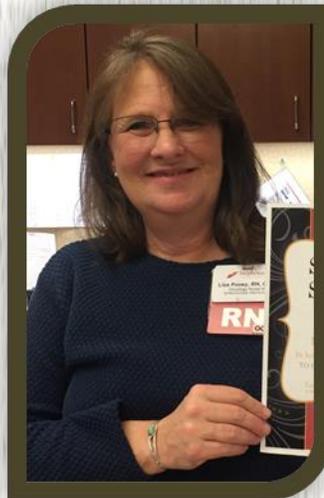


*Pictured above, from left:*

**Kendall Watson**, Pediatric Gastroenterology  
**Courtney Truelove**, OU Cardiovascular Institute  
**Natalie Uecker**, Stephenson Cancer Center, Urology

*Pictured below:*

**Lisa Posey**, Stephenson Cancer Center, Gynecologic Oncology



*Not pictured:*

**Sarah Larson-Hartsook**, Pediatric Orthopedics  
**Erin Bailey**, Obstetrics & Gynecology

## Reception Celebrates Service

Last month, friends, colleagues and employees gathered at a reception honoring Susan Updegraff, who retired after nearly 17 years with OU Physicians.

Updegraff came to OU Physicians for a specific purpose: to build an administrative division responsible for creating professional development and training opportunities for employees in every area of the organization. The new ASU department, Training & Development, was launched by Updegraff and two staff members.

In addition to establishing Training & Development as a department, initiatives implemented under Updegraff's leadership include New Employee Orientation and Team Lead Accreditation training. In addition, scores of training managers and leaders learned better interview and hiring skills using the principles of Targeted Selection.



*Training & Development staff, pictured from left: Dee Glover, Jim Craig, Beverly Blanton, Susan Updegraff, Teresa Atkinson, Sherry Back.*

The department grew to a staff of six members that Updegraff lead into the use of computer-based training through e-learning. She and guided numerous employees and departments in achieving a better understanding of unique personality types using the Myers-Briggs Type Indicator materials. Training & Development also undertook a project for implementation and coordination of the Champions of Service Excellence program and the recognition activities associated with it.

Updegraff's immediate future includes more travel, including a planned trip to Italy. She also looks forward to spending more time with her human family members - husband, children, grandchildren - and the canine member of the family, Angel.



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/>



Benefiting Children's Hospital Foundation and Children's Miracle Network Hospitals, the 6th annual Wings to Fly Run is set for Saturday, March 19, at historic Fort Reno, approximately four miles west of the city of El Reno.

The event includes a 15k, 5k and the noncompetitive Miracle Mile. The course is USATF-sanctioned and will be the venue for the Oklahoma Road Runners Club of America state championship race.

Visitors are also encouraged to explore the historic fort and enjoy refreshments and free entertainment.

**Registration and packet pick-up:**

Friday, March 18, 9 a.m. - 4 p.m.  
Children's Hospital Foundation  
6501 N. Broadway Extension, Suite 190

You may also register and pick up a packet on race day, Saturday, March 19, between 7:15 and 8:30 a.m.

**Race Day Event Schedule:**

7:15 a.m. - registration opens  
8:30 a.m. - registration closes  
9:00 a.m. - 15k race begins  
9:15 a.m. - 5k race begins  
9:25 a.m. - Miracle Mile begins

Register now at [www.chfkids.com](http://www.chfkids.com)

OU Fit participants: Earn points when you participate in this event!

[www.oufit@ouhsc.edu](mailto:www.oufit@ouhsc.edu)



Healthy Sooners offers an array of resources for all OU employees. Visit the new Healthy Sooners website for information on a range of topics, from tobacco cessation and weight and wellness, to the Employee Assistance Program and emergency preparedness.

<http://hr.ou.edu/Healthy-Sooners>

Consider these opportunities to access relevant information that may be valuable to you in your current stage of life.

