



May 7, 2021

Upcoming Blood Drives



This month's blood drives are in honor of Jacie Stephens Cochran, daughter of Norman Regional healer Lea Ann Stephens. Jacie passed away during childbirth as a result of an amniotic fluid embolism (AFE), a rare birth complication. This complication requires transfusions of blood and blood products. Her baby boy survived and is healthy and thriving. Jacie's family urges you to please consider donating the precious gift of life-saving blood.

"You never think it will happen to your family member until it does, please donate," Lea Ann said.

HealthPlex - Friday, May 14
7 a.m. to 4 p.m. on Bloodmobile

Moore - Wednesday, May 26
10 a.m. to 2 p.m. inside
Conference Center

Porter - Wednesday, May 26
7 a.m. to 4:30 p.m. on
Bloodmobile

Appointments are encouraged.
Masks are required. [Click here](#)
to schedule your appointment
and for more details.

Reminder:10 Digit Dialing
Please dial 10-digits (area code
+ 7-digit telephone number).
You still have to dial 9 for an
outside line while on the health
system's phone system.

You only need to add '1' for
LONG DISTANCE calls.

May is Mental Health Awareness

May is Mental Health Awareness Month and a great time to check in on those around you. It has been over a year since the COVID-19 pandemic made its way into our state and it has been a tough year for everyone.

Norman Regional's healers continue to impress me and I feel fortunate to be your CEO and witness firsthand the incredible work you all do in our health system. That is why now, more than ever, I want to remind you how important it is to check in on your mental health and the mental health of those around you. A study by WorkHealthy Hospitals and Oklahoma Hospital Association found that while clinicians feel valued and that their work is meaningful, many experience exhaustion. In fact, nearly half of those who took the survey responded that they felt "a lot" of both physical and emotional exhaustion while at work.

Norman Regional is working to change those statistics.

The Wellness Team began their "Virtual Mindfulness on the GO" event on MyLink this week and shared some information that I think could be helpful for all of you, including [mental health screenings](#) on a multitude of mental health issues, a [video](#) featuring Dr. Castel Santana defining depression with important information and the signs to look out for, [ways](#) to reframe your thinking, and fact sheets on multiple topics that can all be found [here](#).

Aside from the resources the Wellness Team provided this week in their [MyLink post](#), I wanted to remind you all that we have multiple resources for healers including the [Employee Assistance Program](#) (don't forget, you have to enter a username, which is : **NRHS**). The EAP offers resources to help healers and includes six free visits with a counselor, and the Healer Support Team, which provides critical incident stress defusing and debriefing after an unusually traumatic incident. Norman Regional also now has an [Outpatient Counseling Center](#) that accepts WebTPA inside Norman Regional Moore, along with our inpatient [Behavioral Medicine](#) unit and our [Senior Counseling Center](#).

Please don't be afraid to get help if you feel the need for it. It's ok to not be ok and Norman Regional has the resources available to help support you.

Throughout this month, I will share other reminders of programs Norman Regional has to assist you. Thank you for all you do and for honoring this month and your mental health.

Celebrating Nurses This Week

I'd like to wish our healers who are nurses at Norman Regional Health System a happy Nurses Week! Thank you for your devotion to our patients and to one another. You are beacons of hope and healing during this challenging time.

To celebrate nurses this week:

- Themed meals in the cafes. Check out Friday's Selfless stuffed shells at Porter and the Brave beef lasagna at the HealthPlex.

You can still dial the five digit extension for Porter, HealthPlex, Moore, and all NRHS clinics.

What will remain the same:

- What is a local call now will remain a local call.
- The price of a call, coverage area, or other rates and services will not change due to the overlay.
- You can still dial just three digits to reach 911.

Please remember to identify your telephone number as a 10-digit number (Area Code + 7-digit telephone number), and include the area code when giving the number to friends, family, business associates, patients and customers, etc.

75 Years of Lifesaving Care

There are several activities, events and promotions planned to look back at Norman Regional's 75-year legacy.

Events include:

June 4: Norman Regional Health Foundation's Ambassador Ball at the Embassy Suites Hotel & Conference Center in Norman. Please contact the Foundation for details.

June 7: Norman Regional Health System's 75th Anniversary Celebration at Norman Regional Hospital, 901 N. Porter Ave. Join as we look back on our legacy of lifesaving care.

Use Cling Paper, NOT Tape

Do NOT use tape to affix posters, flyers, signs and other material to surfaces at Norman Regional Health System. This is an infection prevention issue and as NRHS is in the window to be visited by Joint Commission surveyors, it is crucial that tape be removed.

Instead of tape, please use the cling paper that is available at the Print Shop. It comes in sizes up to 12 inches by 18 inches. Please ask your manager to contact the print shop about printing files on cling paper by emailing the Print Shop at jkinslow@nrh-ok.com.

Internal signs are for healer communication. Signs for any patient facing communication should still go through the Sign Committee for approval and design.

- A balloon photo opportunity at our Porter and HealthPlex cafes and Moore Main Lobby. This backdrop was donated by the Norman Regional Health Foundation.
- A Facebook frame for your profile photo. To find it go to your personal Facebook page then update your profile photo. Select add frame then search for Norman Regional Nurses Week!



Let's all encourage our nurses during this special week, as we #celebratenurses.

Hospital Week Kicks Off Next Week

Next week we honor Hospital Week! This fun-filled week will recognize all of us and the important role a hospital plays in its community. The theme this year is "Norman Regional BEE-lieves in You"! Thank you to the Celebration Committee for planning and implementing a wonderful week for us to enjoy.

Mark your calendars for a mouthwatering meal of honey-themed foods. It's a Bee-B-Que with hamburgers, honey bbq pulled chicken sandwiches, baked beans, fruit salad, potato chips and honey almond blondie bars. There are veggie burger and nut-free dessert options.



Come & Go Hospital Week meals will be:

- HealthPlex Cafe: Tuesday, May 11
11 a.m. to 1 p.m. and 9-10 p.m.
- NR Moore Conference Center: Wednesday, May 12
11 a.m. to 12:30 p.m. and 9-9:30 p.m.
- Porter Education Center: Thursday, May 13
11 a.m. to 1 p.m. and 9-10 p.m.
- Clinics & Off-sites:
Pick up at HealthPlex back door on Monday, May 10 or Wednesday, May 12.

Be Well,

A handwritten signature in black ink that reads "Richie Spitt".

*President & Chief Executive Officer
Norman Regional Health System*

