

presence



SAINT FRANCIS' ENDURING
CATHOLIC HERITAGE

LAUREATE'S EATING DISORDERS
PROGRAM RELOCATES TO
EXPANDED FACILITY

CAMP STRONG

WHERE KIDS WITH CANCER OR A
HEART CONDITION HAVE A BLAST

Community Events



SEPTEMBER

Kaleidoscope Ball

Kaleidoscope Ball, benefiting Emergency Infant Services, is set for Friday, September 5 at the Cox Business Center. The mission of Emergency Infant Services is to meet the basic human needs of infants and children through five years of age, whose families are in crisis.

For information on sponsorship opportunities or tickets to the Kaleidoscope Ball, visit www.emergencyinfantservices.org.

Saint Francis Open House

Tour the new and expanded **Trauma Emergency Center at Saint Francis**, Sunday, September 7 from 2 – 5 p.m. As a Level II Trauma Center, you and your loved ones can be assured our trauma and emergency personnel adhere to the highest standards of emergency care.

Visit www.saintfrancis.com for more details on the grand opening ceremony.

Bruce G. Weber Tennis Classic

Bruce G. Weber Tennis Classic is September 10–11 at the University of Tulsa. The 7th annual women's doubles tournament is sanctioned by the United States Tennis Association (USTA) and benefits The Children's Hospital at Saint Francis.

For more information, visit www.brucegweber.com.

Visionaries –Honoring Leaders in Mental Health

The 20th Annual Zarrow Mental Health Symposium hosts its yearly Visionaries dinner, Thursday, September 18. **Visionaries – Honoring Leaders in Mental Health**, will honor Maxine Zarrow, and her late husband, Jack Zarrow, for their many years of service and support for those impacted by mental illness. Former U.S. Congressman Patrick J. Kennedy, an internationally recognized mental health advocate, will be the keynote speaker. Dinner is at 7 p.m. at the Cox Business Center.

Visit Mental Health Association Oklahoma online for details, www.mhaok.org.

McDazzle Fun Ball 2014

McDazzle Fun Ball 2014 celebrates 25 years of fundraising for the Ronald McDonald House of Tulsa on September 25 at the Cox Business Center. The Ronald McDonald House of Tulsa is a home-away-from-home for families traveling to Tulsa to seek medical treatment for their sick or injured child. Justin Moore, ACM New Artist of the Year, will perform at this memorable event.

Become a McDazzle Fun Ball Patron, or buy tickets, at www.rmhtulsa.org.

Vision in Education Leadership Award Dinner

Vision in Education Leadership Award Dinner – Benefiting the Tulsa Community College Foundation, this year's Vision Dinner is honoring Saint Francis Health System president and chief executive officer, Jake Henry Jr., for his dedication to education and community betterment through education. The event will be held Tuesday, September 30 at the Renaissance Hotel.

For more information, visit tulsacc.edu/visiondinner.

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a publication of Saint Francis Health System

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Letter from Jake Henry Jr., President and Chief Executive Officer

Since its inception, Saint Francis' "presence" in the community has been of significant meaning and worth. The organization's commitment to the community and the region is substantially the vision of the founders, William K. Warren, Sr. and Natalie Overall Warren. I am pleased that the tradition of providing exceptional healthcare and yes, even health, to eastern Oklahoma is more robust and effective than ever before.

Saint Francis' commitment to the community is evident in a number of ways—some more apparent and some more subtle as the company touches so many lives. As evidenced by the main campus at 61st and Yale, one symbol is impossible to miss. Scheduled to open in early fall, the new eight-story, 500,000 square-foot Trauma Emergency Center and patient bed tower will be the largest expansion in the health system's history to date and the largest private construction project in Tulsa in decades. Significant features of the new facility include accommodations for more than 120,000 patient visits each year in the Trauma Emergency Center, a Pediatric Emergency Center with special accommodations for kids and 150 private rooms designed to be easily upgraded to intensive care level should the need arise.

Martin Luther King, Jr. said, "Life's most persistent and urgent question is, 'What are you doing for others?'" Organizationally, this question is easy to answer—Saint Francis exists for others. The health system's focus, along with that of its over 8,000 employees, is to improve the lives of those who seek our intercession and assistance and to assure the organization's mission is actualized in extending the healing ministry of Christ.

I invite you to learn of just a few of the ways the women and men of Saint Francis demonstrate their commitment to the community in the following pages. Whether it is sponsoring Saint Francis Tulsa Tough, Camp Strong (a camp for kids with heart conditions or those with a cancer diagnosis), the Health Zone Kids Triathlon or providing bedside care, the employees' ties to this community are deep and wide.

As yet another exciting chapter in Saint Francis Health System's history unfolds, we remain mindful of what's gone before us and look forward to continuing to serve our friends, neighbors and fellow citizens at the highest levels achievable.

Best regards,

Jake Henry Jr.
President and Chief Executive Officer, Saint Francis Health System





presence
in pictures

Tulsa Tough

Saint Francis Tulsa Tough is a three-day cycling festival complete with criterium races for amateurs and pros, non-competitive Gran Fondo rides and the “come as you are” Townie Ride. Participants rode through beautiful downtown and midtown Tulsa during the 2014 festival, held June 6–8.



There's Something About Tippi

Mascots come in many shapes and forms. For the Sisters of Religious Mercy at Saint Francis Health System, theirs is an irresistible bichon frise named Tippi, shown with Sister Maria Lin Pacold.

"This darling little pipsqueak of a dog is a bright spot of God's creation," Sister Mary Rebecca Koterba, M.D., says of Tippi, who resides in the convent with the sisters. "And, she certainly seems to have a way with people."

The sisters can't help but notice how Tippi seems to bring out the gentler side in people—everywhere she goes. "She often becomes the bridge or touch point for encouraging people to stop to pet her and visit with us," Sister Mary Rebecca says. "Tippi is indeed a joy and we all feel blessed to have her as our furry little companion."





presence
in pictures

Celebrating Life

Cancer survivors were honored at Saint Francis Health System Night at ONEOK Field, home of the Tulsa Drillers, on April 4, 2014. The annual event was held in front of a sold-out crowd.

