



April 21, 2022

Sign Up to Receive Alerts

Severe weather season is here. Now is an important time to make sure you stay up to date with important notifications from Norman Regional (NRHS).

To start receiving text messages from GroupCast, the NRHS mass notification system, please add your cell phone number in TASS as "Cell Phone". Even though your cell phone number may also be your Primary number you still have to add it as "Cell Phone" in TASS. Therefore, the same number will be listed twice as Primary and Cell Phone.

After your number has been added in TASS a Cell Phone, text the word "yes" to 64779 to opt-in to GroupCast.

Once you have completed these steps you will begin receiving NRHS Mass Notification text messages going forward.

HealthPlex Third Floor Construction

Norman Regional is expanding to care for our growing community. Please pardon the construction as we remodel and refresh our Nursery and Mother-Baby areas.

Do This Now to Manage Stress: Breathe



There is a simple, research-backed way to reduce stress throughout your day: breathing. I came across this article from the Harvard Business Review and after speaking with our Wellness Team, they agreed it would be useful information for healers.

If you're managing higher levels of stress these days, there's a tool we all have immediate access to: breathing.

It might sound simple, but when done properly, breathing can make the difference between panic and resilience. Research shows that different emotions are associated with different forms of breathing.

For example, when you feel anxious or angry, your breathing becomes irregular, short, and fast. When you feel joy or relaxation, your breathing will be regular, deep, and slow. And believe it or not, when you follow breathing patterns associated with different emotions, you begin to feel those corresponding emotions.

So next time you're feeling stress start to bubble up, try changing the ratio of your inhale to exhale. When you inhale, your heart rate speeds up. When you exhale, it slows down. Take a few minutes and breathe in for a count of four and out for a count of eight — this will calm your

Construction began on the third floor of the HealthPlex on Monday, April 18. Once this renovation on the third floor is complete, we will begin construction on the additional floors in the Women's and Children's Pavilion.

We want to assure patients that our Nursery will remain open at all times! We are also taking steps to reduce any noise caused by construction.

Thank you for your patience as we grow our facilities to meet the needs of future families. We look forward to debuting our new look in three months!

Learn More:
www.InspireHealthOK.com

Spirit of Wellness Award

Please nominate a healer or yourself who acts as a leader in wellness such as encourage healers to walk, move more, and take breaks for our Spirit of Wellness Award. You can nominate someone who has made great strides in their health and wellness, and maintains their healthy lifestyle.

To nominate healer, [please click here](#). All information is confidential. You must open in Google chrome.

There are more than 70 healers who have been nominated and received the Spirit of Wellness Award since 2013.

Spring Pulse Now Live

The Spring Pulse is now live on MyLink!

You can check out the newest edition of The Pulse by [clicking here](#).

nervous system and keep stress at bay. By tweaking your breathing, you'll start to feel a bit better.

Read the full article: ["Research: Why Breathing Is So Effective at Reducing Stress."](#)

NMotion Functional Sports Medicine Clinic Opens

This week marks the grand opening of Norman Regional's first functional sports medicine clinic, NMOTION. NMOTION is the home of Amanda Sadler, MD, a functional sports medicine physician and athlete herself.

NMOTION is focused on the "health" aspect of healthcare, providing an opportunity for athletes -- current, past, or future -- to take a holistic approach to their health and wellness ensuring that performance is optimized both in sports and in life. This collaborative approach integrates nutrition, exercise, lifestyle and stress management to help patients establish new routines for better health.

Dr. Sadler said, "Anyone on a physical pursuit to greatness is an athlete in my eye. The greatness you pursue can be sport, work, family or life."

NMOTION will eventually move to the new Young Family Athletic Center (YFAC) in Norman. Norman Regional is developing approximately 25,000 square foot space between the natatorium and multi-sport areas of the YFAC building. This two-level space will serve as a sports and human performance center and physician clinics.

Dr. Sadler is accepting new patients. Call 405-515-4040 today to schedule an appointment.



Mark Your Calendar: Nurses Week and Hospital Week

National Nurses Week and National Hospital Week are just around the corner in May. I want to recognize and thank our healers. You have faced

If you have any stories you'd like to see in The Summer Pulse, please email your ideas to mhigh@nrh-ok.com by Friday, May 20.

Hiring Events

In-Person Hiring Events | For Clinical and Non-Clinical positions

4-6 p.m.
Tuesday, May 3 at Norman Regional Hospital Education Center

Tuesday, June 7 at Norman Regional Hospital Education Center

Teen Hero Applications Open

Applications for the 2022 Teen Hero Summer of Service are available now!

The application deadline is Monday, May 2.

More information, the application, and additional requirements can be found on our webpage:
<https://www.normanregional.com/teen-volunteers>.

Questions? Please contact Liana Gray at 307-1788 or lgray@nrh-ok.com

New Offerings at the Daily Grind

Come by any Daily Grind location and try something off of the new toasted sandwich menu!

Grilled Cheese \$3.99

Toasted PB&J: \$3.99

Toasted Sandwich on brioche or a bagel: \$4.99

this year with courage, dedication and hope. YOU truly stand in the gap between the hurt and the healing.

I hope that healers are able to enjoy these special celebrations, reconnect with each other, and reflect on the important work you achieve as healthcare workers.

NURSES MAKE A DIFFERENCE

Nurses Week #celebratenursing

NURSES WEEK EVENTS MAY 9-13

MAKE A DIFFERENCE MONDAY

Watch for a personal note in your mailbox at home

TOASTY TOES TUESDAY

Every nurse receives a comfy pair of socks

WEARABLE WEDNESDAY

Pick up your NRHS Nurses Week t-shirt to wear on Fridays

THRIVING THURSDAY

Treat yourself – Nurses receive a gift of wellness

FAMILY FRIENDLY FISH FRIDAY

Catch and release fishing. Contest winner announced on the 13th. Take a picture of the measurement; submit pics by 3 p.m. to fishfriday@nrh-ok.com

Keep scrolling for Hospital week information!

Don't want something toasted!? They also have ham or turkey and cheddar cold sandwiches, pepperoni pizza, chicken fried rice, and more!

Diversity Month

April is Diversity Month, a time to recognize and celebrate other cultures and populations. This recognition started in 2004 to acknowledge and honor diversity. During this month take time out to celebrate the unique cultures, backgrounds and traditions of others so we can gain a greater appreciation for the diversity that surrounds us all.

**hospital week
celebration
meal 2022**

menu:

- Pulled pork sandwich
- Hot dogs
- Pasta salad
- Baked beans
- Fruit salad
- Potato chips
- Brownies and blondies
- Water/soda

HealthPlex Cafe:
Tuesday, May 10
11 a.m. - 1 p.m.,
9 p.m. - 10 p.m.

Porter Ed Center:
Wednesday, May 11
11 a.m. - 1 p.m.,
9 p.m. - 10 p.m.

**Norman Regional Moore
Conference Center:**
Thursday, May 12
11:30 a.m. - 1 p.m.,
8:30 p.m.

Off-site pick up Monday, May 9 and
Thursday, May 12 from 11 a.m. to
12 p.m. at Healthplex.
Contact Jenn Mikesell at
jmikesell@nrh-ok.com

Be Well,

*President & Chief Executive Officer
Norman Regional Health System*