

presence



The Brain Issue

FACING DEMENTIA HEAD-ON

**LAUREATE INSTITUTE FOR
BRAIN RESEARCH**

Partnering With the Community

SAINT FRANCIS STROKE CENTER

Providing Lifesaving Care

WHEN A STROKE HAPPENS

Know the Warning Signs

Time to Saddle Up for
Painted Pony Ball 2015!

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It's time to saddle up for the ninth Painted Pony Ball!

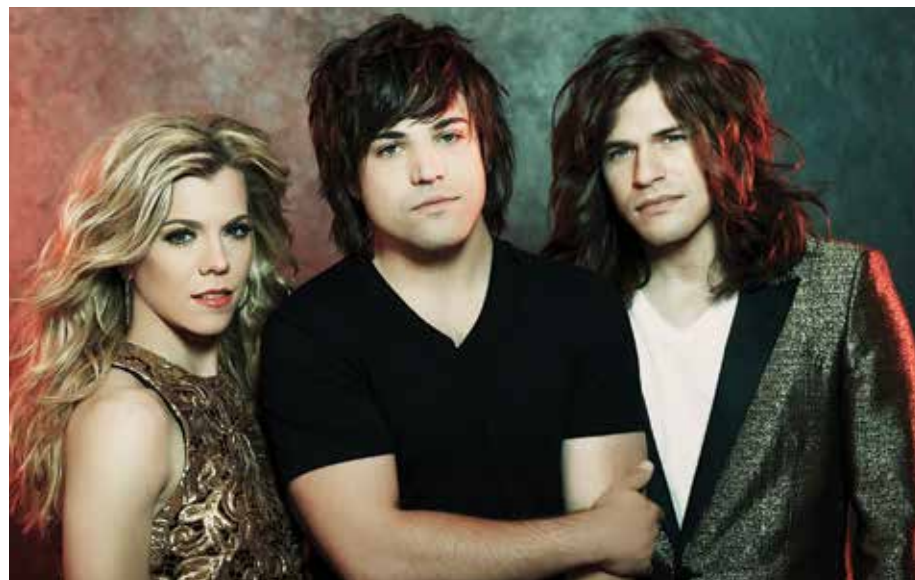
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Saint Francis Health System Calendar of Events



The Band Perry will perform at the Painted Pony Ball benefiting The Children's Hospital Foundation at Saint Francis.

OCTOBER 5 - 24

Warren Clinic Flu Vaccinations

Stay healthy this fall and winter by getting your flu vaccination through Warren Clinic. You may visit any of the Warren Clinic locations throughout the Tulsa area for a flu shot during regular business hours, no appointment needed. Flu vaccination clinics will also be available at the Health Zone at Saint Francis on select dates and times during October. Vaccinations are covered by most insurance plans; the cost is \$20 for those without insurance. Children's vaccinations are provided only through Warren Clinic pediatric physician offices.

More information on specific dates and times for flu clinics is available in this issue of Presence as well as by visiting sainfrancis.com or calling Saint Francis Health Link at (918) 488-6688.

SATURDAY, OCTOBER 17

The Painted Pony Ball

Cox Business Center, Downtown Tulsa

A gala event benefiting The Children's Hospital Foundation at Saint Francis. Dinner, auction and special performance by award-winning country artist, The Band Perry.

For sponsorship information, please contact Kacie Frazier at (918) 502-6763 or email knfrazier@sainfrancis.com.



presence

a publication of Saint Francis Health System

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



It's hard to believe that it has been a year since the installation of our new electronic medical record, Epic. It has been a year since the opening of the Trauma Emergency Center and patient bed tower. Both projects seemed all-consuming at the time, but they paved the way for the new normal and it is hard to imagine life without them. Socrates said, "the secret of change is to focus all of your energy, not on fighting the old, but on building the new." As we reflect on the transformation we have seen over the past year, may we pay special attention to acknowledging the ability of

our organization to pull together and focus on a common goal—a goal that not only benefits our organization, but also our region.

The ability of the women and men of Saint Francis to adapt to a new normal over the past year is a testament to their dedication and commitment and reflective of the adaptability of the human mind. This issue takes a look at our most complex and vital organ, the brain. From stories of stroke and mental illness to recovery and research, you will read about a few of the ways Saint Francis is engaged in care of the mind and the brain—two separate, yet equally important aspects of our being.

This issue will also highlight two events from this summer that hold a special place in the heart of this organization—the Health Zone Kids Triathlon and the Saint Francis Tulsa Tough cycling event. The triathlon, while only in its second year of existence, has developed quite a following. Generating excitement and enthusiasm for fitness in our youth was the primary motivator for developing this event; I am proud to see this vision realized. As for Saint Francis Tulsa Tough, in its ten years of existence this event has grown into not only one of the most anticipated weekends in Tulsa, but into one of the premier cycling and fitness events in the country.

While we have for some time committed substantial resources to physician recruitment and constantly bringing to Tulsa additional physicians in many specialties, I am particularly pleased to welcome Meredith Woodward, M.D. to Saint Francis. Dr. Woodward is the first board certified pediatric neurosurgeon to serve our community.