Every stadium chair was draped with a rally towel. ONEOK Field shone pink that evening... almost as bright as the spirits of our cancer survivors.



CHILDREN'S MIRACLE NETWORK HOSPITALS WALMART AND SAM'S CLUB CAMPAIGN HELPS TO

SAVE LIVES

*Throughout the United States and Canada, there are 170 Children's Miracle Network Hospitals...
of which The Children's Hospital at Saint Francis is proud to be counted.*

THE CHILDREN'S HOSPITAL AT SAINT FRANCIS IS THE EASTERN OKLAHOMA AFFILIATE HOSPITAL FOR CHILDREN'S MIRACLE NETWORK HOSPITALS (CMNH). AS SUCH, 100 PERCENT OF FUNDS RAISED BY PARTNERS OF CHILDREN'S MIRACLE NETWORK HOSPITALS IN EASTERN OKLAHOMA STAYS LOCAL AND DIRECTLY BENEFITS YOUNG PATIENTS OF THE CHILDREN'S HOSPITAL AT SAINT FRANCIS.

"The partnership between The Children's Hospital at Saint Francis and CMNH partners, Walmart and Sam's Clubs, has truly been amazing, as well as inspiring," says Shannon Filosa, RN, Ph.D., executive director of The Children's Hospital at Saint Francis. "From the very beginning, it's been clear we share the same heartfelt goal of saving and improving the lives of as many children as is humanly possible."

Since 1987, Walmart and Sam's Clubs have supported CMNH across the nation—raising more than \$700 million in the process. One fundraiser that has proved particularly successful is Walmart's and Sam's Club's annual six-week campaign. During the campaign, store customers are asked to add a donation to their total at the register. In addition to the Walmart and Sam's Club register campaign, coin canisters are set up at each location. Customers can drop their extra change and dollar bills into the coin canister to help support The Children's Hospital at Saint Francis year round.

"CMNH is the only organization we allow to do any kind of fundraising within our facilities. This says a lot about our commitment to CMNH and The Children's Hospital at Saint Francis and the enormous difference they make in children's lives," says David Smith, market manager, Walmart. "This year's six-week campaign raised approximately \$450,000 for Children's Miracle Network Hospitals in Oklahoma!"

There are countless stories of how The Children's Hospital at Saint Francis made a difference or even saved a young life. In fact, David Smith has one of his own. "I know firsthand of the incredible care that is provided at The Children's Hospital at Saint Francis. That's because I am not sure my son would be alive today if it weren't for the outstanding care he received there. And, I know there are so many others who have similar stories," he says. "So, to be able to help support The Children's Hospital at Saint Francis is indeed a privilege. We couldn't do it without the generosity of our customers who shop in our stores and clubs every week. Together, with CMNH, our associates and customers, we are helping children receive the care they need at The Children's Hospital at Saint Francis."

You can learn more at www.CMNHospitals.org.



PJ Panda visits the Walmart Neighborhood Market at 96th and Riverside during the store's team meeting.



KALLY'S STORY

CMNH 2014 CHAMPION CHILD

When Theresa Kiger and her husband discovered their baby daughter, Kally, would be born with a serious heart defect, their search for the best pediatric cardiologists began. "When we met with the medical surgical team at The Children's Hospital at Saint Francis, we knew their experience was what Kally needed," says Theresa.

In vitro tests confirmed the baby had heterotaxy, a disorder where internal organs are arranged differently; and also a one-ventricle heart. "The surgical team really kept us informed," says Theresa. "She had surgery the day after she was born and some of The Children's Hospital team members prayed with us right before. Adding their faith to ours was so comforting."

Today, Kally is walking and talking, much like any child her age. "I don't think about her heart problems all the time," Theresa says. "I know there is a reason we have been given Kally."



SAINT FRANCIS' CATHOLIC HERITAGE

An Enduring Presence

The Prayer of Saint Francis Health System, prayed daily throughout each entity, underscores the clear and uncompromising principles that guide and characterize the organization as a whole.

The crucifix that hangs in each meeting room, patient care area and waiting room is a constant reminder of the hope intrinsic to Christianity.

Some things never change. In terms of the steadfast Catholic heritage at Saint Francis Health System, that's indeed a blessing.





GOING ON FOR NEARLY 54 YEARS NOW, THE MISSION OF CATHOLIC HEALTHCARE HAS PROVIDED THE BLUEPRINT FOR SAINT FRANCIS HEALTH SYSTEM'S PATIENT-CENTERED AND SERVICE-ORIENTED EXCELLENCE IN CARE.



Yesterday as today, the health system's Catholic heritage has remained visible throughout every entity, service line and extended program.

Dual Roles: Double Blessings

Witnesses to Saint Francis' Catholic faith are a blessing and spread their good works throughout the health system. Take **Sister Mary Rebecca Koterba, M.D.**, for example. She not only serves Saint Francis as a member of the Religious Sisters of Mercy, but is also on the medical staff as a board-certified general surgeon with a subspecialty in advanced wound care.

"When I'm in the operating room, I wear my scrubs like everyone else. Other than that, you will find me in my habit," Sister Mary Rebecca says. "I've only been at Saint Francis since February, and to be so intimately engaged in living and working right here on campus has been a new and wonderful experience. It's a double blessing to serve as a witness, as well as to provide medical care to

patients. I've discovered that my religious habit often makes patients feel more comfortable sharing things with me than they might normally with a physician."

Kevin Tulipana, D.O., knows the feeling. Recently ordained as a deacon in June, Dr. Tulipana also serves as a hospitalist at Saint Francis Hospital South. "I believe this world is dramatically lacking in public witnesses, and as a deacon in the Catholic Church, I am able to practice as a physician and also act as a bridge between the laity and the working world," he says. "At Saint Francis, we believe each person is made in the image and likeness of God, and thus we pledge to deliver quality healthcare to all we serve, particularly to those who are newly conceived or near death. I couldn't possibly imagine a more meaningful way to love others than when they are sick and at their most vulnerable."

