



## Sept. 3, 2021

### September Yoga Challenge

Celebrate National Yoga Awareness Month! Now is the perfect time to educate yourself about the health benefits of yoga and even try it out for yourself. Start your journey to a healthier body and happier life with trying different yoga poses that we'll be posting during the month.

Download the challenge log by [clicking here](#).

Check the box for each day you complete a 30-second yoga pose. Add one pose every day for 30 days. You must complete 25 of the 30 days to qualify for the prize drawing. These can include the rest days.

Always check with your primary care provider before starting a new exercise program.

The Health Club also has yoga videos available to watch. The 15-30 minute classes will be aimed at beginners so all healers can benefit from them. [Click here](#) to watch the videos.

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**Foundation Grant Applications  
Due Sept. 30**

## United Way Campaign Begins



This week Norman Regional kicked off its 2021 United Way Pacesetter Campaign. Each year, we join together to support the United Way of Norman and the more than 40 agencies it supports.

Your donation goes to help our neighbors' right here in Cleveland County. I hope you will join me in pledging a donation this year.

This year's theme is Follow the Yellow Brick Road. This year the entire executive team is serving as co-chairs. Check out this fun video starring our co-chairs as they follow the yellow brick road to give united! [Click here](#) to watch the video. (Works best in the Google Chrome web browser).

We will once again going virtual and using an online pledge system called E-Pledge. This means donating to United Way will be right at your fingertips! The United Way E-pledge is easy, streamlined process for healers to donate from anywhere at any time.

Apply today for a department grant from the Norman Regional Health Foundation. Grant applications are due Thursday, Sept. 30. [Click here to access the grant request form.](#)

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### Gomer Jones Help Needed

The OU vs Tulane game has moved to the OU stadium in Norman at 11 a.m. Sat. Sept. 4. We need your help to staff the Gomer Jones Clinic for this game! The game location was moved because of Hurricane Ida. Staff are also needed for upcoming home games.

Norman Regional needs to staff 6 cooling zones with at least 2 people for 4-5 home OU games at the Gomer Jones medical clinic. The clinic will be serving fans, providing them shade, water and fans. The dates are September 11, 18 and 25, October 16 and potentially Oct. 30.

Staff must be in good standing with their departments and are required to work the full 8-hour shifts. Staff will be provided a NRHS shirt, lunch and the hours worked are paid as well.

Anybody interested should contact Stephanie Gehrke at [sgehrke@nrh-ok.com](mailto:sgehrke@nrh-ok.com)

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### More Than Pink Walk NRHS Team Sign Up

Susan G. Komen MORE THAN PINK WALK (formerly known as RACE FOR THE CURE) is scheduled for Saturday, October 30. At 8:30 a.m. There will be a Virtual Opening Ceremony and Walk.

Norman Regional Health System is forming our team now. Please register by [clicking here.](#) You can select "Join A Team" to

Each Monday morning you will receive an email from the United Way of Norman. The link will be a personalized E-Pledge email, just like the Q12 survey. That means it cannot be forwarded to anyone else.

E-pledge reminders will be sent every Monday until the end of the campaign. And ONLY to those who have not pledged.

Once healers complete a pledge, they will receive a follow up "THANK YOU" email from United Way. For those healers who pledge \$30 or more, they can then use this email to get the 2021 United Way T-shirt.



T-Shirt pick up will be available during lunch hours at HealthPlex and Porter Café's and the Moore volunteer desk from 11 a.m. to 1 p.m. You must show a copy of your minimum \$30 pledge on your phone or print the email and bring it with you.

Please reach out to your department Champion or Sara Raney, NRHS Pacesetter Campaign Coordinator [sraney@nrh-ok.com](mailto:sraney@nrh-ok.com) if you have any questions.

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## A Letter of Gratitude, Dr. Lobb

I received the following letter from anesthesiologist Dr. Quentin Lobb. It is a wonderful reminder of what we can achieve together – even in the toughest of circumstances.

*"It has been 549 days since COVID-19 claimed its first life on US soil. Early on in this pandemic the response of the national healthcare community was a galvanizing, fly-by-the-seat-of-one's-pants strategy. I remember when the mask policy changed twice within one day. We sequestered and protected the limited supply of PPE. We asked staff to float to areas of our healthcare system they were unfamiliar with in order to cover all bases. We embraced opportunities of supererogation which*

find and join the Norman Regional Breast Care Center team.

NEW THIS YEAR: Registration to the More Than Pink walk is free with a focus on teams raising funds to help breast cancer patients and research. Norman Regional's team asks for a \$20 donation in order to receive our team shirt.

Registered and donating NRHS team members will receive a NRHS team t-shirt. You must be registered and on the team roster by Wednesday, Sept. 15, 2021 to receive the NRHS team t-shirt. The t-shirt is approved for Friday wear until the end of the year. [Click here](#) to see this year's shirt.

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#### Vaccine Information

If you are not yet vaccinated against COVID-19, please get the vaccine. If you receive the vaccine from an outside organization such as CVS or the Health Department, please provide a copy of this to Employee Health by emailing, faxing or dropping it off at their office. This helps us ensure an accurate number of healers vaccinated.

