



## Feb. 3, 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. There are shifts available in areas like Inpatient, Emergency Room, and Food and Nutrition. You can find the Labor Pool sign up icon at the top of the homepage of MyLink or [click here](#) for more information.

### 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

## New Chief of Staff and Chief of Staff – Elect Named



Norman Regional's new Chief of Staff Dr. Joe Voto stands with outgoing Chief Dr. Farhan Jawed and Richie Splitt.

At last month's board meeting, we thanked Farhan Jawed, MD for his service as Norman Regional's Chief of Staff (2020-2021). Your term began as the pandemic entered the United States. You helped pave the way for new patient care protocols, tackled patient flow challenges and facilitated many mission-critical strategic imperatives for the health system. Thank you for empowering and engaging physicians as leaders during an extraordinary time. You were truly a judicious and calming

Norman , OK 73072

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## Health @ The Well: Function Well

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!

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.

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## Hiring Events

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.

NEW: Thursday, February 15 at Norman Regional Hospital Education Center

Thursday, March 3 at Norman Regional Hospital Education Center

Tuesday, April 5 at Norman Regional Moore Conference Center

force during all the way through. Thank you, Dr. Jawed for your dedication, guidance and expertise during your term as Chief of Staff.

Norman Regional's newest Chief of Staff is anesthesiologist Dr. Joe Voto. Our newest Chief of Staff-elect is orthopedic surgeon James Bond, MD.

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## Women's Choice Awards: Emergency, Heart and Stroke



Norman Regional Health System has been named one of America's Best Hospitals for Emergency and Heart Care, as well as one of America's Best Stroke Centers by the Women's Choice Award, America's trusted referral source for the best in healthcare.

These awards signify that Norman Regional is among the top ranked hospitals offering emergency, heart and stroke care. Being recognized as one of America's Best Hospitals for Emergency Care, Heart Care and Stroke, reconfirms that we are continuing to focus on our patients. Norman Regional and our team our healers are committed to the measures we have in place to provide the highest level of care.

According to Women's Choice, women make or influence 94% of all healthcare decisions for themselves and others.

### Emergency

Each year, there are more than 130 million emergency room visits in the U.S. Emergency departments continue to be an essential part of the healthcare system as they provide fast, lifesaving care to millions each year.

The methodology for America's Best Hospitals for Emergency Care award is unique in that it combines Hospital Consumer Assessment of Healthcare Providers and Systems ([HCAHPS](#)) [survey results](#) with primary research about women's healthcare preferences. The award recognizes excellence in emergency care based on several process of care measures focused on time patients spent in the emergency department, including:

- Total time spent in the Emergency Department
- Percent of emergency patients who left without being seen

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### Support Norman Regional Health Foundation

When you make purchases through Amazon Smile, 0.5% of the price of eligible purchases is donated directly to Norman Regional Health Foundation. You can now support NRHF in the Amazon shopping app on both Apple and Android devices!

To get started, simply visit <https://smile.amazon.com/ch/73-1203942>

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### Heart Month

February is American Heart Month. Show your heart some love by preparing tasty, nutritious meals. To celebrate heart health a free NRHS Heart Healthy recipe and tips cookbook is available for you to download. Click [here](#) to download the electronic version.

If you would like a printed version please email [abrowning@nrh-ok.com](mailto:abrowning@nrh-ok.com) with your department and location and it will be sent internal mail.

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### Recipe Contest

March is National Nutrition Month and Food and Nutrition Services will be celebrating with the fourth Annual NRHS Healthy Recipe Contest!

Share with us your healthy recipes and the winners will have their delicious and nutritious dishes highlighted and served in the Porter and HealthPlex cafes during the month of March.

Criteria for selecting Norman Regional as one of America's Best also included the percentage of patients who came to the emergency department with stroke symptoms who received brain scan results within 45 minutes of arrival and hospitals that performed well in responding to patients showing symptoms of severe sepsis.

The award is especially significant given that long waits and high crowding can negatively impact patient outcomes, including patients leaving without receiving medical treatment, longer overall length of hospital stay and an increase in mortality rates.

### Heart

The methodology used to select Norman Regional as one of America's Best Hospitals for Heart Care is unique in that it evaluates:

- The number of cardiac/vascular services offered
- 30-Day mortality and readmission rates for heart attack and failure
- Patient recommendation ratings on the Hospital Consumer Assessment of Healthcare Providers and Systems ([HCAHPS Survey](#))
- Primary research about women's healthcare preferences

### Stroke

According to the [Centers for Disease Control and Prevention](#), one in five women in the U.S. will have a stroke in her lifetime. America's Best Stroke Centers are hospitals that hold a Stroke Center Certification from the Joint Commission. Credit is given for certifications on a scale based on the degree of care available to the stroke patient.

It is the only award recognizing excellence in stroke care based on robust criteria that consider patient satisfaction and clinical excellence.

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## Showing Healers Some Love



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

Please submit your recipe by February 14, 2022. Email the form to [ajones@nrh-ok.com](mailto:ajones@nrh-ok.com) [Recipe Contest Form.pdf](#)

Questions please contact Amanda Jones: [ajones@nrh-ok.com](mailto:ajones@nrh-ok.com)

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### **Payroll Deduct for Journey Clinic Store Purchases**

Norman Regional's Journey Clinic has an online store that can be used not only by Journey Clinic patients, but also by healers. At this time however, payroll deduct can only be done within the clinic, not through the online store.

They sell a wide variety of health supplements ranging from protein powders to vitamins and meal replacement supplements. There is something for everyone who is looking to improve their health and wellness in the new year.

Click here <https://bariatric-services-journey.square.site/> to browse and shop the store.

soda, tea, a Daily Grind drink, 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.

### **Word Search and Kindness Bingo**

Check MyLink for two ways to win! There is a word search ([click here](#)) and soon to be a Kindness Bingo game 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 late night pop opens from 9 p.m. to 12 a.m. on Feb. 9 and Feb. 24, for the night shift to use their coupon books.

The Scrub Shop is hosting logo wear pop up stores at HealthPlex in the Cafeteria lobby on Feb. 9 from 8 a.m. to 4 p.m. and at Moore in the seating area in front of the Daily Grind Feb. 16 from 8 a.m. to 3 p.m., for those locations 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.

Thank you to the Auxiliary for offering these special hours, services and pop-ups!

Be Well,



*President & Chief Executive Officer  
Norman Regional Health System*