Director of pulmonary services at Saint Francis, **Dean Wersal**, experienced a similar calling and became ordained as a deacon in 2011. "Saint Francis' mission 'to extend the presence and healing ministry of Christ in all we do,' inspires me daily," he says. "I've always wanted to help people in any way I can; so, having one foot in the clerical world and one in the secular world makes so much sense to me. To have God's presence in our daily interactions and to be recognized as an organization that takes care of all patients regardless of their ability to pay is an honor."

To this, Sister Mary Rebecca adds: "From members of the administration, to employees in other areas in the health system, there's an innate joy in knowing we are all part of a team. Not only does this make for a comprehensive approach to healthcare, but it also enables us all to work together to be healing instruments to Christ's people. Saint Francis has a remarkable tradition of Catholic identity. I believe this is in large part due to the roots the Warren family lovingly established and has maintained through the decades. Today, more than ever, it's important to stay strong and continue to stand up for what we believe. We are who we are at Saint Francis. Regardless of what we face, we will keep doing what we do and, to me, that's a glorious thing."

trust and hope. To all who come within our doors, there will always be someone nearby to lend a hand, share a kind word or just simply listen."

Unwavering Presence: From the Chapel to the Boardroom

As a Catholic organization, Saint Francis Health System seeks to reflect the presence of Christ in every personal and corporate encounter.

"I am so impressed with the commitment of the members of Saint Francis' administration, and I know it is much more than just words," Dr. Tulipana says. "At corporate meetings I attend, the agenda nearly always includes discussing the future and ensuring that the health system's Catholic identity remains as deeply rooted as ever. I feel honored to be part of an organization that maintains such a positive 'presence' within the community and that continues to conduct itself as a Catholic healthcare organization. That witness is a beautiful thing and I'm so thankful to be a part of it."

Some Things Never Change

It's clear the comforting presence of the sisters, priests, deacons and other members of Pastoral Care; the daily masses held in the chapel; and each employee's drive "to do as Christ would do" by providing the best care possible for every patient – all illustrate the health system's deep and abiding Catholic roots.

"Saint Francis does a great job of preserving its Catholic heritage. This proud history is as much a part of the health system as the medical excellence and advanced technology for which we are known," Wersal says. "Our mission of doing as Christ would do is simple, yet powerful. We are committed to providing an environment that instills confidence,



Sister Mary Rebecca Koterba, M.D.



Kevin Tulipana, D.O.

Bronchial Thermoplasty

Changing the Landscape of Modern Pulmonology

When asked if Bronchial Thermoplasty (BT) has lived up to his expectations, Dr. Boomer begins his answer with a question for added emphasis, “The truth? It’s been dramatic and has significantly improved the lives of many. To say we’ve been pleased with the results of BT would only be scratching the surface.” And, as a seasoned pulmonologist on staff at Saint Francis, Mark Boomer, M.D., should know about such things.

BT is a revolutionary, new outpatient procedure proven to provide a long-lasting reduction in asthma attacks for patients with severe asthma. And, when it comes to the subject of severe asthma attacks, it’s one Steve Bardin was all too familiar (the key word being “was”). In March 2012, Bardin was not only the first patient on which Dr. Boomer performed BT, but also the first patient in the entire region to receive the ground-breaking treatment.

“We are told by Boston Scientific (the manufacturers of BT) that more BT procedures have been performed at Saint Francis than

anywhere else in the entire country. Asthma is so pervasive in our area and people are desperate to have a procedure that actually has such a positive impact on their daily lives. Steve Bardin was certainly one of those people,” Dr. Boomer says. “It’s exciting not only that he was our first BT patient, but that it has made him feel so much better. My enthusiasm for this new procedure only continues to escalate with each one I perform. As the very first procedural therapy for asthma, BT has literally changed the landscape of modern pulmonology.”

Here’s How BT Works

BT, delivered by the Alair™ System, is performed in three sessions (typically scheduled three weeks apart) to ensure safety and optimal results. Each session is routinely performed under moderate sedation and typically takes less than an hour to complete. No incision is needed because the procedure is performed with a bronchoscope inserted through the mouth or nose. (A bronchoscope is a long, flexible tube with a camera on one end that allows the physician to see inside the airways.)

Benefits that Last for Years Rather than Hours

Asthma medicines help open up the airways during an asthma attack, but these medicines don’t always work well in people who have severe asthma. BT is not a medication and works in a very different way to provide long-lasting relief. The BT device applies mild heat inside the airways to reduce excessive smooth muscle. The reduction in muscle tissue helps minimize airway constriction.

A Breath of Fresh Air

It’s been more than two years since Steve Bardin received the treatment and his enthusiasm continues to grow as well. “Soon after I received the second of three BT treatments it became clear the ‘elephant’ that had been sitting on my chest was losing weight—and I’ve only continued to feel better since then,” he says. “It’s like I’ve gone back in time 15 to 20 years. These days, I can play a bit of soccer with my kids, climb stairs and do most anything I want to do.”

Bardin continues, “I’m so grateful to Dr. Boomer and Saint Francis Health System for giving me the opportunity to have this marvelous procedure. I believe anyone who deals with severe asthma should seriously consider BT. It’s definitely changed my life.”



The BT device applies mild heat inside the airways to reduce excessive smooth muscle. The reduction in muscle tissue helps minimize airway constriction.

Understanding Asthma

Asthma is defined as a disease that causes the airways of the lungs to swell and narrow, leading to wheezing, shortness of breath, chest tightness and coughing.

Causes

Asthma is caused by inflammation (swelling) in the airways. When an asthma attack occurs, the lining of the air passages swells and the muscles surrounding the airways become tight. This reduces the amount of air that can move through the airway. For people with sensitive airways, asthma symptoms can be triggered by breathing in substances called allergens.

