



July 16, 2021

Process Change to Commuter Cart

Norman Regional constantly monitors our processes for improvement as we proceed through the phases of Inspire Health. We have determined healers prefer to use the walking path from Lot A to the HealthPlex employee entrance. The commuter cart will still be available 24/7, if needed, by calling 405-307-1482.

The only modification to the process is that Security will not be in the cart 24/7 by Lot A. If you would like a ride from Lot A to the HealthPlex or from the HealthPlex to Lot A please call 405-307-1482. Consider storing this number in your mobile phone for easy access. During inclement weather the cart will round on the area to assist healers.

Stars and Stripes Spectacular

The winners for the Stars and Stripes Spectacular baskets have been drawn. Please [click here](#) to see a full list of winners. Congratulations to the winning healers! The Stars and Stripes Spectacular, formerly Christmas in July, is the CARE Committee's annual event to raise funds to help healers in need. Money

HealthPlex Groundbreaking Ceremony



Thank you to everyone who attended our HealthPlex groundbreaking ceremony yesterday! More than 150 people celebrated the start of construction for our largest Inspire Health project.

We had a lineup of speakers that included Dr. Aaron Boyd, City of Norman Mayor Breea Clark, and Norman Regional Hospital Authority Board Chairman Doug Cubberley. There was also a special appearance by one of the HealthPlex's very first patients. Luke Talley was just an infant in 2009 when he was transported by EMSSTAT from our Porter campus to the new HealthPlex. His father Sam Talley recounted the wonderful care the family received at both locations. Luke is now a healthy 12-year-old and thanked our team for their care and compassion.

Chaplain Susan Beam blessed the site of construction before we officially turned the dirt.

raised helps provide assistance to our healers who are unexpectedly dealt with catastrophic situations. It also helps support the Holiday Family program each year.

Biggest Winner Contest

The NRHS Wellness Team is bringing you a brand new health competition. Registration opens July 20 for their "Biggest Winner Contest." This is an individual contest with cash prizes for healthy habits.

[Click here](#) to learn more.

One-on-One Virtual Consolation with Prudential

You can connect with a Prudential Retirement Counselor to discuss your accounts, progress and goals.

Get answers to questions you may have about saving for your future or assistance with enrolling for retirement savings from your paychecks.

Join from home, work or wherever. A private, secure online meeting space awaits! [Click here](#) for more details.

Updated HealthPlex Egress

Due to construction for the HealthPlex expansion, healers in CVICU, MSO, Ortho/Spine, SDS and PCCU will now need to egress out through the new temporary bay entrance during a fire emergency. Please [click here](#) to view a map.

Only One Day Left! Nominate a Nurse

Another unique moment was a fly over of vintage World War II planes. The pilots and organizers included Dr. Thomas Whalen, Dr. Jeremy Moore, Dale Cuckler, Paul Mackey, Bob Pratter, and Joel Stinnett.

Our team streamed this event live on both our Facebook and LinkedIn pages. The communications team would like to hear from you about these social sites, so please take their short, four-question, anonymous survey. [Click here.](#)

To learn more about the HealthPlex expansion and the Inspire Health plan, visit [InspireHealthOK.com](https://www.inspirehealthok.com).

Bike Benefits, Consider Cycling to Work



Bikes parked outside our HealthPlex Campus!

If you have a bike hidden somewhere, it's time to dig it out, pump it up, dust it off, and bike to work. Commuting to work on a bicycle has several health and financial benefits. Research by the YMCA has confirmed cycling makes people happier. They found those who are

The 2021 March of Dimes “Heroes in Action” nomination period is now open! The Heroes in Action awards recognize outstanding nurses who exemplify an extraordinary level of care and compassion in the delivery of patient care.

“The March of Dimes is honored to pay tribute to the nursing profession and recognize extraordinary nurses throughout our community. The remarkable efforts of these individuals often go unsung and through Heroes in Action, we are able to honor those who make a difference in the lives of so many,” reads the nomination website.

All healers are encouraged to nominate registered nurses throughout our health system who they identify as an outstanding nurse. This nominee should be perceived as a leader among their peers **and** strive toward positive change in the profession, workplace and community. The deadline for nominations is **Friday, July 16.** [Click here](#) to nominate a nursing healer today!

physically active have a higher well-being score than those with an inactive lifestyle.

Cycling helps with sleep, and boosts brain function. It can also lower your risk of heart disease and various cancers. To ride your bike safely make sure you wear a helmet, find a safe route to work, take it slow, be aware, and ride on the marked bike paths in your area.

Need to save some gas money? Ride your bike a couple of days to work during the week and see the increase dollars in your wallet. A recent article by Katherine Ross on the site Value Penguin found that you can save an average of \$500 per year commuting to work on a bike.

Due to the construction at the HealthPlex expansion more of our healers are riding their bikes. Riding their bikes they find it is less hassle with parking, closer to the entrance, and fun time outdoors. Also the cost of gas has risen immensely. We have several bike racks across all three campuses and one is being added to the new healer entrance at the HealthPlex. Considering pedaling for your health and wellness.

Young Family Athletic Center Ground Breaking



Now that we’ve celebrated the HealthPlex groundbreaking, it’s time to join the festivities for the new Young Family Athletic Center groundbreaking!

The Young Family Athletic Center (YFAC) is a quality of life project of Norman Forward and a multi-sports complex for the City of Norman.

NBA star and Norman native Trae Young donated money to expand the YFAC and it is named in honor of his family.

The groundbreaking will start at 10 a.m. Wednesday, July 21 at the Embassy Suites Hotel & Conference Center. It will be in the lot on the east side of the building.

Norman Regional is a partner in this project and will operate a clinic inside the YFAC. This clinic will offer orthopedic services, physical therapy, functional medicine and much more. This new “healthcare setting” will revolutionize the way we are able to care for patients. I hope to see you there.

NRHS will be unveiling our new YFAC clinic name and logo at next week’s event. Here is a sneak peek at the clinic’s logo and name:



Be sure to read the NR Now next week for more details about our new and exciting space in the Young Family Athletic Center.

Be Well,

*President & Chief Executive Officer
Norman Regional Health System*