[This flyer](#) has information on where you can get the vaccine. Norman Regional's Primary Care clinics offer the COVID vaccine to all established patients. If you don't have a healthcare provider, Norman Regional can match you with one in your area. We have clinics in Moore, south Oklahoma City, Norman, Newcastle, Blanchard, Noble and more. Call our referral line at 405-515-5000 to make an appointment today. You don't have to get the vaccine from Norman Regional Health System. There are several ways you can look for vaccination providers near you.

*required much more time away from our families, and without expectation of increased compensation aside from the honor of caring for patients and protecting our community. Often, the loved ones' of patients had only one option to say their final farewells — over video stream as care was reluctantly withdrawn.*

*All this to say I feel blessed to work with the nurses, surgical techs, anesthesia techs, peri-ops, janitorial staff, and other ancillaries in the NRHS system. While many great team members have left our system, secondary to attrition due to the added demands of a once-in-a-century global event, a majority have remained steadfast and have held to their posts.*

*In the midst of a surgical case recently, I took a moment to observe my team's coordinated efforts in caring for our patient. The patient was very ill, conscious, coherent, and in a lot of pain. We took this patient to the OR. Due to the lack of available ICU beds we took care of this patient in our PACU which had other patients awaiting the availability of hospital rooms. We still had a least 20 more surgeries left after this particular patient was stabilized... stabilized as much as possible.*

*Cheryl Green RN, Brenda McNew RN, Patti Painter RN, and Lavonne Westbrook (surgical technician) were more than just "essential personnel" in the care of this patient. I cannot complement these women enough with regard to their tireless performance and heartfelt dedication. Physicians (in this case the surgeon and the anesthesiologist) often get all or most of the credit and recognition in these circumstances, and that is categorically unjust. We as physicians can in no way hope to achieve success in these scenarios without a solid, committed team.*

*I do not know when we as a global community will be able to declare this pandemic over, but I DO know I am surrounded by people who have pivoted and adapted at every setback and refuse to disengage. Times are relatively difficult, but there is ALWAYS a silver lining. It may be tarnished at times, but it's always there.*

*May God bless all these selfless individuals who I am honored to work with."*

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## Annual Spirit of Wellness Winner Named

Congratulations to Sara McMillan, MBA, RT(R), manager of Centers of Excellence and Accreditation, on being named this year's Spirit of Wellness winner!

Sara started her health and wellness journey in March 2020, during the peak of the COVID-19 pandemic. Sara was working from home at the



- Visit [Vaccines.gov](https://www.vaccines.gov) to find vaccination providers near you.
- Text your ZIP code to 438829 or call 1-800-232-0233 to find vaccine locations near you in the United States.

### Helping Hands

Our acute care areas need your help. The health system is seeing an increase in patients. These patients are not only hospitalized for COVID, but also RSV, stroke, gastrointestinal bleeds, and other chronic health conditions.

Please consider signing up for the re-launched Helping Hands program. Norman Regional is offering all healers the opportunity to work extra shifts as PRN to assist with current needs. Both hourly and exempt employees are eligible to work these extra shifts and will be paid at the same rate of pay as they currently make in their home department.

To sign up please click the link that best applies to you:

CLINICAL:

<https://www.signupgenius.com/go/clinicalhh>

NON-CLINICAL:

<https://www.signupgenius.com/go/nonclinicalhh>

### Order Local Food, Pick It Up at Work

Urban Agrarian is a locally sourced grocer. They have been connecting central Oklahoma customers with local food since 2008. They have two store locations, and now offer a weekly order pick-up at Norman Regional Hospital Porter on Saturdays!

Here's what you need to know:

time, as well as homeschooling her two children – Caden, 11, and Cassidy, 9.

“I was in my office all day long – either working or teaching the kids. I had to get out of the house, but everything was shut down so I started walking at the park,” Sara said.



Sara McMillan is presented with the 2021 Spirit of Wellness Award by Dr. Castel Santana.

Sara’s goal was just to walk more, but eventually she could walk four miles in an hour. In June 2020, Sara decided to also make healthy eating a priority and started doing Weight Watchers.

“I’ve done Weight Watchers before and I don’t know why this time was different. I was just to the point of really wanting to make a change,” Sara said.

Aside from the health and wellness changes, she also removed other toxic things from her life, which she said helped her stopping eating emotionally as well.

Sara lost weight steadily at about two pounds per week until she lost 55 pounds total. She weighs less than she did in high school and said she feels all around better, stronger and happier.

Chief Nursing Officer Brittini McGill noted Sara’s involvement with community health fairs as a reason why she’s a great selection for the Spirit of Wellness winner.

“Sara has committed her professional career to helping patients achieve their optimal health. Sara understands the importance of leading by example and education through demonstration. She’s a true healer who

•You can subscribe to a weekly or bi-weekly grocery box OR order à la carte from our main website:

<https://urbanagrarian.localfoodmarketplace.com/Products/>

•The main website offers hundreds of products from more than 60 local farmers and food makers.

•Pick-up takes place in the parking lot of Norman Regional Hospital Porter Campus (by the west side of the Hospitality House) from 10 - 11 a.m. every Saturday.

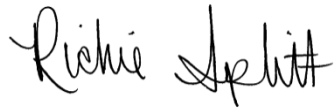
•There's no delivery fee and no extra charges

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If you have questions, contact Chelsey Simpson at [chelsey@urbanagrarian.com](mailto:chelsey@urbanagrarian.com)

loves her community," Brittini said.

Be Well,



*President & Chief Executive Officer  
Norman Regional Health System*