Best regards,

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

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presence
in pictures

Drench the Doctor

As a part of the many activities planned at the 2015 Camp Strong, campers had the opportunity to drench their doctor, pediatric oncologist Dr. Greg Kirkpatrick, with water balloons, water bottles and more. Camp Strong is a week-long summer camp hosted by The Children's Hospital at Saint Francis for kids and teens that have heart conditions or have undergone oncology treatment. The camp is staffed by children's hospital nurses and staff and allows children and their siblings to enjoy a unique camp experience. "These kids deserve it," said Dr. Greg Kirkpatrick. "After going through things like treatment or major surgeries, it's important for these kids to get out there and just have fun."





presence
in pictures

Partnerships in Healing

Just as no two individuals are alike, nor are the ways in which a condition or disease affects a patient's body. As any physician will attest, collaboration and exchanging ideas is a fundamental part of practicing medicine.

It is a common sight throughout Saint Francis Health System to see doctors consulting together and carefully evaluating a patient's progress and road to recovery. From left, radiation oncologists Dr. Stephen Sack and Dr. Charles Stewart review a patient's treatment plan.





presence
in pictures

A Face Among the Crowd

It's easy to spot that winning smile and those "bearish" good looks amongst a crowd. And, there's no crowd PJ Panda would rather be part of than the annual Saint Francis Night with the Tulsa Drillers.

For more than ten years now, cancer survivors who have received treatment at the Saint Francis Cancer Center and The Children's Hospital at Saint Francis gather for a special night of good ol' American baseball with the Tulsa Drillers.



Saint Francis Stroke Center Provides

Lifesaving Care

As Rosa Blakeburn and her daughter, Brenda, sat down for dinner on Sunday, May 3, little did they know things would change in *just moments*.



“Seemingly out of nowhere, my right arm and leg lost control and the right side of my face became numb,” says Rosa, who had recently retired from a 50-year plus nursing career.

“I said, ‘Oh my goodness, Brenda! Something strange is happening to me!’”

Brenda—also a nurse—knew what to do and that she must act immediately. She knew when a stroke strikes, it occurs quickly and as such, the symptoms usually give no warning and appear very suddenly. “As an ER nurse, I knew what to look for and gave mom a quick neurological exam. It was clear she was indeed having a stroke and so the next thing I did was call 911—*immediately*,” Brenda says. “EMSA transported us to the closest emergency center, mom was evaluated and within minutes she received life saving treatment, tPA.”

As the only FDA approved treatment for ischemic strokes, tPA (tissue plasminogen activator) works by dissolving the clot and improving blood flow to the part of the brain being deprived of blood flow. A significant number of stroke victims don’t get to the hospital in time for tPA treatment; this is why it’s so important to identify a stroke immediately and get help fast.

“The time that elapsed from the onset of mom’s symptoms, to when treatment was administered at Saint Francis Hospital, was no more than 45 minutes,” Brenda says. “I’m certain this is the reason she responded so well to treatment and her symptoms diminished.”

Once the tPA had been administered and Rosa’s condition had stabilized, she was transferred to Saint Francis’ Stroke Center where she remained for the following seven days. “I received such wonderful care and with each passing day, I began to feel like myself again,” Rosa says.

The fact that Rosa diligently performed her physical therapy exercises also contributed to

her impressive strides in recovery—as well as her determination to go to Israel on June 4, just a month after her stroke. “The trip had been planned for some time and really inspired me to work hard and get better so I could go as planned,” she says. And, go to Israel she did! “They say the Lord dropped two-thirds of the world’s rocks in Israel. So, I figured if I can make it around there, I can make it around anywhere!” Rosa says.

When A Stroke Happens

A stroke occurs when the blood supply to part of the brain is interrupted or severely reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die.

The three types of stroke include:

- **Ischemic strokes** occur when an artery is blocked by blood clots and account for 87 percent of all strokes.
- **Hemorrhagic strokes** occur when weak spots on the blood vessel wall break. This type of stroke, which damages or kills nearby brain cells, accounts for 13 percent of all strokes.
- **Transient ischemic attacks (TIAs)**, also referred to as mini-strokes, are different from the aforementioned kinds of stroke because the flow of blood to the brain is only disrupted temporarily for a short time. (TIAs should be regarded as medical emergencies just like the other kinds of stroke, even if the blockage of the artery is temporary. They serve as warning signs for future strokes and indicate there is a partially blocked artery or clot source in the heart.)



A stroke occurs when the blood supply to part of the brain is interrupted or severely reduced, depriving brain tissue of oxygen and nutrients.

Each hour in which treatment fails to occur, the brain loses as many neurons as it does in almost 3.6 years of normal aging.

“Time is Brain”

For every minute a stroke is left untreated, an estimated 1.9 million neurons are destroyed. Each hour in which treatment fails to occur, the brain loses as many neurons as it does in almost 3.6 years of normal aging.

