



## Feb. 17, 2022

### Healer Labor Pool

Thank you to Healers who have worked in the Labor Pool to support other departments. The Labor Pool was set up to quickly match healers with departments most in need of assistance. To sign up, please [click here](#).

### Black History Month

February is Black History Month. Watch the video to hear from Adrian Francisco, MHA, primary care clinic operations manager and co-chair of Norman Regional's Inclusion and Diversity Council.

Copy and paste this link into Google Chrome to watch the video:  
<https://vimeo.com/675510691>

More videos featuring our healers are on the way, so please check MyLink daily!

### Feb. Month Of Kindness

This February we're showing healers some love! We hope you received your Feb. 2022 Coupon Book filled with great offers including candy, soda, tea, a Daily Grind drink,

## HealthPlex Construction Viewing Events



Construction is changing the shape and footprint of our HealthPlex hospital! Work has begun in the interior with the main lobby area completely closed for renovations.

While these changes are big, they are difficult to see with certain areas blocked off for safety. Based on healer feedback, we are opening up the 8<sup>th</sup> Floor Innovation Studio for special Construction Viewing Events.

During these events, healers can visit the Innovation Studio to look out upon the construction. It is a very cool view! Members of the Executive Team will also be on hand during the events to answer your questions and give updates about the constructions' progress.

Construction Viewing Events will occur this year (2022) on the first and third Thursdays of the month as well as the second Saturday of the month.

Upcoming event times include:

- 7:30 a.m. to 8:30 a.m. and 3 p.m. to 4 p.m. Thursday, March 3
- 7:30 a.m. to 8:30 a.m. Saturday, March 12
- 7:30 a.m. to 8:30 a.m. and 3 p.m. to 4 p.m. Thursday, March 17

discounts and much more!  
Thank you to the Foundation, Auxiliary, cafeteria, the Health Club and the NRHS Healers Helping Healers team for their contributions to the coupon book.

Check MyLink for two ways to win! There is a word search ([click here](#)) and a Kindness Bingo game ([click here](#)) for you to complete and be entered into a prize drawing.

#### Auxiliary Happenings

The Daily Grind and Gift Shop at the HealthPlex and Porter campuses are hosting a late night pop open from 9 p.m. to 12 a.m. on Feb. 24, for the night shift to use their coupon books.

The Daily Grind is offering free delivery to the floors at the HealthPlex and Porter campuses Monday, Feb. 14– Friday, Feb. 18 from 11 a.m. to 3 p.m. for acts of kindness week.

#### Free Drink from Beanstalk Coffee & Sno

To thank those that work selflessly to keep us all safe and healthy, Beanstalk Coffee & Sno will be providing FREE brewed coffee, hot tea and iced tea to ALL Health Care Workers and First Responders for the month of February!

To receive your free small cup of hot brewed coffee or hot/iced tea, simply come in uniform or show Beanstalk your ID/Badge if not in uniform for unlimited servings all month long! ☕

Beanstalk Coffee & Sno  
3408 36th NW, Suite 124  
Norman, OK 73072

#### Hiring Events

- 7:30 a.m. to 8:30 a.m. and 3 p.m. to 4 p.m. Thursday, April 7
- 7:30 a.m. to 8:30 a.m. Saturday, April 9

## Function Well: Health @ The Well Seminar with Dr. Castel Santana

Join functional medicine physician Castel Santana, MD for “Function Well” - a free wellness workshop every third Thursday of the month at The Well! During Function Well, Dr. Santana will cover how you can live your healthiest life and answer questions.

These talks are a series and each one builds upon the lessons learned. This is a great opportunity to learn more about functional medicine.



Upcoming Function Well topics include:

#### February 17

Environmental Toxins: How common toxins may be affecting your health and how to detox your day.

#### March 17

Sleep and Recovery: Get more than just Z's. Sleep can help your body heal itself.

All Function Well events are from 6-7 p.m. at the Well, 210 James Garner Ave, Norman, OK 73069.

Spread the word to your friends,  
family and neighbors about our  
hiring fairs!

In-Person Hiring Events | For  
Both Clinical and Non-Clinical  
Positions  
4-6 p.m.

Thursday, March 3 at Norman  
Regional Hospital Education  
Center

Tuesday, April 5 at Norman  
Regional Moore Conference  
Center

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Be Well,

A handwritten signature in black ink that reads "Richie Spitt". The signature is written in a cursive, flowing style.

*President & Chief Executive Officer  
Norman Regional Health System*