



Nov. 19, 2021

Native American Heritage Month

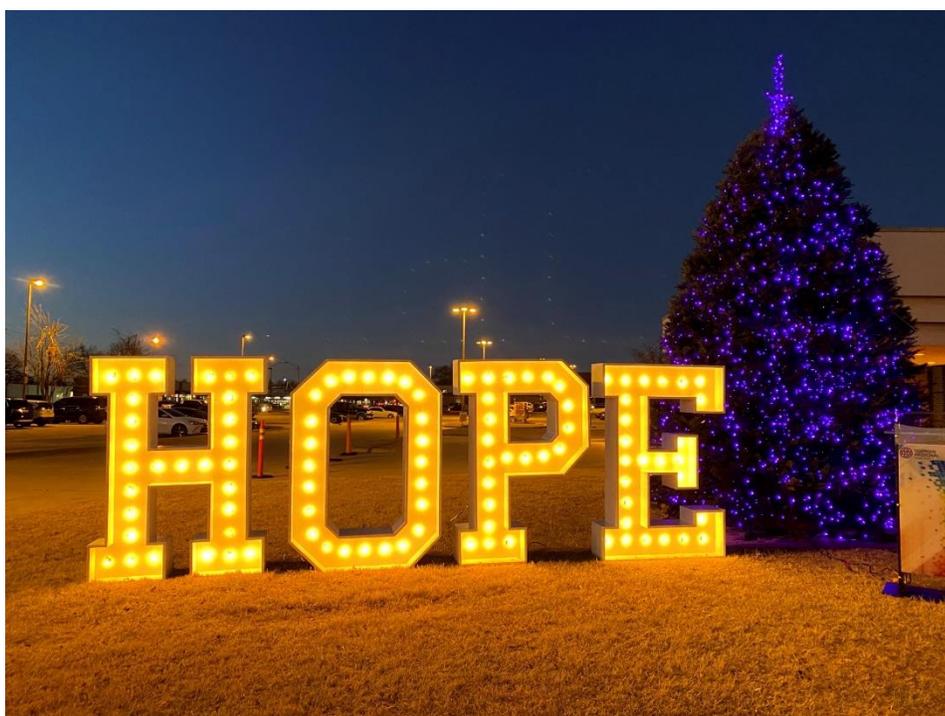
November is Native American Heritage Month. Our Media Services Department in partnership with the Inclusion and Diversity Council created three videos highlighting our Native American healers.

Vanessa Tiger talks about the Creek native language and her journey to learn it. She's created an activity book to teach the native language in rural schools and was able to read to her father before he passed away a story that he taught her as a child. [Click here to watch.](#)

Healer Sheila Nez is the granddaughter of Chester Nez, one of the original 29 Navajo code talkers who served during World War II. These men created a code based on the complex and unwritten Navajo language that remained unbroken until the end of the war. Watch as Sheila talks about her grandfather and the importance of family. [Please click here.](#)

Healer Jackie Pipestem talks about her Native American heritage, the importance of family and the beauty of

Holiday of Hope Tree Lighting Returns



Join Norman Regional as we light a tree to symbolize hope for the holiday season. The tree lighting will begin at 5 p.m. Wednesday, Dec. 1 outside the south entrance of Norman Regional Hospital, 901 N. Porter Ave. This event will also be streamed on our Facebook page. We invite you and your loved ones to enjoy cookies and hot chocolate, take a photo at the tree or HOPE letters and enjoy the spirit of the season.

Holiday helpers will also be at the HealthPlex from 6:30 a.m. to 8:30 a.m. on Monday, Nov. 29 and at Norman Regional Moore from 7 a.m. to 8:30 p.m. to pass out cookies and hot chocolate to healers. Find them at the healer entrance in the Café at the HealthPlex and the main lobby at Moore.

Thank you for the lifesaving work you do every day, all year long.

beadwork. Watch by [clicking here](#).

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>

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 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

Holiday Parties and Meals

Please mark your calendars for Norman Regional's annual holiday parties. The times and locations are listed in the graphic below. Remember that healers working on Christmas are also given a free meal in the Cafes that day.

There's SNOW One Like You!
Annual NRHS Holiday Party Meals

On Campus Grab & Go Meal
Sliced Turkey & Ham (Vegetarian option available)
Cornbread Dressing, Seasoned Green Beans, Sweet Potatoes, Mashed Potatoes with Gravy
Cranberry Sauce, Rolls
Pumpkin Pie, Pecan Pie
Soda, Bottled Water & Hot Cocoa with Marshmallows

Clinics & Offsites
Those not within walking distance will receive family style orders of the same meal being served at the main campuses.
Orders should be placed by Nov 22 by contacting Jenn Mikesell jmikesell@nrh-ok.com
Pick up will be on Wednesday 12/8 or Thursday 12/9 between 11a-12p @ the HPX back loading dock area.

Tuesday 12/7
Porter Campus
Education Center
11a-1p & 9p-10p

Wednesday 12/8
HealthPlex Campus
HPX Cafe
11a-1p & 9p-10p

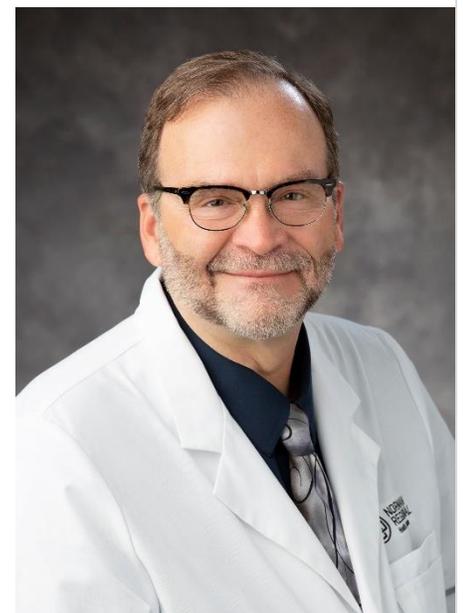
Thursday 12/9
NR Moore
Conference Ctr. Lobby
11a-12:30p & 9p-9:30p

Welcoming James Lynch, APRN

Please join me in welcoming James Lynch, APRN, to the Norman Regional – Same Day clinic. He graduated from the Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences at University of Colorado, Colorado Springs.

Some of the conditions he treats include:

- Asthma
- Allergies
- Chronic conditions
- COPD
- Ear infections
- Hypertension
- Preventative medicine



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.

- Upper respiratory infections
- Urinary tract infections

He chose to become an APRN because he wanted to provide care for his patients across their lifespan, allowing him to develop meaningful relationships. He said his patients can expect an empathetic provider who will listen and work with them to find the best treatment plan for them as a unique individual. In his free time, he enjoys running and playing guitar.

Call 405-515-6246 to schedule an appointment or walk right in to Norman Regional – Same Day Clinic, located at 119 E. Main St. in Norman.

Be Well,



*President & Chief Executive Officer
Norman Regional Health System*