“In order to be most effective, it is imperative that the tPA treatment be administered the sooner the better—and certainly within the first four-and-a-half hours,” says Larry T. Shepherd, D.O., who was Rosa’s attending physician at Saint Francis. “This is why it is so important to get to a medical facility with a dedicated stroke center. A stroke center with specialized training and efficient teamwork is invaluable and can make a significant difference in a patient’s outcome.”

Reducing Your Personal Risk of Stroke

Although stroke can strike anyone at any time, certain risk factors can increase chances of a stroke. However, studies show that up to 80% of strokes can be prevented by working to reduce personal risk.

Recommended stroke prevention guidelines are as follows:

- monitor blood pressure
- identify atrial fibrillation, an abnormal heartbeat that can increase stroke risk by 500%
- stop smoking—smoking doubles the risk of stroke
- limit alcohol use
- be aware of cholesterol levels
- control diabetes
- eat a healthy diet
- maintain a healthy weight
- be active
- treat circulation problems

“It’s a scary thing to be faced with the possibility of a stroke, and the initial reaction is often denial or just hoping it’ll go away. But, timing is key. It’s much better to go to the ER and later be discharged home, than stay home and later suffer the life-altering consequences a stroke can cause” Dr. Shepherd says. “The biggest thing with stroke is the possibility of losing our functional independence—our ability to walk, talk, eat, drive and all the other things we tend to take for granted. If Rosa had not received treatment as quickly as she did, she would have been disabled; but, instead, she recently returned from a 10-day vacation to Israel!”



Be Fast!

Know the Stroke Warning Signs



Awareness of stroke symptoms shouldn’t be restricted to nurses or other healthcare professionals. It’s important for everyone to understand that a stroke is a medical emergency and that prompt treatment is crucial. Early action can minimize brain damage and potential complications. So, if you haven’t already committed the symptoms of stroke to memory, now is the time.

B

Balance

IS THERE A SUDDEN LOSS OF BALANCE OR COORDINATION?

E

ARE THERE SUDDEN VISION CHANGES?

EYES

F

Face

DOES ONE SIDE OF THE FACE DROOP?

A

DOES ONE ARM DRIFT DOWNWARD?

ARM

S

Speech

ARE THE WORDS SLURRED? IS SPEECH CONFUSED?

T

WHAT TIME DID SYMPTOMS BEGIN? IS THE PERSON COMPLAINING OF A TERRIBLE HEADACHE?

TIME & Terrible Headache

Down

Memory

Lane

Matthew Meyer, M.D., medical director,
Laureate Psychiatric Clinic and Hospital



Who would like to
have a better memory?

When asked this question, the odds are most of us wouldn't mind a keener memory—particularly as we get on in years.

A Look at Memory Loss

Let's say you walk into a room to do something, and the second you get there, you have no clue what it was. Or how about seeing someone at a business function or social gathering and for the life of you, you cannot come up with their name?

If these scenarios sound familiar, you are far from alone. The majority of lapses of memory such as these are just that—lapses. More often than not, your memory will kick in and that particular task or that mystery person's name will eventually come back to mind.

While it is true blood flow to the brain gradually decreases over time, experts say that the good news is our brains remain capable of regrowth, as well as of learning and retaining new facts and skills throughout life. This is especially the case for people who get regular exercise and frequent intellectual stimulation.

Alzheimer's Disease and Dementia: One and the Same? Two Different Diseases?

There's no question confusion clouds a clear understanding of the difference between Alzheimer's disease and dementia. So, here are the facts:

Dementia is not a specific disease. Rather, it is a global term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

Alzheimer's, the most common form of dementia, is a progressive disease that destroys memory and other important mental functions.

"Alzheimer's and other types of dementia are major neurocognitive disorders—with the key word being 'cognitive.' Cognition is a fancy word that has everything to do with how we think, act, remember, engage in activities, verbally express ourselves and perform motor skills," says Jimmie McAdams, D.O., medical director of Laureate Senior Behavioral Health. "It is imperative for people to understand Alzheimer's is not a normal part of aging. However, it is also important to understand that our brains change over time and to be able to distinguish normal changes from those that require medical or psychological attention."

Memory Loss Does Not Define Dementia

Another key point to remember is that a diagnosis of Alzheimer's or any other type of dementia is often one of the last reasons causing memory loss.

"For instance, not getting enough sleep can contribute to memory problems and overall wear and tear on the brain. Being depressed or developing an anxiety disorder can also affect memory and concentration," says Matthew Meyer, M.D., medical director, Laureate Psychiatric Clinic and Hospital. "The point is that many physical and psychological conditions can cause problems with memory and thinking. When dementia-like symptoms are caused by treatable conditions—such as insomnia, depression, drug interactions, thyroid problems, excess use of alcohol or certain vitamin deficiencies—they may be reversed."

When Symptoms Exceed Forgetfulness

Normal memory problems do not affect your everyday living. If you are misplacing your keys here and there, that's one thing; if you are forgetting what your keys are for, that's quite another. The latter example of memory loss is not a normal part of aging and warrants an immediate examination with a psychiatrist.

