



May 6, 2022

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. 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

Healers Run in OKC Memorial Marathon

More than 70 healers and household members participated in the 2022 OKC Memorial Marathon on April 23. They raced in the 5K, 1/2 marathon, full marathon, and relay teams. Photos are posted on Norman Regional Well at Work Instagram site. Please follow it @nrhswellatwork.

One relay team brought home third place in their relay division. The "joggernauts" chip time was 2:51:02. Which is a 6:32 per mile pace! Congrats!

Free Nicotine Replacement Therapy

Gallup Survey: You Have a Voice

Next week on May 9 you will receive a survey from Gallup. This is our annual Gallup Healer Engagement survey which measures healer engagement. I encourage you to take this survey. "You have a voice" at Norman Regional. We want to hear from you!

Team Excellence, a group of healers who focus strategically on engagement, has created several themed activities to remind you of the importance of taking the survey. Please watch this episode of The Voice, starring a few familiar faces. You can also enter to win a Daily Grind gift card with two games. Access the games by clicking here for [word search](#) and here for [BINGO](#).

Copy and paste the link below into your Google Chrome browser to watch!

<https://vimeo.com/703037689/962d7ef635>



Hospital, Nurses Week Celebrated May 9-12

Hospital Week

Mark your calendars for Hospital Week! Make sure you grab a delicious meal! Vegan options are available. [Click here for the details.](#)

Nurses Week, Fishing Tourney

Nurses Week is full of fun activities to celebrate nurses, and one of the most unique is a fishing tourney at our very own HealthPlex lake. The fishing tourney will last all week. It is a catch and release, with the longest fish winning! Please measure and photograph your catch.

From 4 p.m. to 7 p.m. on Tuesday, May 10 a wildlife biologist from the Oklahoma Department of Wildlife Conversation will be at the HealthPlex! The biologist will supply gear and tackle. Thank you to Ortho

Are you or a loved one an Oklahoma resident who is trying to quit tobacco? The Oklahoma Tobacco Helpline is now offering a full eight weeks of patches, gum or lozenges for new enrollees, now through June 30 of this year.

[Please click here to learn more.](#)

May Blood Drives

Our state is still grappling with a blood shortage. Please consider giving the lifesaving gift of blood. Norman Regional has several blood drives planned for May.

HealthPlex
Friday, May 13
9 a.m. to 3 p.m.
Bloodmobile

Porter
Wednesday, May 25
8 a.m. to 3 p.m.
Bloodmobile

Moore
Wednesday, May 25
10 a.m. to 2 p.m.
Bloodmobile

Donors receive an Adventure Starts Here T-shirt and choice of one of the following tickets:

- Admit two to Safari Joe's H2O
- Admit one to Science Museum Oklahoma
- Admit one to Oklahoma City Zoo
- Admit one to Frontier City

To schedule an appointment, call 877-340-8777 or visit obi.org.

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](#)

Central for arranging this bonus for the week!

Foundation Ambassador Ball Raises Funds

This year's Norman Regional Health Foundation Ambassador Ball promises a night of fun that will raise funds for our health system and community. The Foundation supports our health system by awarding department grants, giving healer scholarships and supporting community initiatives. Your ticket will go to:

- Funding a school nurse or health assistant in every Norman Public School
- Providing complimentary dental care to underserved students
- Complimentary flu shots for the Moore community and Cleveland County homeless
- Funding Rock Steady, an exercise program to assist people in Cleveland County with Parkinson's disease
- Partnering with the NRHS Food Pharmacy to provide two weeks' worth of frozen meals and non-perishable food items and follow-up health support to patients who identify as having food insecurity.

If you'd like to purchase your ticket or make a donation, you can use the payroll deduct form attached or this link

<https://p2p.onecause.com/ambassadorball2022/donate>

JOIN US FOR A
NIGHT IN MOROCCO

*Ambassador
Ball* NORMAN REGIONAL
HEALTH FOUNDATION

Friday, June 3, 2022
Embassy Suites Hotel and Conference Center

Cocktail Hour – 6:00 p.m. | Gourmet Dining & Program – 7:00 p.m. | Dancing, Featuring Empire 6 – 8:30 p.m.

BLACK TIE OPTIONAL

Thank You to Our Sponsors

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www.NRHFoundation.org

The Spring Pulse is now live on MyLink!

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

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, June 7 at Norman Regional Hospital Education Center

Tuesday, July 5 at Norman Regional Moore Conference Center

Tuesday, August 2 at Norman Regional Moore Conference Center

Let Hope Rise: Flag Ceremony to Honor Organ Donors

Thank you to all who attended our Let Hope Rise Flag ceremony. Thank you to our Media Services team for capturing the ceremony in photos.



Be Well,

Richie Spitt

*President & Chief Executive Officer
Norman Regional Health System*