Common asthma triggers include:

- Animals (pet hair or dander)
- Dust mites
- Certain medicines (aspirin and other non-steroidal anti-inflammatory drugs)
- Changes in weather (most often cold weather)
- Chemicals in air or in food
- Exercise
- Mold
- Pollen
- Respiratory infections, such as the common cold
- Strong emotions (stress)
- Tobacco smoke

Many people with asthma have a family history of allergies. However, others have no history of allergies.

Symptoms

Most people with asthma have attacks, separated by periods of no symptoms. Some people have long-term shortness of breath with episodes of increased shortness of breath. Either wheezing or a cough may be the main symptom. Asthma attacks can last for minutes to days, and can become dangerous if the airway is severely blocked.

Symptoms include:

- Cough with or without sputum (phlegm) production
- Pulling in of the skin between the ribs when breathing
- Shortness of breath that worsens with exercise or activity
- Wheezing
- Abnormal breathing pattern – breathing out takes twice as long as breathing in
- Breathing temporarily stops
- Chest pain
- Tightness in the chest

Emergency symptoms that require prompt medical attention include:

- Bluish color to the lips and face
- Decreased level of alertness, such as severe drowsiness or confusion, during an asthma attack
- Extreme difficulty breathing
- Rapid pulse
- Severe anxiety due to shortness of breath
- Sweating

Steve Bardin and his daughter warm up for soccer practice.



CAMP STRONG BRINGS ON THE FUN

Camp STRONG is an experience designed for children and teens who have been diagnosed with cancer or who have a heart condition. But, as far as this extraordinary group of kids is concerned, it is a week of

blissful, old-fashioned fun!





A typical day at Camp STRONG is like a day at any other camp with morning activities including swimming, drama, hip-hop dancing, horseback riding, archery and zip lining. Afternoons bring free time, with built-in rest time.

Held every summer at Shepherd's Fold Ranch near Avant, Oklahoma, Camp STRONG is hosted by Saint Francis Health System and The Children's Hospital Foundation at Saint Francis. "The commitment by Saint Francis gives kids a chance to step away from their health conditions and just have fun at camp," says Becky Reinholz, MS, RN, clinical manager of the Pediatric Intensive Care Unit at the hospital and one of the camp's co-directors. She oversees cardiology care while her counterpart, Shenna Franklin, RN, supervises oncology care.

Camp STRONG uses the same family-centered care philosophy that works within the walls of the hospital. "These kids have such a wonderful time at camp," Reinholz says. "The kids go home tired, sleep for a week, and then they're ready to come back next year."

Children ages 6 to 18 are eligible to attend the camp, with some siblings attending, as well. "The sibling of a child with an ongoing health issue is often the one forgotten at home. They also need carefree moments... to see their siblings enjoying themselves," Reinholz says. "There are kids with scars up and down their chests who are more energetic than those of us who don't have an underlying medical condition. Their conditions are life-altering, but not life-limiting."

In addition to working with doctors and nurses at camp, there are many teen volunteers who often include members of the Bixby girls' basketball team and Bishop Kelley football team. Certain players come back to camp to visit even after they've gone off to college.



A FAMILY'S PERSPECTIVE



Victoria Perry doesn't let the anniversary of her husband's death go by without doing something productive in his memory. He died two years ago of a heart condition—the same condition her son, Adam, has. This year, her family held a fundraiser in their home and collected \$4,500 to help boost various camp activities.

"Camp STRONG is just a camp. That's what's so cool about it," she says. "These kids have the same opportunities as kids at other camps, but with an extra level of care."

Although her son, Adam, has no limitations—"just meds and knowing when to say when"—it's comforting for her that the professional staff includes doctors and nurses. "I don't worry when he's there. I thought I would - I'm one of 'those' moms. The first year, all three nurses gave me their

personal cell phone numbers, just in case," she says. But, of course, Adam was fine.

Adam Perry's first summer at Camp STRONG was right after his dad passed away. "It was one of the hardest times of my life, but going to camp helped me and I had one of the greatest weeks of my life," he says. "It's a week of freedom for me. I'm allowed to be myself...as crazy as I want."

He's particularly proud of reaching the blue arrow skill level in archery. But his favorite part of camp was being able to throw a whipped cream pie in his cardiologist's face. "It was great to see Dr. (Matthew) Kimberling have fun at camp. He's so serious

in the office. But, he always has a smile on his face," Adam says.

And, as far as camp volunteers are concerned, Camp STRONG is also a pretty special place. Taylor Harvey was one such volunteer in 2013. The Oklahoma Wesleyan University student served as an aide to two girls, both with heart conditions, both born with Down syndrome. "I was nervous at first. With a medical condition, you have to be more careful. But, after a couple of days of regular duties, I really liked it," she says. "You're there for them. It's their camp. It's rewarding to know that I have helped them have a normal camp experience."





SAINT FRANCIS TULSA TOUGH IS AN ANNUAL THREE-DAY CYCLING FESTIVAL DESIGNED TO PROMOTE FITNESS AND HEALTHY LIFESTYLES WHILE SHOWCASING THE SCENIC BEAUTY OF THE CITY OF TULSA.

This year's event took place June 6 through June 8 in downtown and midtown areas of Tulsa. Over the relatively short life of Saint Francis Tulsa Tough, the race's reputation—widely known around the world—has made it a “must” for cyclists.

Saint Francis Tulsa Tough activities include:

- **Tulsa Townie:** An eight-mile course that is spandex-free and fun for the whole family. No matter the age or skill level, participants dust off their bikes and join in the fun.
- **Gran Fondo:** The Gran Fondo rides are open to everyone and have options ranging from 35 to 104 miles. The routes roll through five counties filled with hills and beautiful scenery in northeast Oklahoma and feature rest stops/aid stations and rolling support for riders of all abilities.
- **Crit Racing:** The cycling races feature professional and amateur racers from around the world in events that take place in the streets of downtown Tulsa and along the Arkansas River. A spectator “must see,” the races are fast—weaving through crowded streets lined with live music and vendors.