Early detection matters. The 10 warning signs of Alzheimer's disease include:

- memory loss that disrupts daily life;
- problems with planning or solving challenges;
- difficulty completing familiar tasks at home, work or leisure;
- confusion with time or place;
- trouble understanding visual images and spatial relationships;
- new problems with words in speaking or writing;
- misplacing things and losing the ability to retrace steps;
- decreased or poor judgment;
- withdrawal from work or social activities; and/or
- changes in mood or personality.

What You Can Do

As rates of Alzheimer's disease climb, the focus has broadened from treatment to prevention strategies. It has been discovered that it may be possible to prevent or delay the symptoms of Alzheimer's disease and other dementias through a combination of healthy habits.

"The brain is like any other organ in our bodies," Dr. Meyer says. "If someone has high blood pressure or high cholesterol that's not under control, that person will end up having problems with their heart, kidneys or other organs. The same is true with our brains. There's a lot of truth in the expression, 'heart health is brain health.' The choices we make early on—such as eating a healthy diet and getting regular exercise—really do affect the risk of developing dementia or Alzheimer's disease later on down the road."

The health of your brain, like the health of your body, depends on many factors. While there's not much you can do about certain factors such as your genes, many powerful lifestyle factors are well within your control, including:

- regular exercise;
- healthy diet;
- mental stimulation;
- quality sleep;
- stress management; and
- social interaction.

"It's also important to understand the more you use your brain, the more 'cognitive reserve' you are likely to maintain," Dr. McAdams says. "Accumulating a rich reserve of life experiences—education, socializing, a stimulating job, language skills, having a purpose in life, physical activity and mentally demanding leisure activities—makes it possible for your brain to better tolerate aging and other factors that can lead to dementia."

For more information about Alzheimer's disease and other forms of dementia, please visit www.alz.org or contact the Laureate Senior Behavioral Health program at (918) 481-4000.




One Patient's Perspective

Facing DEMENTIA Head-On

Six years ago at the age of 69, Sam* realized that rather than forgetting things once in a while, his memory was failing him on a more consistent basis.

*(*The patient's name has been changed to protect his privacy.)*



“I was at a hotel while traveling one time and someone asked me where I was staying. I went totally blank. I simply could not come up with the name of the hotel,” Sam says. “And, then there were times while watching football or basketball games that I could not remember the star players’ names. This really struck me since I had always been a pretty big fan and watched many games over the years.”

For Sam, navigating around town and finding street addresses became increasingly difficult, and even talking with others began to present new challenges. He found he had to really concentrate when talking with others to track what was being said. Sam, who had always had an excellent vocabulary and been an avid reader, found that it was often taxing to find the right words. And, he began to notice that he would sometimes struggle with words when reading or even mix one letter up for another and mispronounce words when speaking.

“I realize that as we get older, many of us have moments like these. But, this started happening more and more,” Sam says. “I knew I could either ignore it and stick my head in the sand, or face it head-on. I chose head-on because whatever was going on, I wanted to know exactly what it was and learn to live with it accordingly.”

According to Jimmie McAdams, D.O., medical director, Laureate Senior Behavioral Health, Sam’s decision to get things checked out was a wise one. “The biggest travail for treatment of dementia or Alzheimer’s disease occurs when people put off getting checked out by a professional,” Dr. McAdams says. “And, many times if they wait too long, their memory loss is quite advanced by the time they finally see a professional. I hate to see that because the sooner someone with dementia comes in, the sooner we can get them on medication that can help considerably. Of course, on the other hand, your doctor may tell you what you are experiencing is a normal part of aging. But, until you hear that from a professional, please don’t make that assumption on your own.”

Facing the Facts

Following a thorough neurological evaluation, which included an MRI and CT scan, Sam was diagnosed with a condition known as mild cognitive impairment, an intermediate stage between the expected cognitive decline of normal aging and the more serious decline of dementia. Mild cognitive impairment may increase one’s risk of later progressing to dementia or Alzheimer’s disease; yet, some people with mild cognitive impairment never get worse, and a few eventually get better.

