



Pulse



Healer Newsletter

December 2022

Healer Food Pharmacy



Norman Regional began extending their Food Pharmacy service to healers in December and we're being told the resource is a success! The popular service had provided food staples for patients coming through our health system who had been identified as food insecure. We realized grocery prices have been on the rise, and feeding your family between paychecks could be a struggle at times. So, Norman Regional leadership wanted to take one worry off your plate, and began offering healers access to our stocked Food Pharmacy located on the second floor of the Porter campus, near the Micro Market.

Just look for the APPLE on the door, and help yourself to grab a bag and fill it up with whatever you may need for you and your family. There is no criteria to utilize the Food Pharmacy and it's available 24/7! Please remember to use discretion when visiting and be respectful to all healers.

So far, we are told more than 20 healers have utilized the service. "The most popular items are the pancake mixes, cereal, peanut butter, rice, spaghetti noodles and macaroni and cheese," according to Food Pharmacy coordinator Amber Browning.

If you have any questions, or are interested in donating items please contact Amber Browning, abrowning@nrh-ok.com.

NRHS Gingerbread House Competition

Thank you to all the departments that submitted a house into the competition.
All the houses were so creative! Congratulations to the winners!



1st Place: Porter Physical Rehab- Skeleton Buddy the Elf and His Village



2nd Place: Auxiliary- M&Ms and Gumdrops with Train



3rd Place: Physical Performance Center- Rocky Log Cabin



Healer Moonlights as Author



When Sharon Davis isn't writing Children's Christmas books, she has spent more than the past 20 years as a healer. It's not easy to juggle two passions at once, but she's excelling in both!



"This book is a story about how Jingle, the North Pole blacksmith, makes shoes for the reindeer, and sometimes they lose them," said Davis. "If you find a shoe and hang it on the tree, you get an extra present from the reindeer."

The book, "Legend of the Reindeer Shoes," was published in 2006. Davis made sure to sprinkle details about her personal life throughout the festive tale.

"The little boy is my son, the girl is my niece's daughter, the cat in there is my cat," Davis said.



One holiday season both of her jobs, as author and nurse, crossed paths.

"I actually gave this book to a gentleman who ended up dying. He was a young guy, and he had a little girl," Davis said. She said the copy ended up in his daughter's hands during some of his last days when he was on life support.

"I think of that in his living room with that little girl, so that's good," Davis said. Her wish is that the book is a source of happiness during the holiday season. "Hopefully they can incorporate this into their family tradition, and enjoy it every Christmas Eve like it was intended," Davis said.

Magic Touch



Dr. Angela Schmidt has a passion for healing her patients through chiropractic care. She knows how impactful it can be for someone with pain because she started as a patient herself. "Chiropractic changed my life," said Dr. Schmidt. "I wanted a more natural way to relieve my back and neck pain and chiropractic care not only gave me that relief but my seasonal allergies disappeared! That's when I knew there was more to this healing art and followed my calling to help others through chiropractic the way it helped me."

Fellow healer Drew Hill, multi-media specialist, shared his experience with receiving services for his back, "Dr. Schmidt is compassionate and listens to her patients. Her appointments

only take five minutes, but they make all the difference in eliminating my back pain and keeping it away."

Angela Schmidt, DC, shares her time between two different Norman Regional Health System locations. She explains, "So, I am at the Southwest 119th office Monday through Wednesday and then I'm in Norman at Health@TheWell on Thursdays. So, if patients want to establish chiropractic care, they have to start off at the Southwest 119th location because that's where we have the x-rays." Dr. Schmidt is certified by the Oklahoma Board of Chiropractic Examiners and earned her doctorate and bachelor of science degrees in anatomy and health and wellness from Parker University in Dallas. She was one of a select few chosen to complete her clinical internship abroad in Bogota, Colombia treating Olympic athletes.

Now healers and those residing in the NRHS service area are lucky to have Dr. Schmidt available to them for chiropractic services such as: acute and chronic pain, back pain, headaches and migraines, pregnancy, posture and ergonomics and sciatica.

She explained how she assesses a first time patient. "I'm checking for differences in muscle tone, as well as areas of restricted joint motion. And then I also pair that with their symptoms." Dr. Schmidt continued, "When I initially go in and consult with them, and they tell me what's going on, I pair those three bits of information together to kind of get a whole picture, and try to dive down to the root cause of what's causing a problem."

She also shared her philosophy on the inclusiveness of chiropractic services and the benefits that can be derived.