**Wednesday, Feb 3**

Relaxation for Mind-Body Connection - Webinar

**Wednesday, Feb 10**

Alzheimer's: Know the 10 Signs - Lunch and Learn

**Wednesday, March 2**

Take Control of Your Wellness for Total Health - Webinar

Coming up: **March is National Nutrition Month!**  
Keep an eye out for nutrition tips and events from  
Healthy Sooners throughout the month.

[www.eatright.org](http://www.eatright.org)

*Ideas for Focus?*  
*Contact the editor:*  
valerie-pautsch@ouhsc.edu



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**NATIONAL NUTRITION MONTH® 2016**

**eat  
right.** Academy of Nutrition  
and Dietetics  
[www.eatright.org](http://www.eatright.org)

## Volunteerism Thrives At OU Medicine

The departments of the administrative service unit exist to support clinical operations, although they may never see a patient. But groups within the ASU have been proactive in finding ways to have direct and positive impact in people's lives. For example, within the department of Patient Accounts, there are two different groups that serve meals monthly at two Ronald McDonald House locations.

Employees who work in the O'Donoghue Building volunteer at the original Ronald McDonald House, 1301 NE 14th. The Patient Accounts staff in Garrison Tower serves the second RMH, which opened its doors in Garrison in December 2014.

*Pictured below, from left:*

*Kristen Earnhardt, Melissa Bost, Veronica Schwartz, Jennifer Loflin, Darenda George, Jacqueline Bradley, Michelle Oakley, Sheila Curtis, Tennille Gunter and Nettie Lam.*



Four years ago, Tina Pekas, Patient Accounts liaison, came across a brochure about the RMH Family Meals program and felt inclined to be a part of it. "I started asking around and had a group of volunteers in no time," Pekas said.

By the first Monday of each month, the group has a plan for the meal they will cook and serve that night. "We head over to RMH right after work and make sure dinner is prepped and ready by 6 p.m.," Pekas said. Sometimes employees will go to the facility before the workday begins to start cooking. Others may do some prep work during a lunch hour. Because of its location, if multiple trips are needed it isn't difficult.

Pekas and her group find great joy in supporting the RMH program and the families it serves. She said it's startling to realize the comfort and sense of emotional support a simple meal can provide. "I talked to a mother whose baby was in the NICU, where she spent every moment she could," said Pekas. "She said if it weren't for the RMH meals program she would forget to eat. It's very rewarding to be able to create a good moment under those kinds of circumstances."

Darenda George said there was great excitement among the staff when they learned that a Ronald McDonald House location was planned for Garrison Tower. The opportunity to volunteer was irresistible. "With everyone's busy lives after work, it meant greater opportunity to volunteer and assist with cooking dinners for the families," she said. "We select an evening to cook dinner, then a few of us will prepare the food after work. We join the families to share the meal."

Meals at the RMH in Garrison are usually served buffet style on a come-and-go basis to better meet the time demands of patients' families. George said RMS staff members are a great help, routinely doing the clean-up and putting everything away. This allows families spending time with their hospitalized children to eat a meal, or have a late snack whenever they return to RMH. One volunteer said, "You might assume parents with a sick child have a lot of angst, but we never feel it. The atmosphere at the RMH is always peaceful and positive."

*Photo above, standing from left: Nneka Ogunleye, Tiffanie Alexander, Carol Turner, Robbin Crutison, Nancy Toquinto, Joe Young. Seated, from left: Tina Pekas and Dorinda Eaton. Not pictured: Jashua McGee, Garry Malcom, April Hale and Tiffany Alexander, daughter of Tiffanie Alexander.*



## *Live to Give Recognizes*

### **February Volunteer Of The Month**

**Hillary Stickler, OU Medical System,  
Information Technology & Services, Physician Support**

Hillary Stickler has been astounded at the sheer volume of volunteer opportunities Live to Give offers. She became actively involved in the Live to Give program soon after coming to OU Medical System nearly two years ago. Regional Food Bank, Habitat for Humanity, and the most recent Suited for Success event have provided excellent venues for participation.