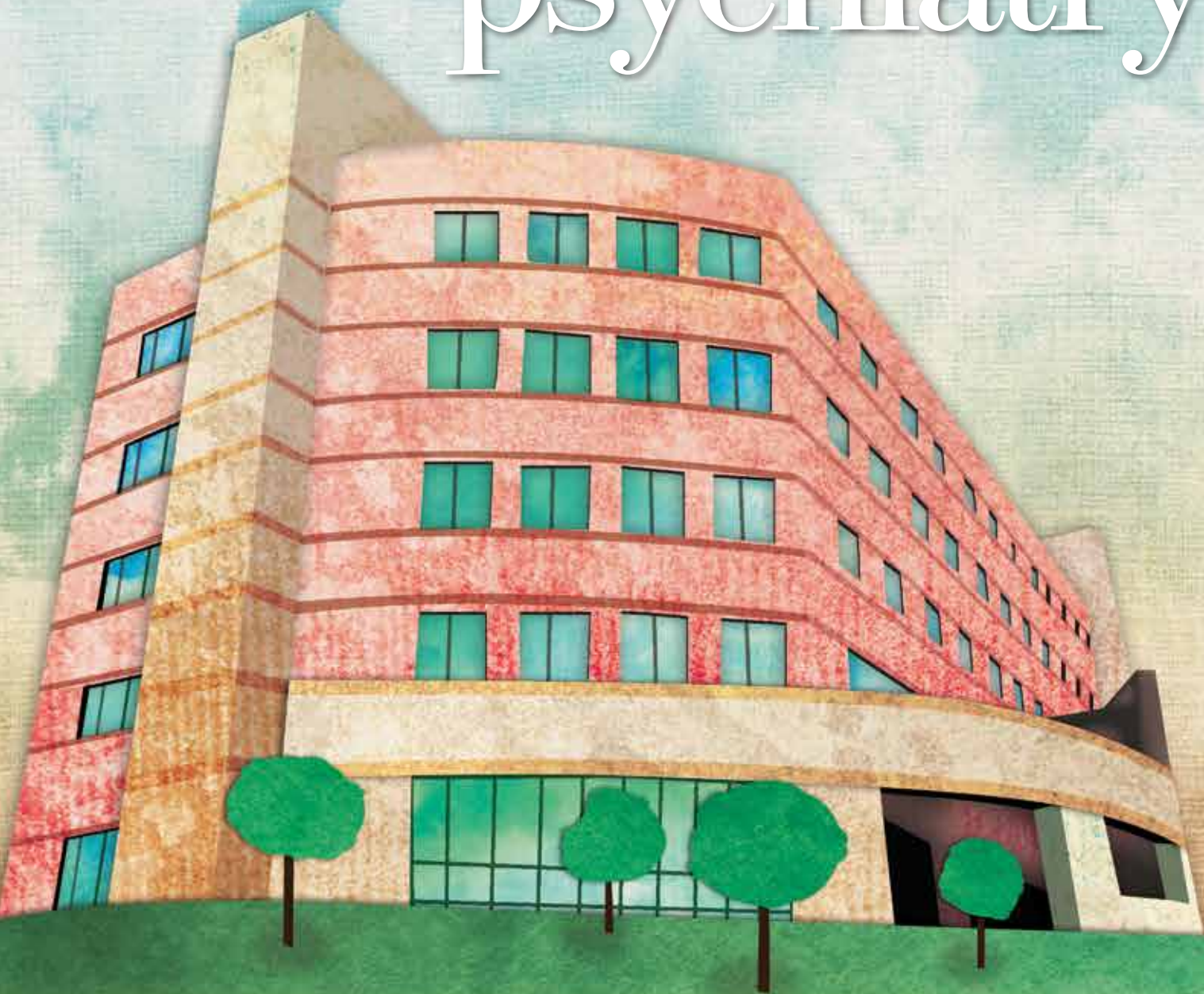
Currently, Sam’s daily regimen includes taking two medications, Namenda and Aricept, a combination that often helps slow down the progression of dementia and Alzheimer’s disease. “I believe these medications have been helpful, and these days I’m able to continue living and enjoying my life to the fullest and to the best of my abilities. While I know my limitations, I have many interests and am able to enjoy a variety of activities—such as volunteering, reading, going to movies, socializing with others, biking and working out at the Health Zone at Saint Francis,” Sam says. “None of us knows what tomorrow holds. That’s all the more reason I’m glad I didn’t waste time in getting a professional opinion; that’s also why I’d encourage others with troubling lapses in memory to do the same.”

*Jimmie McAdams, D.O., medical director,
Laureate Senior Behavioral Health*



Laureate Institute for Brain Research:
connecting the dots between

neuroscience and psychiatry



The Laureate Institute for Brain Research (LIBR) has only been in existence since 2009, yet the strides it has since taken are impressive—and the impact it is making on public health far-reaching. While not an organization that is part of the Saint Francis Health System, a strong affiliative relationship exists between these two entities.

“Despite the fact LIBR is relatively a youngster, the research we have been conducting is highly relevant to this community, as well as to mental healthcare at large,” says Martin P. Paulus, M.D., LIBR scientific director and president. “Basically, we’ve been focusing our efforts on various neuroscience approaches that will result in early detection, better diagnoses and treatments for patients with mental illness.”

Tulsa 1000

One such initiative, the Tulsa 1000 or T-1000, is a groundbreaking study that aims to determine whether neuroscience-based measures can be used to predict outcomes in patients with mental illness including mood, anxiety and eating disorders, as well as substance abuse.

“In particular, our goal is to try to determine what factors best predict who will respond well to a particular treatment,” Dr. Paulus says. “The Tulsa 1000 study is a definitive step towards developing a science-based personalized medicine approach to mental health. The hope is that we will be able to use scientific approaches to more precisely match patients to treatments.”

Since the Tulsa 1000 study launched at the first of the year, about 50 participants have completed the first series of study visits. As its title indicates, a total of 1,000 people from Tulsa and the surrounding areas will be recruited to enter the study.