"If folks are just curious or have questions, they can come on in and we can discuss what's going on. But I always say anyone with a spine can benefit from chiropractic care; prevent spinal degeneration and issues from happening down the road. So, the best way to take care of the spine and make sure that it's moving and that person is living their best life, functioning at their most optimal level is to have their spine checked to make sure that there's a good balance there."

She agrees most of her patients come to see her because they have pain of some sort, whether it be headaches, neck pain or back pain, but she shares that her treatment plans often uncover underlying issues. "Oftentimes, I hear these stories about it really changing function overall, because there's this master system, the nervous system, and it controls every single cell, tissue and organ within the body. So, when there is something that's interfering with any part of that nervous system, then that's going to lead to less optimal health and whether that be fatigue, constipation, menstrual issues, pain, it could manifest in all sorts of different ways depending on whatever level of the spine is affected."

Magic Touch cont'd.

When asked about her five-star Google reviews rating, Dr. Schmidt responds, "We strive really, really hard to make this a great experience for the patient. When patients are coming in with pain and not feeling their best, we try to brighten their day as much as possible."

We asked Dr. Schmidt if she had any tips for healers and their spine care, whether they work in an office setting or a clinical area. "So, for those that are working a lot at a desk, and they're sitting for a good part of the day, I first and foremost recommend that they try to set up their workstation as ergonomically as possible. So, bringing their work to them, rather than adapting their body posture to their work."

She continued, "They're gonna start having issues and the aches and pains and those types of things when they are adapting to all of these awkward postures and far reaches and things like that. So the more they can set up their workstation to suit their needs, and their body size and type, the better off they're going to be. And then for those folks who are doing physical jobs, who are on their feet, movement is great, but also faring that movement. So, if they're spending some time sitting and time standing, that's great. If they're standing in one place for a long time, putting their foot on something like a foot rest can help alleviate some lower back tension."

Dr. Schmidt concludes, "taking care of yourself is important, not just your body, but also your mind and nourishing your body with healthy foods. Trying to decrease stress as much as possible, good mindfulness techniques. Because that's what I've seen when people come to me and they're stressed, I can tell something's going on. I get to know folks and their stress patterns really well over the course of the treatment plan. I know when somebody's undergoing stress, and it definitely does manifest in the body."

Dr. Schmidt is currently accepting new patients, and she says first-time patients can call 405-912-3900 and appointments can be set-up at either location based on their needs. "I've instructed my staff to get them in the same day or next day. I don't want to have somebody wait if they're struggling with something or they're in pain, so we try to work them in as best as we can."

Dr.Schmidt's locations:

Primary Care-South OKC
2605 S.W. 119th St., Suite B
Oklahoma City, OK 73170

Health@TheWell
210 S. James Garner Ave.
Norman, OK 73069

To set-up an appointment at either location, call: 405-912-3900

Rachel Nabors Named November Healer of the Month



November Healer of the Month

Rachel Nabors



NORMAN
REGIONAL
Health System

Congratulations to Rachel Nabors for being named Norman Regional's Healer of the Month for November! Rachel has been a healer now for 17 and-a-half years. During that time, she has worked in Registration, Insurance Verification, Materials Management and in the Education Center. She was a member of the Celebration Team for 10 years and Team Excellence for three. This is also the second time Rachel has earned a Healer of the Month recognition. Her last recognition was in March of 2013.

Rachel has lived in the Norman area her whole life and was even born at Norman Regional. Rachel said her favorite part about working at Norman Regional is the people. "This is my second family," said Rachel. "I've built relationships with people here and they know they can call me for any needs they may have and I will do my very best to make it happen!"

In her free time, Rachel enjoys gardening and making crafts when it's the winter. In all other seasons, she spends her time at Lake Eufaula, whether she is working on her dream retirement home, fishing, or just enjoying time on the water.

Congratulations again, Rachel!

New Faces



Raghuveer Vedala, MD

Raghuveer Vedala, MD, is a board-certified family medicine physician at Norman Regional's Primary Care – South OKC clinic. He graduated from the University of Oklahoma College of Medicine and finished his residency at Wesley Family Medicine in Wichita, Kansas. Dr. Vedala chose to pursue family medicine because of the opportunity to build relationships with his patients and provide a wide variety of care.

Special interests:

- Management of chronic conditions
- Mental health
- Newborn/pediatric care
- Obesity/weight loss
- Women's health

Dr. Raghuveer said his patients can expect to have their voice heard and opinions respected. "I'm a firm believer in shared decision making, educating my patients on disease conditions and providing them evidence-based treatment options with their best interests at heart," said Dr. Raghuveer.

In his free time, Dr. Raghuveer enjoys traveling with his wife, being a foodie, playing with his dogs, ballroom and Bollywood dancing, karaoke and keeping up with personal fitness.