“It’s been amazing to see how much Saint Francis Tulsa Tough has grown over the years. This year’s event attracted well over 2,000 participants, as well as huge crowds of wildly enthusiastic spectators,” says Tulsa Tough participant, **Michael Cassidy, M.D.**, and cardiologist on staff at the Heart Hospital at Saint Francis. “Tulsa is so fortunate to have Saint Francis Health System as the title sponsor of this first-class event. It’s not only had a huge impact on the cycling community, but on the city’s economy, as well. Tulsa Tough has done so much for the community and is something people really look forward to all throughout the year.”

Being a cardiologist and self-professed cycling enthusiast provides Dr. Cassidy the perfect segue to encourage others to follow suit. “Whether it’s cycling, walking, jogging or water aerobics, I just encourage people to get out there and get their hearts pumping,” he says. “The main thing is to find something you enjoy and to stick with it. In terms of heart health, battling obesity and other health conditions, the benefits of exercise cannot be overstated.”

SAINT FRANCIS TULSA TOUGH
OFFERS SOMETHING FOR EVERYONE

Nine years ago, Saint Francis was approached with an intriguing idea. Within a few short years, this idea morphed into **Saint Francis Tulsa Tough**—one of the city’s largest sporting events and a major economic boon to downtown Tulsa.





GET OUT *and* GET PHYSICAL!

Whether it's cycling or another form of exercise, the important thing is to get moving. The benefits of physical activity are innumerable. In short, being physically active is one of the most important things you can do for your health and well-being.

TRANSFORMATION OF THE HEART

Danny Brooks of Broken Arrow, Oklahoma, never dreamed he'd be able to quit smoking. Yet, when he underwent a triple bypass at the Heart Hospital at Saint Francis in October 2007, that all changed. "When I had the bypass surgery at the age of 51, I knew I had been given a second chance. At Saint Francis Outpatient Cardiac Rehab, I learned how important exercise, nutrition and taking care of yourself are to having a quality lifestyle," he says.

So, Brooks threw out the cigarettes, dusted off his bike and hit the trail. "It was really hard at first, but I didn't give up and just kept pedaling. There was a time when riding five miles was a huge accomplishment," he says.

Well, that was countless miles ago and two Tulsa Toughs later. Last year, Brooks chalked up 104 miles (which included a hefty dose of hills); and at this year's event, he received the "double tough" award and increased his speed by .5 mph to 16.9 mph. "They don't call it Tulsa Tough for nothing. It was a wonderful challenge and I felt great about doing it," he says. "There is such a great sense of camaraderie at this event. You meet all sorts of people. For me, cycling is my ticket down the road to a long, healthy life. I hope to be participating in Tulsa Tough when I'm 100 years old!"



A DIVA AND PROUD OF IT!

A story about Tulsa Tough would not be complete without mention of the Saint Francis Tulsa Tough Divas. Most assuredly, this group of women loves cycling and socializing—but not necessarily in that order. Currently, the Tulsa Tough Divas number around 200. From first time riders to seasoned veterans, they promote and support cycling (road and off-road) for women of all ages, experience levels and abilities.

"I can't think of a better way to release stress and get a great workout than cycling and I know there isn't a better group to learn with and from than the Tulsa Tough Divas," says Cindy Bushnell, manager, digital media, Saint Francis Health System, as well as a proud Tulsa Tough Diva. "Tulsa Tough is my favorite weekend of the year. It doesn't matter what kind of bike you ride, or if you ride at all—the weekend is fun-filled and full of excitement! It's the reason I wanted to learn to ride and what led me to join the Tulsa Tough Divas. Tulsa Tough makes me happy to live in a community that embraces such an awesome event. The races are exciting, the people-watching is great and the sense of community you feel is indescribable. I just love it!"

It's stories such as Danny Brooks', the Tulsa Tough Divas and the many kids and families that participate in this fun, fitness-focused event that inspire Saint Francis to continue to support this worthy endeavor. Supporting events such as Tulsa Tough that promote healthy lifestyles is one way Saint Francis aims to improve the health and well-being of the community.



An effective exercise program needs to be fun and keep you motivated. It helps to have a goal. Your goal might be to:

- Manage a health condition
- Reduce stress
- Improve your stamina
- Buy clothes in a smaller size

Your exercise program can also be a good way for you to socialize and meet new people. Taking exercise classes or exercising with a friend are both good ways to be social. You may have a hard time starting an exercise routine, but once you do start, you will begin to notice other benefits:

- Better control of your weight and appetite
- Improved fitness, making it easier to do everyday activities
- Improved sleep
- More confidence in yourself
- Lower risk for heart disease, diabetes and high blood pressure

GETTING STARTED

If you have not exercised or been active in a long time, start slowly to prevent injuries. Taking a brisk 10-minute walk twice a week is a good start. Try joining a dance, yoga or karate class if they appeal to you. You could also join a baseball or bowling team, or even a mall-walking group. The social aspects of these groups can be rewarding and motivating. The most important thing is to do exercises that you can maintain and enjoy.

BUILD PHYSICAL ACTIVITY INTO YOUR REGULAR ROUTINE

Simple lifestyle changes such as these can make a big difference over time:

- At work, try taking the stairs instead of the elevator, walking down the hall to talk with a co-worker instead of sending an email or adding a 10- to 20-minute walk during lunch.
- When you are running errands, try parking at the far end of the parking lot or even down the street. Even better, walk to the store.
- At home, do chores such as vacuuming, washing the car, gardening, raking leaves or shoveling snow.
- If you ride the bus, get off one stop before your usual stop and walk the rest of the way.

HOW MUCH EXERCISE DO YOU NEED?