“We need large numbers of people for this study in order to effectively establish the different ways the brain reacts,” Dr. Paulus says. “We now know depression is heterogeneous. And, while it’s true many people have similar symptoms during depression, the way the brain gets there and the process contributing to the depression can be vastly different for different people.”

“...neuroscience approaches that will result in early detection, better diagnoses and treatments for patients with mental illness.”



Float Therapy

In 2014, LIBR built the Float Clinic and Research Center (FCRC), the first laboratory of its kind in the world. The FCRC contains two custom-designed fiberglass flotation pools, one of which is an open pool and the other enclosed. This year the FCRC began a revolutionary program of research designed to systematically investigate the effects of floating for people who suffer from anxiety, addiction or anorexia nervosa.

“By reducing all external input (visual, tactile and auditory), the float pools create a soothing environment that participants say is incredibly restorative and as they imagine how it would be in a womb,” Dr. Paulus says. “Floating has been shown to significantly decrease blood pressure and heart rate. We are excited to offer float therapy to our patients and believe it shows great promise as a tool for reducing the harmful effects of stress.”

Partnering with the Community

Clearly, there are many impressive projects in the works at LIBR and that research that is destined to help reshape the future of mental healthcare.

“I’m proud to be a part of LIBR,” Dr. Paulus says. “During my career, I’ve seen a lot of different facilities throughout the country, but LIBR is unique. Our top-notch team of researchers—combined with the tremendous support this community provides—make it possible for LIBR to stand apart from the others.”

To learn more about participating in research at LIBR, please visit the Ongoing Studies section at laureateinstitute.org, call 918-502-5100, or email info@laureateinstitute.org.



Volunteer for the T-1000 Research Study

You can do your part to bring mental health into the 21st century by helping the Laureate Institute for Brain Research (LIBR) develop the world’s first “EKG for the psychiatrist.”

About Our Research

LIBR is a science research institute that focuses on delivering brain-based technologies to improve mental health. LIBR is unique in a number of ways, including:

- It challenges its scientists to think outside the box in order to come up with game-changing research findings that improve mental healthcare.
- It works closely with Laureate Psychiatric Clinic and Hospital to develop new treatments for psychiatric patients.
- It has one of the most advanced brain imaging facilities in the country designed to study the living brain.

Participation

The Tulsa 1000 (or T-1000) study involves five “time points” over the course of one year, including a series of baseline visits and four follow-up sessions involving:

- Psychiatric assessments
- Behavioral testing
- Brain imaging scans and tasks
- Blood marker testing

All study assessments and procedures will be provided free of charge to you. You will be paid for your time spent participating in the Tulsa 1000 study

We Need You!

Criteria for T-1000 study volunteer:

- Male or female between the ages of 18 – 55
- Have concerns with any of the following:
 - depression;
 - anxiety;
 - substance abuse; or
 - an eating disorder.

or

- Have no mental health concerns

Joining this research study helps us move toward our goal of personalizing mental healthcare. For more information, please call LIBR at 918-502-5100.

More About Martin Paulus, M.D.

Scientific Director and President, Laureate Institute for Brain Research



Dr. Paulus studied medicine at the Johannes Gutenberg University in Mainz and received a postdoctoral fellowship from the Deutsche Forschungsgemeinschaft (German Research Foundation). Following this, he resumed his medical training and completed his internship at the Long Island Jewish Medical Center/Zucker Hillside Hospital on Long Island, New York.

Prior to joining the Laureate Institute for Brain Research (LIBR) in May 2014, Dr. Paulus served as a professor in the Department of Psychiatry at the University of California San Diego

(UCSD), as well as the Director of Telemental Health at the Veterans Affairs San Diego Health Care System (VASDHS). His work at the VASDHS focused primarily on delivering evidence-based psychotherapy to Operation Enduring Freedom and Operation Iraqi Freedom Veterans with Post-Traumatic Stress Disorder. During his distinguished career, Dr. Paulus has published over 250 scientific papers and has served on numerous research panels, study sections and advisory committees





DR. WOODWARD

Knows a Special Children's Hospital When She Sees It

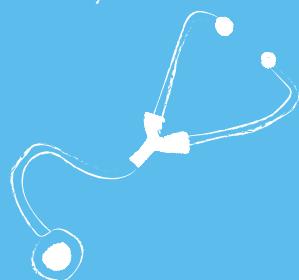
The love of kids is what determined Dr. Meredith Woodward's specialty as a pediatric neurosurgeon. And, Saint Francis Health System's dedication to serving its community is what led her to Tulsa.

Dr. Woodward recently moved from California because she liked what she saw in Tulsa and at The Children's Hospital at Saint Francis. "It was clear to me from early on that The Children's Hospital at Saint Francis is where children requiring specialized care need to be," she says. "So, that's when I realized I needed to be there too."

As a pediatric neurosurgeon at The Children's Hospital at Saint Francis, Dr. Woodward cares for children of all ages with specialized needs such as birth defects, head or spinal trauma and neurological conditions.