Prior to her husband's deployment last month, the couple volunteered regularly - every other Saturday - at the Regional Food Bank. "Ben and I enjoy being able to help get food to members of our community who otherwise wouldn't have access to a nutritious meal." In fact, because food insufficiency is so prevalent in our own local communities, Stickler also finds time to sort and deliver meals to families served by the Dorothy Day Food Pantry program.

Stickler's history of volunteer participation includes two consecutive years at the State Fair of Oklahoma, the YWCA and, while in nursing school, Mission Hospice. It was at the YWCA where she was first introduced to programs that collect gently worn business attire for women who need outfits suitable for job interviews. "I have a tendency to hoard clothing, so events that benefit programs like Suited for Success give me the opportunity to donate my clothes to a good cause."

Stickler isn't originally from Oklahoma, but she believes it's essential to serve the community, wherever Ben's military deployment may take her.

"I have the means to donate my time, talents, and treasure and I believe it's my duty to use these to improve our community," she said. "There's a saying: 'You can't help others until you help yourself.' If you want to make the world a better place, you have to start with your community, and who doesn't want to make the world a better place?"

Stickler said it's not just the number, but also the diversity of Live to Give opportunities that's amazing. "There really is something for everyone, and that's the most appealing aspect of this program," she said. "If you like helping people, Live to Give has an event for you!"



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 Volunteers: *Suited for Success*

Last month's suit drive, benefiting Suited for Success, was a striking success. Volunteers delivered the equivalent of three SUVs filled to capacity with suits and business attire, plus shoes, jewelry, make-up and more. The work that followed required volunteer effort to steam, sort, hang and/or organize each piece of donated clothing and other items.

Coordinators and volunteers thank members of faculty and staff for their amazing generosity and enthusiastic support for this great organization and its mission.



## 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.



*Back row left to right:*

**Jasmine Coulter,**

General Internal Medicine

**Andrew Howard,**

Pediatric Gastroenterology

**Erin Fox,**

OU Physicians at Canyon Park

*Front row, left to right:*

**Latonya Robinson,**

Heath Access Network

**Bonnie Susanne Pryor,**

Patient Accounts

**Donna Cotton,**

Patient Accounts

**Natasha Brown,**

Pediatrics



*Back row, from left:*

**Megan Short,**  
OUI Physicians at UCO

**Daniel Lee,**  
Pain Medicine

*Front row, from left:*

**Lisa Terry,**  
Prenatal Diagnostic Center

**Jessica Jordan,**  
Prenatal Diagnostic Center

**Normanda Pelton,**  
Pediatrics

**Apryl King,**  
Patient Accounts

## OU Fit Star of the Month

Katy Soper, M.S., R.D./L.D.



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

Becoming a parent changes almost everything, including perspectives on life in general. Although physical fitness had always been on Katy Soper's lifestyle radar, a baby in the family gave healthy living new priority. Now age 8, young Henry Soper is following in his parents' footsteps; he's been running since he was 5. "Because my husband is a distance runner, I usually run with our son," said Soper. Running has proven important beyond physical exercise, and has taught her some parenting skills as well. "I learn more about what is going on in Henry's life in a two-mile run than I ever would just sitting down and trying to pry information out of him," she said. "Running has become a great way for us to connect."

Soper values the OU Fit program for its comprehensive and very fun approach to fitness. Logging her daily food intake and exercise keeps her accountable and aware of her own lifestyle choices. "It's also fun to encourage and be encouraged by my co-workers. It's a great program." As the dietitian for OU Children's Physicians pediatric weight management clinic, Healthy Futures, Soper takes seriously the unique opportunity to demonstrate healthy living to her young patients and their families. "OU Fit is helping me 'walk the walk' of health and fitness in my own life," she said. "I truly believe I must practice what I preach in the Healthy Futures Clinic."

Like most people, Soper experiences those times when life becomes far too complex with multiple demands and responsibilities. "OU Fit is the perfect motivator to help me meet my own healthy lifestyle goals."