Aim to exercise about 2.5 hours a week. Do moderate-intensity aerobic and muscle strengthening activities. Depending on your schedule, you could exercise for 30 minutes, five days a week or 45 to 60 minutes, three days a week. You do not have to do your total daily exercise all at once. If your goal is to exercise for 30 minutes, you can break that up into shorter time periods that add up to 30 minutes.

As you become fit, you can challenge yourself by increasing the intensity of your exercise by going from light to moderate activity. You can also increase the amount of time you exercise.

IMPORTANT NOTE

Talk with your healthcare provider before starting an exercise program if:

- You have diabetes, heart disease, lung disease or another long-term illness
- You are obese
- You have not been very active
- You get chest pain or shortness of breath when you are active

KIDS GET A TRY AT TRIATHLONS



When John-Kelly Warren, chairman, Saint Francis Health System Board of Directors, “caught the fever” for triathlons, it became his personal mission to share it with others...particularly the community’s younger generation.



John-Kelly Warren

On Saturday, April 5, his vision came to life with the inaugural Health Zone Kids Triathlon, which took place at Health Zone at Saint Francis. And, on top of everything else, all proceeds for the event benefited The Children’s Hospital at Saint Francis.

“The whole idea was a marriage of my passion for triathlons, and the health system’s position of promoting health and wellness in the community,” Warren says. “When you add our wonderful Health Zone facility into the mix, it seemed inevitable an event like this would become a reality.”

SPLASH, PEDAL, RUN!

The Health Zone Kids Triathlon attracted nearly 100 young participants. Competition was divided into two groups: 6- to 9-year-olds and 10- to 13-year-olds. The younger group of kids was challenged with swimming 50 yards, biking a half-mile and running a quarter-mile. The older kids swam 100 yards, biked one mile and ran a half-mile.

Following the spirited competition, refreshments were served and gold, silver and bronze awards were presented to boys and girls in the older group. “From all indications, our first Health Zone Kids Triathlon was a huge success,” says Jennifer Daley,

health and wellness coordinator at Health Zone at Saint Francis. “It was awesome to watch the kids’ faces while being cheered on by their families, friends and others. For most of the kids, this was the first time they had ever participated in something like this. As one of the organizers of this event, seeing their excitement and sense of accomplishment was priceless.”

One enthusiastic victor was 12-year-old Ashley Riggensch, who took the bronze award during the day’s competition. “It was such a fun experience. I think it may have helped that I’m on the Bixby swim team and knew how to do flip turns,” she says. “My mom has been a big influence on me as to how important it is to exercise. I think kids need to understand you don’t have to lift weights or run to get exercise. It’s really about figuring out what you like to do and then just having fun with it.”

Ashley’s mom is Katie Eddins, wellness coordinator at Montereau, and fellow physical fitness buff and triathlon devotee. “I have three daughters who are all athletic, but Ashley just jumped at the chance to participate in the Health Zone Kids Triathlon,” Eddins says. “I was so impressed with the event and Health Zone was the perfect venue for it to take place. Ashley really enjoyed it and had such a wonderful sense of accomplishment afterwards. She’ll definitely do it again next year—and hopefully my other girls will too!”

So, is this the first of what will be many more Kids Triathlons? “I sure hope so!” Warren says. “I want to thank all of our employees and volunteers for helping to make the first Health Zone Kids Triathlon a successful and wonderful experience for the kids. We are so pleased to do our part to introduce kids to the benefits of physical fitness and a healthy lifestyle. Whether it’s supporting events like Health Zone Kids Triathlon or Saint Francis Tulsa Tough, it all fits with Saint Francis’ commitment to the health and well-being of the community.”



EXERCISE AND CHILDREN

CHILDREN SHOULD HAVE MANY CHANCES TO RUN, BIKE AND PLAY SPORTS DURING THE DAY. EXPERTS RECOMMEND THAT CHILDREN GET 60 MINUTES OF MODERATE EXERCISE EVERY DAY.

Moderate activity means you breathe harder and your heart beats faster than normal. Some examples are:

- Walking fast
- Playing chase or tag
- Swimming
- Playing organized sports (such as soccer, basketball and football)

Younger children have a shorter attention span than older children. They may be active for only 10 to 15 minutes at a time. The goal is still a total of 60 minutes of activity every day.

WHY EXERCISE?

Children who exercise:

- Feel better about themselves
- Are more physically fit
- Have more energy

Other benefits of exercise include:

- A lower risk of heart disease and diabetes
- Healthy bone and muscle growth
- Maintaining a healthy weight

GETTING STARTED

Not all children are the same. Some kids are very athletic and love getting outside and being active. Others would rather stay inside and play video games or watch TV.

If your child is not athletic, find ways to motivate him or her to be more active.

The following ideas may help non-athletic children become active:

- Let them know it will give them more energy, make their body stronger and allow them to feel good about themselves.
- Encourage them to be active, so they know they can do it.
- Be their role model. If you are not active, it is time to make a change.
- Make walking a part of your family's daily routine. All you need are good walking shoes and rain jackets for wet days. Don't let rain stop you.
- Go for walks together after dinner, before turning on the TV or playing computer games.
- Take your family to community centers or parks where there are playgrounds, ball fields, basketball courts and walking paths. It's easier to be active when the people around you are active.

FIND A GOOD MATCH

It is important to find an activity that excites your child. Some children like to do individual activities, such as swimming, running, skiing or biking. Others prefer group sports, like soccer, football or basketball.

Choose an exercise that works well for your child's age. For example, a 6-year-old may play outside with other kids, and a 16-year-old may run at a track.

Organized sports and daily activities are good ways for your child to get exercise. Daily activities can expend as much or more energy as some organized sports.

Some great daily activities are:

- Walking or biking to school with a friend or parent
- Taking the stairs instead of the elevator
- Riding a bike with family or friends
- Taking the dog for a walk
- Playing outside (such as shooting a basketball or kicking or throwing a ball around)
- Playing in the water (at a local pool, in a water sprinkler or even splashing in puddles)
- Dancing
- Skating (ice skating, skateboarding or roller skating)

KIDS CARNIVAL
YOUTH FIT ZONE
GLOW ZUMBA

SAVE THE DATE
**FAMILY FITNESS
FESTIVAL**
SEPTEMBER 27
4-8 P.M.