New Faces



Louise Stefhanie Gonzales, PA-C

Louise Stefhanie Gonzales, PA-C, is a board-certified physician assistant with Norman Regional's Oklahoma Surgical Associates clinic. She graduated from the University of Oklahoma Health Sciences Center Physician Associate Program. Louise's interest in colorectal surgery stems from seeing the impact that a lack of education, health screenings and access to healthcare can have on people. She is passionate about increasing the awareness and access to colon cancer screenings and gastrointestinal health in general.

Special interests:

- Anal abscess
- Anal fissures
- Anal fistula
- Bowel obstruction
- Colorectal cancer
- Crohn's disease
- Diverticular disease
- Hemorrhoids
- Pilonidal cysts

Louise wants her patients to know they can expect an empathetic, respectful, committed, and optimistic provider. She was born in the Philippines and moved to Hawaii at the age of 11. In her free time, she enjoys hiking, listening to music, singing and cooking.

New Faces



Jennifer Taylor, APRN-FNP

Jennifer Taylor, APRN-FNP, is a board-certified advanced practice provider at Norman Regional's Primary Care - Tri City clinic. She graduated from Northern Oklahoma College of Nursing and later graduated from Graceland University where she obtained her Master of Science in Nursing and earned her Family Nurse Practitioner certification.

Special interests:

- Annual wellness & sick visits
- Arrhythmias
- Blood pressure management
- Cholesterol management
- Diabetes
- Preventative care
- Weight loss

Jennifer's favorite part about being in family medicine is that it allows her to care for different generations and coordinate their overall care. Her patients can expect genuine care and commitment to their well-being from Jennifer.

In her free time, Jennifer enjoys traveling with her family, cheering on her kids in their sports and playing in a bowling league.

New Faces



Brooke Walling, APRN-CNP

Brooke Walling, APRN-CNP, is a board-certified advanced practice provider at Norman Regional's Primary Care – West Norman clinic. Brooke graduated with special distinction from the University of Oklahoma with a Master of Science in Nursing: Family Nurse Practitioner. She developed an interest in family medicine early in her career as a labor and delivery nurse.

Special interests:

- Preventative care
- Comprehensive physical exams
- Diabetes
- High cholesterol
- Hypertension
- Hypothyroidism

“One of my favorite parts about nursing is building a strong rapport with patients and their families which helps improve the care I give” said Brooke. “I enjoy providing the best care I can and building meaningful relationships in the process.”

Brooke said her patients can expect attentiveness, thoroughness, compassion and a safe place to receive care.

In her free time, Brooke enjoys traveling with her family, spending time outdoors, gardening and do-it-yourself crafts.

November Promotions

EMPLOYEE	TO
Jonathan Barrow	Registered Nurse IV Premium
Ashley Blundell	Technologist Radiologic
Courtney Boaz	Supervisor Nursing
Abbigayle Coley	Nurse Resident
Michael Combs	EMSStat Operations Supervisor
Aedan Donovan	Patient Care Tech
Kaylea Fabri	Technologist Surgery IV Premium
Selena Forga	Bariatric Program Navigator
Crystal Gatherright	Technologist Surgery IV Premium
Dylan Gosey	Technologist Surgery IV Premium
Jennifer Gregory	Charge Nurse II
Leighvi Harrington	Registered Nurse II
Kodi Hatchel	Registered Nurse III
Peiman Hayavi	System Analyst I
Amber Helms	Technician Monitor Lead
Pam Holbert	Charge Nurse I
Julie Hopkins	Registered Nurse

November Promotions Cont.

EMPLOYEE	TO
Kelvin Hunter IV Kyle	Technologist Surgery IV Premium
Deneice Johnson	Service Line Clinic Supervisor I
Lisa Jones	Technologist Surgery IV Premium
Kristen Jones	Technologist Surgery IV Premium
Alicia Koller	Primary Care Clinic Lead
Gary Martin	Crew Chief
Lauren Midgley	Paramedic PRN
Andrea Milstead	Coordinator Lab Offsite
Ashley Schadeegg	Paramedic Extern IV
Rachelle Selensky	Cath Lab Registered Nurse III Premium
Rikki Shippers	Coordinator Collections
Julie Speck	Technologist Surgery IV Premium
Grant Swayze	Manager Nurse
Rylee Tyner	Help Desk Technician
LaVaughn Westbrook	Technologist Surgery IV Premium
Melissa Whelchel	Technologist Surgery IV Premium
Suzanne Wilson	Supervisor Ultrasound