



Nov. 10, 2021

Care Committee Holiday Families

The CARE Committee is opening applications for holiday assistance and sponsorship for the 2021 season.

Assistance is open to all current NRHS healers who are in good standing with HR and have been employed for at least 6 months.

Departments and individuals are also needed to sponsor our healers in need.

Click [here](#) to find the application and sponsor form that are due November 18, 2021.

LGBT History Month

LGBT History Month is an annual month-long observance of lesbian, gay, bisexual and transgender history, and the history of the gay rights and related civil rights movements. LGBT History Month originated in the United States as Lesbian and Gay History Month. In 1994, Rodney Wilson, a Missouri high school teacher, believed a month should be dedicated to the celebration and teaching of gay and lesbian history, and gathered other teachers and community leaders. They selected October

Norman Regional Nine Topping Out



Norman Regional Health System's new freestanding emergency department, Norman Regional Nine, completed its highest point of construction.

The health system and construction team will celebrate with a topping out ceremony at 4 p.m. Thursday, Nov. 11 at the construction site at 2000 Ann Branden Blvd. in Norman. The ceremony will feature key speakers, refreshments and an evergreen tree will be lifted to the top of the building.

The 45,250 square foot facility was designed from a shared vision between Norman Regional and HGA, the architectural design firm, with the healthcare needs of the community in mind. JE Dunn Construction is building Norman Regional Nine as well as other Inspire Health projects, creating continuity between the facilities.

Norman Regional Nine will house a full-service Emergency Department as well as laboratory, diagnostic imaging services, physical therapy and primary and specialty care clinics.

because public schools are in session and existing traditions, such as Coming Out Day (October 11), occur that month. LGBT History Month provides role models, builds community, and represents a civil rights statement about the contributions of the LGBTQ+ community.

The Norman Way Healer Nominations Deadline Nears

Who inspires you to live The Norman Way? The Service Excellence Team invites you to think about your co-workers, physicians, advanced practice providers and volunteers who model The Norman Way and our ICARE values and nominate them to appear in the 2022 version of The Norman Way handbook. The deadline to submit your nomination is Tuesday, Nov. 16.

Please use this link to nominate that person today!
<https://www.surveymonkey.com/r/NormanWay2022>

Open Enrollment

The annual open enrollment for 2022 benefits will be from November 1 – November 19, 2021. Enrollment will be completed online through Time and Attendance / Staff Scheduling (TASS).

If you do not complete the online enrollment, you will remain covered by the same insurance benefits in 2022 that you currently have now, with the exception of the Flexible Spending Plans which require a new election to be made each year.

[Please click here](#) for an Enrollment Guide which includes benefit changes, 2022 insurance rates, contact

Norman Regional Nine is just the beginning of a plan to enhance the quality of life in southeast Norman. The property's large 30-acre size also allows room to grow. Development proposals for the site include other healthcare services, commercial businesses, and multi-family housing. To follow other Inspire Health projects, be sure to check out <http://www.InspireHealthOK.com>.

Opening of The Well in Cleveland County



Norman Regional is proud to have a home at The Well! The Well, which is a Cleveland County Wellness Square exists to make Cleveland County the healthiest and happiest it can be. It will provide access, education, programs, events, and activities to all residents to make this goal a reality. The Well is located at 210 S. James Garner Ave. in Norma.

Norman Regional will offer health classes, wellness and prevention opportunities and a functional medicine clinic called Health @ The Well. To schedule an appointment with the functional medicine providers at this clinic please call 405-912-3900.

We hope to see you:

3 p.m. to 4 p.m.

Friday, Nov. 12

Health @ The Well Meet the Providers

Meet the providers in our functional medicine clinic Health @ The Well. Drs. Castel Santana MD; doctor of chiropractic care Angela Schmidt and nurse practitioner Nicole Garber will greet visitors and hand out some fun swag. Other areas within The Well facility will be welcoming guests as well. For a full list of the day's activities, [please click here](#).

9 a.m. to noon

Saturday, Nov. 13

Free Flu Vaccines

Get your free flu vaccine courtesy of Norman Regional Health System! People ages 12 and up can get a free vaccine while supplies last.

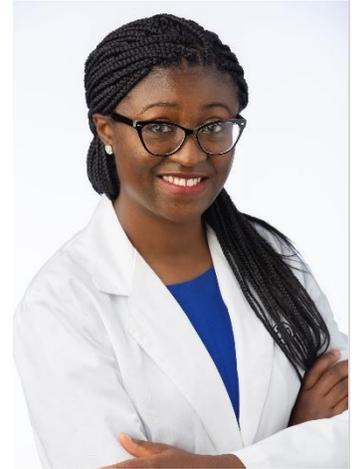
information for questions, step-by-step instructions for completing the enrollment online, as well as a Benefit Guide with a summary of benefits offered to NRHS employees.

November Wellness Happenings

Each quarter, the Wellness Team hosts an event or activity to promote health and wellness. November's happening is Diabetes Health Month. More than seven million people with diabetes are undiagnosed. Are you at risk? You can utilize our free A1c and lipid profile lab tests at any NRHS lab location to find out. (One per healer per year.) This could be your first step toward living a longer, healthier life.

Welcoming New Hospitalist, Nocturnist

Please join me in welcoming Annette Ntsama, MD, a nocturnist who helps patients staying overnight in our hospitals. She received her doctorate of medicine from Richmond University Medical Center.



Dr. Ntsama said patients can expect complete transparency and open communication, in which there is a collaborative dialogue between herself and her patients.

“Patients’ opinions are valuable to treatment and care,” Dr. Ntsama said. “I will make sure to educate my patients, giving them all the important information to make the best medical decision.”

Aside from medicine, Dr. Ntsama said she enjoys exercising, drawing and traveling.

Be Well,

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

*President & Chief Executive Officer
Norman Regional Health System*