FREE
FAMILY
FUN!

- Doing household chores (sweeping, mopping and vacuuming floors, or loading the dishwasher)
- Taking a family walk or hike
- Playing computer games that make you move your whole body, instead of ones that make you move only your fingers
- Raking leaves (and then jumping in the piles before bagging them up)
- Mowing the lawn
- Weeding

HEALTHY OPPORTUNITIES AT HEALTH ZONE AT SAINT FRANCIS

From cooking classes for kids to swimming lessons and ShapeDown (a unique program for overweight and obese children and teens aged 7-15), our youngest members are sure to find an activity or exercise class that's energetic and fun!

To learn more about membership opportunities for the whole family, call 918-494-1671 or visit saintfrancis.com/healthzone.





GROWTH SPURTS



at Saint Francis Hospital South

“There was a time when I could boast that I knew everyone on staff at Saint Francis Hospital South,” says Temitayo Oyekan, D.O., staff hospitalist. **“But, with the growth we’ve experienced the past couple of years, there’s no way I could do that now.”**

Sure, there are more faces on the South campus staff these days, but growth can also be measured in services that have been added to the general acute care hospital’s level of care.

“Since Saint Francis Hospital South first opened in 2007, we have added more than 200 employees, increased the medical staff and many new services,” says David Weil, administrator, Saint Francis Hospital South and senior vice president, Saint Francis Health System. “It’s been exciting to see what began as a fairly quiet hospital grow to one that meets a broader range of healthcare needs for many people in this part of the community.”

Signs of growth and added services at Saint Francis Hospital South include the following:

- In addition to non-invasive cardiology diagnostic tests and equipment available at Saint Francis Hospital South, a **cardiac cath lab** was added to the slate of services. By conducting a wide variety of diagnostic and treatment techniques, the cardiac cath lab enables physicians at Saint Francis Hospital South to tailor care for each individual.
- Trained professionals in the **Emergency Department** treat an average of 73 patients per day (approximately 26,000 a year), compared to 56 patients a day in 2011.
- Saint Francis Hospital South’s **Labor and Delivery** services have expanded with delivery of over 1,400 babies each year, which is more than double the count from recent years.
- Saint Francis Hospital South’s services now include a **Level II Neonatal Intensive Care Unit (NICU)**, which enables Children’s Hospital neonatologists and other skilled specialists to provide care for babies born at a much younger gestational age.
- General surgery has undergone a serious boost in the arm with additional specialists in the areas of **orthopedics, otolaryngology (ear, nose and throat) and urology.**

“We feel a real connection with folks in this part of the community and are pleased we can provide them a convenient option for excellent healthcare,” Weil says. “We are committed to providing patients with individualized, quality healthcare that is provided by physicians and other specialists who practice evidence-based medicine.”

In addition to growth in staff and services at Saint Francis Hospital South, some of its other unique features also bear mentioning. “In addition to the great healthcare our patients receive, I think they really appreciate the uplifting and low-stress environment at this campus,” says Andrew Gottehrer, M.D., staff pulmonologist. “We want our patients to feel comfortable when they come here. And, let’s not forget parking is a breeze here as well!”

As Saint Francis Hospital South continues its path of growth and expansion, some things will likely stay the same. “As we continue to grow, we will also continue to be a neighborhood hospital,” Dr. Oyekan says. “When our patients and their families walk through these doors, they know they are in good hands. That’s because we work hard to provide outstanding healthcare, and ensure each patient’s experience is as pleasant and stress-free as possible.”



Temitayo Oyekan, D.O.



Laureate Eating Disorders Program Expands

For the first time in its 24-year history, the Laureate Eating Disorders Program has relocated to a new and expanded facility.

While the Eating Disorders (ED) Program is still located on the scenic Laureate Psychiatric Clinic and Hospital campus at 6655 South Yale Avenue, its new strategically designed site is very much its own. The brand-new, 30,000-square-foot ED facility is located on the top two floors of the Laureate Institute for Brain Research (LIBR), a separate entity of Saint Francis Health System that is dedicated solely to research. “Our close proximity to LIBR is significant because it enables our program to be strongly affiliated with the institute’s state-of-the-art research on eating disorders and other psychiatric illnesses,” says Scott E. Moseman, M.D., medical director of the Laureate Eating Disorders Program. “Our collaboration with LIBR is particularly important in studying neural circuits associated with eating disorders using the facility’s state-of-the-art fMRI (functional magnetic resonance imaging).”

Strategically Designed for Optimal Treatment

The ED program services, which were previously spread over four buildings, are now consolidated into one area. “Throughout the entire process, a lot of thought was given to efficient work flow and optimal patient care,” says Leah Graves, manager of nutrition therapy. “We wanted to make sure the new facility was

designed to ease our patients’ experience and provide them with a comfortable, pleasant and safe environment. This is especially important with ED patients since their average length of stay is 75 days—with some even being here as long as six months.”

As one of the first dedicated ED programs in the nation, the Laureate Eating Disorders Program has built a distinct name for itself since it opened in 1990. The program is widely known throughout the country, and, as such, has an out-of-state patient base of nearly 80 percent.

Small, but Mighty

Today, the staff is comprised of about 70 employees who work closely with an average of 12 adolescent and 18 adult patients on the unit. “It’s very unusual for an ED program to be as small as ours, but the size of it is entirely by design,” says Ken Moore, director of operations. “We want to make sure each patient receives personalized attention. That’s also why we have an exceptionally low therapist to patient ratio of one therapist to three patients. And, in the course of a patient’s treatment, she will have the same team working with her through all levels of care. I believe this in and of itself makes our ED program stand apart from the others.”