Soper's life is a history of physical activity, but other histories motivate her as well. Her family history includes type 2 diabetes, so she is diligent in modeling a lifestyle that's fun as well as healthy. "We're runners, often doing 5Ks together. It's an active way to enjoy being a family and it's a great way to teach our son that a healthy lifestyle is a fun lifestyle."

Her other inspiration is a sincere desire to make a difference for her Healthy Futures families. "I want health for everyone at every age because it is truly doable," said Soper. She named small, but significant victories everyone can experience: walking around the block, cooking at home instead of eating fast food, replacing soda with water. "These simple choices lead to healthier kids and families — and every choice matters," she said, emphasizing that being a healthy, well-balanced person isn't just a matter of achieving an ideal weight.

Soper said she's up for nearly any kind of fitness, but she particularly loves walking and running. "The various campus pathways are great for getting in a couple of quick, 10-minute walks throughout my day."

She feels supported by a family that will try all kinds of healthy recipes and new foods. There have been culinary triumphs, and some major 'fails.' Soper said, "I recently tried to incorporate sea vegetables into a salad for the awesome health benefits. They were so bad, I threw them out before my family even tried them. We had a good laugh over that one."

If you have specific questions about the **FitStart** Challenge, or want general information about the OU Fit program, contact [oufit@ouhsc.edu](mailto:oufit@ouhsc.edu)



More than 400 excited employees - 100-plus teams - are now part of OU Fit's **FitStart Challenge**. Some team captains are spurring their teammates on with incentives and extra encouragement. For example, Mark Fuelling, College of Pharmacy, gave each of his FitStart athletes (four teams, each with five members) a 16-ounce red cup with a message that included helpful tips as well as prompts to drink four red cups each day. The week before FitStart's official launch, the team completed a "warm-up challenge," setting a 6,000 steps-per-day goal. "I hope one of the results of FitStart 2016 is that a few people make permanent changes to their diets," Fuelling said. The results of weekly challenges will be posted and emailed to managers each Monday.

### In-Office Workouts Work

When you take that short break from work, *make it work for you*. FitStart teams below demonstrate how a few simple but strategic moves or stretches contribute to improved strength and fitness.



## It's Coming!

National Nutrition Month, observed annually in March, is an education and information campaign sponsored by the Academy of Nutrition and Dietetics. Its purpose is to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.



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 Academy of Nutrition  
and Dietetics  
[www.eatright.org](http://www.eatright.org)

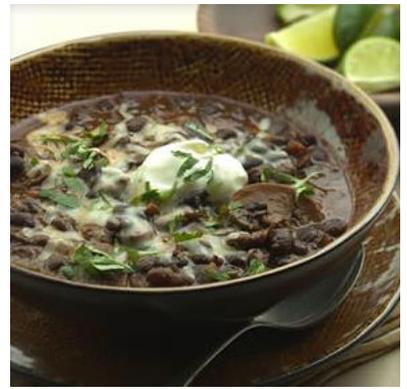
This year's theme, "Savor the Flavor of Eating Right," encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

Watch for more information and more opportunities for participation coming soon!

## OU Fit Featured Recipe

### Slow-Cooker Black Bean-Mushroom Chili

- 1 pound dried black beans (2½ cups), rinsed
- 1 tablespoon extra-virgin olive oil
- ¼ cup mustard seeds
- 2 tablespoons chili powder
- 1½ teaspoons cumin seeds or ground cumin
- ½ teaspoon cardamom seeds or ground cardamom
- 2 medium onions, coarsely chopped
- 1 pound mushrooms, sliced
- 8 ounces tomatillos, husked, rinsed and coarsely chopped
- ¼ cup water
- 5½ cups mushroom or vegetable broth
- 1 6-ounce can tomato paste
- 1 - 2 tablespoons minced canned chipotle peppers in adobo sauce
- 1¼ cups grated Monterey Jack or pepper Jack cheese
- ½ cup reduced-fat sour cream
- ½ cup fresh cilantro, chopped
- 2 limes, cut into wedges



Soak beans overnight in 2 quarts water. Drain the beans, discarding soaking liquid. *(Alternatively, place beans and 2 quarts water in a large pot. Bring to a boil. Boil for 2 minutes. Remove from heat and let stand for 1 hour.)*

Combine oil, mustard seeds, chili powder, cumin and cardamom in 5- to 6-quart Dutch oven. Place over high heat and stir until spices sizzle, about 30 seconds. Add onions, mushrooms, tomatillos and water. Cover and cook, stirring occasionally, until vegetables are juicy, 5 to 7 minutes. Uncover and stir often until juices evaporate and vegetables are lightly browned, 10 to 15 minutes. Add broth, tomato paste and chipotles; mix well.