It's likely that many of Dr. Woodward's young patients don't understand what being a pediatric neurosurgeon means. All they know—all they really need to know—is that she always has a smile on her face and is doing all she can to make them feel better again.

With a multitude of pediatric medical specialties and the highest level of neonatal care in the region, the hospital's focus is on family-centered care. "People may not realize how special Tulsa's only children's hospital is," Dr. Woodward says. Hopefully, now more people realize how special Dr. Woodward is—as well as the children's hospital that brought her across the country.



About Dr. Meredith Woodward:

LOVES KIDS
From California
PEDIATRIC NEURO-
SURGEON
Specializes in
BIRTH DEFECTS
HEAD OR SPINAL
TRAUMA AND
NEUROLOGICAL
CONDITIONS

FIGHT THE FLU.

Get vaccinated.

No appointment necessary.

Stay healthy this season by getting a flu shot. Visit one of Warren Clinic's upcoming community flu vaccination clinics on one of the dates and times listed below. Or stop by your local Warren Clinic primary care office during business hours - no appointment required. Flu shots are covered by most insurance plans or cost \$20. High dose vaccinations will be available for an additional cost at select locations for those ages 65 and up. Children's vaccinations are only available at Warren Clinic Pediatric physician office locations.

OCTOBER 5 - OCTOBER 16

8 a.m. - noon • Weekdays

Warren Clinic
Broken Arrow-Kenosha
1801 East Kenosha Street

Warren Clinic South Memorial
10506 South Memorial Drive

Warren Clinic Tulsa Hills
7858 South Olympia Avenue

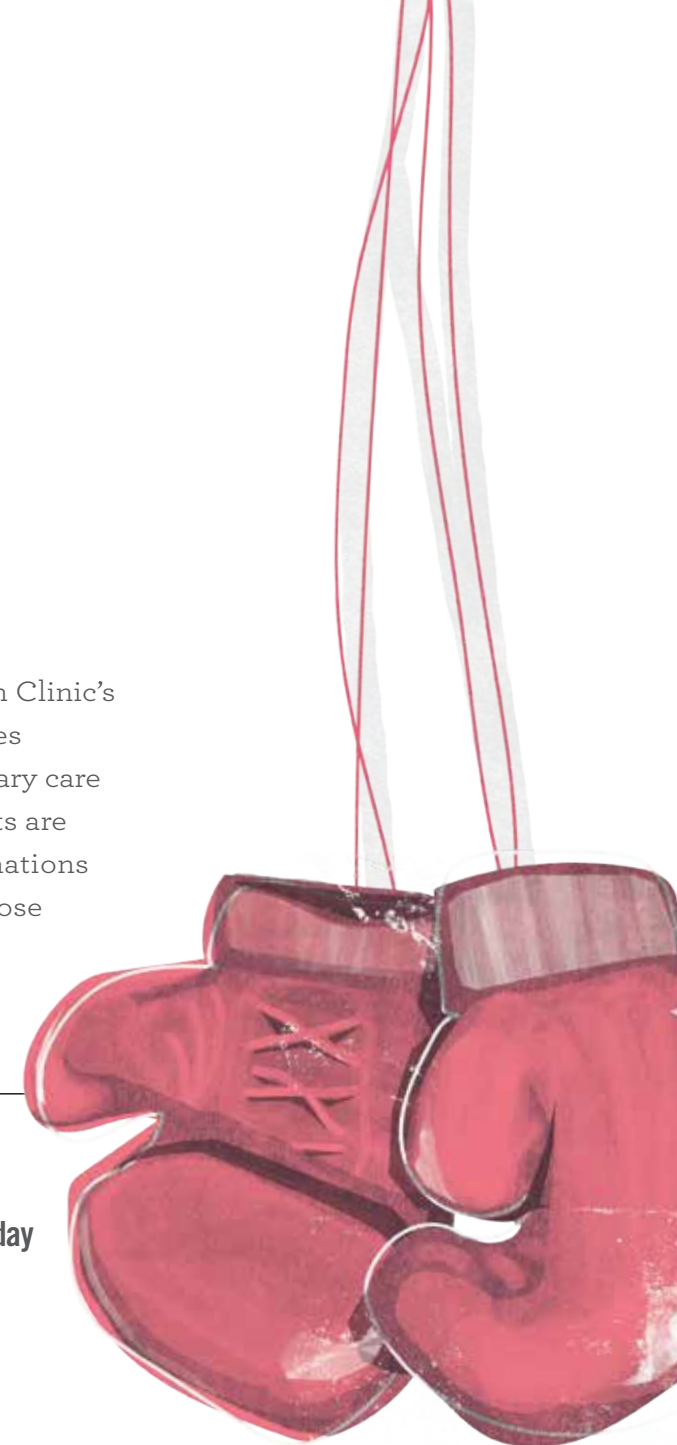
1 p.m. - 4 p.m. • Weekdays

Warren Clinic Tower
6600 South Yale, 1st floor
High-dose vaccines available
for ages 65 and older

OCTOBER 5 - 24

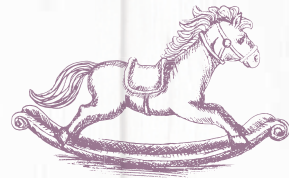
8 a.m. - noon • Monday - Saturday

Health Zone at Saint Francis
5353 East 68th Street
High-dose vaccines available
for ages 65 and older



For more information, please call 918-488-6688 or visit saintfrancis.com.