But, there are other reasons the Laureate Eating Disorders Program is unique, namely the program’s on-campus transitional living facility, Magnolia House. Designed for adult patients who have successfully completed the intensive program, Magnolia House provides the opportunity to live independently as they practice life skills and grow in recovery—all within the nurturing support of a treatment community. “We believe so strongly in the value of this transitional program that we offer 30 days of residence at no cost to those who complete the intensive hospitalization program and demonstrate a commitment to recovery,” Graves says. “I don’t know of any other ED program anywhere that does this. This is truly a testament to how committed we are to our patients’ recovery.”

It’s a Calling

Through the years, ED staff members have helped innumerable patients and families understand eating disorders such as anorexia nervosa, bulimia nervosa and other eating-related difficulties—and more importantly—empowered patients to recover from them.

Laureate’s ED staff members have carefully crafted a program as individualized as the many individuals they’ve helped through the years. Even though thought patterns and behaviors associated with an eating disorder are similar, the reasons people develop one can be quite different. Just as no two people are alike, no two treatments are the same.

Admittedly, working with patients affected by an eating disorder is often a difficult process. Yet, according to long-time staff members such as Graves and Beth Persac, clinical supervisor, it’s a calling. “Our team spends a great deal of time with these patients, so we really get to know them – and their families too,” Persac says. “There is a lot of family involvement during treatment, and that is something we strongly encourage because family members can be an integral part of the treatment team. Treatment of an eating disorder is so ‘relational’ and ‘people-centric.’ We all work together to help patients reclaim their lives. So, watching patients get better and live a life in recovery has to be the most rewarding thing there is.”

Graves and Persac agree it’s the little things that make the most difference. “It is so exciting to see these young women celebrate a graduation, start a new job or form a new relationship. Seeing them experience one of life’s milestones is what motivates and inspires us,” Graves says. “Throughout the course of treatment, our team basically lives with these patients; in fact, this new facility was designed to enable us all to be together as a unit and as part of a team. Here at the Laureate Eating Disorders Program, we are a community.”



Decoding Eating Disorders

Eating disorders are increasingly common and can range from very mild to life-threatening. Eating disorders are serious illnesses - not choices.

Symptoms can be physical, social and psychological. Although the exact causes are difficult to pinpoint, researchers have identified certain factors that may contribute to the development of an eating disorder. A basic understanding of an eating disorder is the first step to prevention, intervention or recovery.

Anorexia Nervosa

Anorexia nervosa is an eating disorder that causes people to lose more weight than is considered healthy for their age and height. Persons with this disorder may have an intense fear of weight gain, even when they are underweight. They may diet or exercise too much or use other ways to lose weight.

The exact causes of anorexia nervosa are unknown. Many factors may be involved, including genes and hormones. Social attitudes that promote very thin body types may also be involved.

Anorexia often begins during the pre-teen, teen or early adulthood years. It is more common in females, but is also seen in men. The disease is seen mainly in white women who are high achievers in school and who have a goal-oriented family or personality.

To be diagnosed with anorexia, a person must:

- Have an intense fear of gaining weight or becoming fat, even when she is underweight
- Refuse to maintain a weight that is considered normal for her age and height (15% or more below the normal weight)
- Have a body image that is very distorted; be very focused on body weight or shape; and refuse to admit the danger of weight loss
- Not have had a period for three or more menstrual cycles (in women)

Bulimia Nervosa

Bulimia nervosa occurs in both men and women and is usually preceded by dieting behavior. Bulimia is characterized by binge eating and consuming large quantities of high-calorie food in a way that feels out of control. The binge is followed by some form of purging, designed to prevent weight gain.

Other important facts about bulimia include:

- Typically develops in late adolescence to early adulthood
- Individuals can be of average or above-average weight
- Self-evaluation unduly influenced by size and weight
- Complex lifestyle develops to accommodate eating disorder behavior
- Ongoing feelings of isolation, self-deprecating thoughts, depression or low self-esteem
- Often, there is at least some recognition of the behavior as abnormal

Binge Eating

First recognized in the 1990s, binge eating is characterized by episodes of uncontrolled eating. A binge eater often eats 5,000 to 15,000 calories in one sitting. Those with this disorder do not practice purging, but have feelings of lost control and marked distress about their eating behavior.

Many people with binge eating disorder are overweight and have a history of weight fluctuations. Other psychiatric illnesses, including depression, are also common. Warning signs include:

- Frequent overeating that feels out of control
- Eating rapidly
- Eating to the point of being uncomfortably full
- Irritation and disgust with self after overeating
- History of dieting and/or failed diet attempts



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a future of serving those yet to be born.

For generations, Saint Francis has been the hospital of tomorrow—anticipating and meeting the healthcare needs of the region it proudly serves. This legacy of leadership continues today as Saint Francis opens its Trauma Emergency Center and patient bed tower. This new facility houses an 85-bed trauma center and emergency room as well as 150 patient rooms.

This expansion, the largest in the hospital's 54-year history, represents Saint Francis' commitment to serving the residents of Tulsa and eastern Oklahoma for generations to come. Saint Francis' vision for the future is based on the same mission that it was founded upon—to extend the presence and healing ministry of Christ.

You're invited.

Join us for an open house and an afternoon of activities to celebrate the grand opening of the Saint Francis Trauma Emergency Center and patient bed tower.

2 – 5 P.M.

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Free and open to the community

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presence

a publication of Saint Francis Health System

MISSION

To extend the presence and healing ministry of Christ in all we do

VISION

Saint Francis Health System will collaborate with others who share its values to be the regional leader in the delivery of quality Catholic healthcare services

VALUES

EXCELLENCE

Promoting high standards of service and performance

DIGNITY

Respecting each person as an inherently valuable member of the human community and as a unique expression of life

JUSTICE

Advocating for systems and structures that are attuned to the needs of the vulnerable and disadvantaged and that promote a sense of community among all persons

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Ensuring prudent use of talents and resources in a collaborative manner