Place beans in 5- to 6-quart slow cooker. Pour hot vegetable mixture over beans. Turn heat to high. Put lid on and cook until beans are creamy, 5 to 8 hours.

Garnish each serving with cheese, a dollop of sour cream and a sprinkling of cilantro. Serve with lime wedges.

# Support Groups

## Blood & Marrow Transplant (BMT) Gathering

**When:** Wednesdays, noon until 1 p.m.

**Where:** Stephenson Cancer Center, 1st floor Family Lounge

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

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

## SOS Breast Cancer Support Group

**When:** Thursday, February 4  
(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, 405-271-8001, ext. 48527  
Lunch is provided. *RSVPs requested.*

## HOPE in Oklahoma

### Gynecologic Cancer Support Group

**When:** Saturday, February 6  
(first Saturday monthly, 10 a.m.)

**Where:** Stephenson Cancer Center, 1st floor lobby

**Who's Invited:** Patients, caregivers and survivors

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

## Parents of Children With Cancer

**When:** Tuesday, February 9, 23  
(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 of children with cancer

**Contact:** Danny Cavett, 405-271-5758

## Tobacco Cessation Support Group

**When:** Thursday, February 11  
(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](mailto:leslie-chandler@ouhsc.edu)  
Light refreshments served

## Brain Tumor Support Group

**When:** Thursday, February 18  
(third Thursday monthly, 6 p.m.)

**Where:** Oklahoma Brain Tumor Foundation  
720 W Wilshire Blvd, Suite 101A

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

**Contact:** Jan Rush, 405-843-4673

## Support & Education for People with Head & Neck Cancers

Online support Group

**Contact:** Jessica Linke, 405-271-6809 or [www.okhnc.org](http://www.okhnc.org)

## Support Group for Adults with Diabetes

**When:** Tuesday, February 23  
(Last Tuesday monthly, 5:30 p.m.)

**Where:** Harold Hamm Diabetes Center  
1000 N Lincoln Blvd., Suite 2900

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

**Contact:** 405-271-5642 or email [groups@haroldhamm.org](mailto:groups@haroldhamm.org)  
*RSVPs requested*

## Caregiver Support Group

**When:** Wednesday, February 24  
(fourth Wednesday monthly, noon)

**Where:** Easter Seals Oklahoma, 701 NE 13th Street

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

**Contact:** Vicki Wood, 405-239-2525,  
or [vwood@eastersealsoklahoma.org](mailto:vwood@eastersealsoklahoma.org)  
Lunch provided, *RSVPs requested*

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

## Pancreatic Cancer Support Group

**When:** Thursday, February 25  
(fourth Thursday monthly, 6 p.m.)

**Where:** David L. Boren Student Union  
1106 N Stonewall, Room 214

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

**Contact:** Dan Brackett, 405-380-8236  
Refreshments provided

## Spanish-Speaking Cancer Support Group

**When:** Friday, February 26, 5:30 p.m.

**Where:** Stephenson Cancer Center, Room 5058  
420 SW 10th Street, Oklahoma City

**Contact:** Carmen Soriano, 405-417-2438 or  
Celia Hollis, 405-236-0589

## Women's Incontinence and Sexual Health (WISH)

(last Friday monthly, 6 p.m.)

**When:** Friday, February 26, 6 p.m.

**Contact:** Jessica Moates, 405-271-9493, ext. 37007  
or [jessica-moates@ouhsc.edu](mailto:jessica-moates@ouhsc.edu)