



Feb. 21, 2023

Behavioral Health Center Groundbreaking

Mark your calendars for another milestone in our Inspire Health Plan. Norman Regional and Oceans will host a groundbreaking for the new 48-bed Behavioral Health Center on the Porter campus.

Join us at 11 a.m. Wednesday, March 8. The groundbreaking will occur at the southern end of the Porter campus. This new center will expand our expert mental health services to reach even more Oklahomans. The 48-bed hospital will provide treatment for mood disorders, depression disorders and substance abuse.

Journey Clinic Celebrates 21 Years of Care

Journey Clinic's bariatric program is excited to celebrate 21 years of life-changing care. Since its inception, the program has helped thousands of people transform their lives and improve their health through medical and surgical weight loss.

If you have ever been to a Journey Clinic anniversary party, you know that patients come back to celebrate another year of the program. It's unlike other clinics in the sense that Journey Clinic patients tend to form an emotional bond with the program and providers. It really is a "Journey Clinic family."

"When you can help a patient transform their health and their life, their outlook, it's a big impact. The nature of what we do changes the way that we have long-term relationships with our patients," said Lana Nelson, DO, a bariatric surgeon at Journey Clinic.

Ortho Central Repeats as Highest Rated Overall Practice in Rater8 Awards

Ortho Central has won the 2022 Rater8 Highest Rated Practice Overall award in Rater8's Practice



**ORTHO
CENTRAL**

Excellence Awards. The annual awards recognize

practices, doctors, and practitioners for going above and beyond in creating the best patient experience possible.

Winners are selected based on the internal ratings collected via Rater8 surveys. Ortho Central has the special distinction of being a repeat winner. Last year they earned the award in the medium-sized practice category and this year earned it in the large-sized practice category.

Rater8 is a platform that allows patients to rate their healthcare providers, ensuring transparency and accountability in the healthcare industry. It is similar to the NRC surveys that our hospital services use. Ortho Central has been using Rater8 to collect feedback from their patients for several years now, and it is clear that their efforts have paid off. The feedback from their patients has been overwhelmingly positive, with patients praising their exceptional level of care and attention to detail.

Ortho Central's dedication to their patients is also reflected in the level of education they provide. Patients are given detailed information about their condition and treatment options, and the medical staff takes the time to answer any questions patients may have. This education and personalized attention not only help patients feel more comfortable, but it also helps them make informed decisions about their health.

All of these variables contributed to earning the Highest Rated Practice Award. The award is not only a recognition of their success, but it also serves as motivation for them to continue striving for excellence in their mission to be the leader in orthopedic care.

"We are honored to be recognized as the highest rated practice overall by Rater8. It is a privilege for all of us at Ortho Central to serve our patients and we pledge to do everything possible to ensure the patient experience is always exceptional," said Heather Kuklinski, Director of Operations at Ortho Central. "We are committed to listening to our patients and working every day to create a culture that is uncompromisingly patient focused. Being recognized for this approach validates our vision and inspires us to keep growing and moving forward."

Click here to read the blog about Journey's anniversary: <https://bit.ly/3YtBI3v>

NRHS Celebrates National Nutrition Month

Norman Regional is celebrating National Nutrition Month (March) with our annual recipe competition. Pass on your favorite recipe to Food and Nutrition Services [through this link](#). Your culinary creation could be featured in our cafes!

Ash Wednesday Services Offered

Spiritual Care will be hosting two Ash Wednesday services on Wednesday, February 22. The services will take place at Porter and HealthPlex:

11 a.m. - Porter Chapel

1 p.m. - HealthPlex Chapel

These services will be led by Chaplain Rachel Fontanez and will last around 15 minutes at each campus. Healers and visitors are welcome to attend.

OKC Zoo Honors Healthcare Healers with Free Admission

The Oklahoma City Zoo is honoring healthcare workers and emergency responders during the months of February and March!

All healthcare workers and emergency responders will receive FREE general admission to the OKC Zoo, and 50% off general admission for up to four guests! Guests must present a valid work ID or badge in order to receive the free admission and guest discounts.

Healthcare workers and emergency responders will also receive 10% off concessions and non-sale gift shop merchandise when a work ID or badge is presented.

OKC Zoo event page: <https://www.okczoo.org/our-events#collection=1670>

This offer ends Friday, March 31, 2023.

Blood Shortages Affecting Oklahoma, Donors Needed



Shortages in blood supply are affecting not only Norman Regional, but also the community as a whole. Our Blood Institute, formerly known as Oklahoma Blood Institute, faces a dangerous emergency blood shortage and is issuing an immediate call for donors of all blood types.

Our Blood Institute typically has a three-to five-day supply of lifesaving blood available, but it is well below that level now.

Donating blood saves lives. When someone loses blood due to an injury or illness, a blood transfusion may be necessary to replace the lost blood. Blood transfusions are used in many medical procedures, such as surgeries, cancer treatments, and childbirth. When the blood supply is low, patients are unable to get blood transfusions as quickly as possible. By donating blood, you can help ensure that blood is available for those in need.

But, donating blood has some nice additional perks, too!

- Donating blood can help to reduce the risk of certain health problems, such as heart disease, and it can also stimulate the production of new blood cells in the body.
- At each donation, you receive a mini health screening, including checks of your blood pressure and cholesterol levels.
- As a thank you for your donation, you'll get a free t-shirt and snacks, as well as any partner giveaway we have at the time.
- For each donation, you'll receive donor rewards points, which can be redeemed in the Our Blood Institute donor reward store at various times during the year.

Blood Donation Events and Times

Norman Regional Hospital

- Tuesday, February 21 from 8 a.m. to 2:30 p.m. in Education Center. Schedule appointment [here](#)

Norman Regional HealthPlex

- Tuesday, February 21 from 9 a.m. to 2 p.m. in the cafeteria. Schedule appointment [here](#)


Norman Regional Nine

- Tuesday, Feb 21 from 8:30 a.m. to 11 a.m. on the bloodmobile. Schedule appointment [here](#)

Norman Regional Moore

- Wednesday, Feb 22 from 10 a.m. to 12:30 p.m. on the bloodmobile. Schedule appointment [here](#)

Be Well,



Richie Spitt

*President & Chief Executive Officer
Norman Regional Health System*