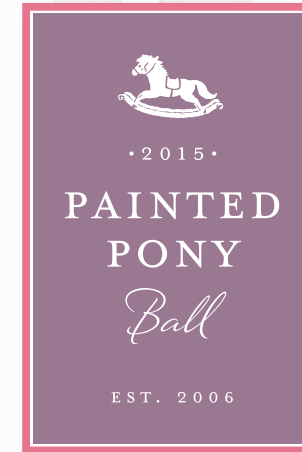
It's time to saddle up for
PAINTED PONY 2015!

This year will mark the ninth Painted Pony Ball, a highly anticipated charitable event that has grown in attendance and has become quite a Tulsa tradition.

It's a safe bet this year's event will again be a night as unparalleled as the cause it proudly supports—The Children's Hospital Foundation at Saint Francis. The Children's Hospital at Saint Francis is led by pediatric physicians who are passionate about their specialties. From critical care, neurosurgery, and cardiac surgery to oncology, pulmonology and the highest level of neonatal care in the area.

With entertainment from The Band Perry and exciting auction items you won't find elsewhere, the Painted Pony Ball benefits a cause that resonates deeply within each of us—the health and well-being of children in the community.

The 2015
PAINTED PONY BALL
benefiting
THE CHILDREN'S HOSPITAL
AT SAINT FRANCIS



COX BUSINESS CENTER
TULSA BALLROOM



OCTOBER 17, 2015
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GRAMMY AWARD, CMA AND ACM
AWARD WINNING ARTIST



The Band Perry

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THE CHILDREN'S HOSPITAL
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918-502-6761 or
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SPLASH! PEDAL! RUN!

HEALTH ZONE KIDS MINI TRIATHLON TWO DOWN, MANY MORE TO COME!

The second annual Health Zone Kids Triathlon took place on Saturday, April 11, and just like the previous year's event, packed in nearly 100 enthusiastic young participants.

Divided into groups according to their ages, kids between the ages of 6 and 13 competed in swimming, biking and running. Following the sporting events, gold, silver and bronze place awards were presented to the top finishers.

New to this year's attractions was a drawing for two bicycles, compliments of Kohls, and a photo booth, which provided plenty of "photo opps" for participants to seize the day.



From all outward appearances, the Health Zone Kids Mini Triathlon is as big a hit for onlookers as for the participants. "The enthusiasm really is contagious," says Jennifer Daley, health and wellness coordinator at Health Zone at Saint Francis. "The parents and other family members get so into it—and so do our staff members! In fact, we are already looking forward to next year's Kids Triathlon. It's such a fun day. I think you could say we enjoy it as much as the kids do."



ShapeDown

A Unique Program for Children and Teens

Health Zone at Saint Francis and The Children's Hospital at Saint Francis have teamed up to offer ShapeDown, a specially designed program for overweight and obese children and teens aged 7 to 15. ShapeDown is comprised of 12 sessions with families participating in two sessions per week. Each session consists of 60 minutes of physical activity and 30 minutes of nutrition education. The program is led by a team of specialists experienced in providing physical activity and nutrition education aimed at children and teens. The team includes a program coordinator, exercise specialists and pediatric dietitians.

Class size is limited to 25 children in order to facilitate staff to client interaction and support. Individualized lifestyle screening, fitness and nutrition assessments are conducted at the beginning and the end of each session.

ShapeDown is open to members and non-members of Health Zone at Saint Francis. To enroll, please contact Jenni Rowe at jrowe@saintfrancis.com or 918-494-8214.

Saint Francis Tulsa Tough Hits the

10

-Year Mark

In the ten years since Saint Francis Tulsa Tough first carved a niche in the local landscape, it has literally transformed the community into a haven for cycling enthusiasts.





"It's been amazing to see how much Saint Francis Tulsa Tough has grown and the impact it has made—not just within the local cycling community, but throughout the country," says Malcolm McCollam, who has served as the event's executive director since its inception. "The fact that Saint Francis Tulsa Tough has only been in existence for 10 years and is now rated as a Tier I (the highest level) racing competition is an impressive feat for the whole city. Saint Francis Tulsa Tough essentially went from not being on anyone's radar, to one of the country's top events." Another primary goal of the event has been to promote active lifestyles and address health challenges our state faces including childhood and adult obesity.

Saint Francis Tulsa Tough is not only great for cyclers in the community, but for everyone else, as well. "From the very start, we wanted to create something that everybody in the community could rally around and feel good about," McCollam says. "After all, we have so much to show off in Tulsa—it's the ideal setting for an event like Saint Francis Tulsa Tough."



Saint Francis tulsa tough 10



The Sisterhood OF THE SAINT FRANCIS TULSA TOUGH Divas

When the Saint Francis Tulsa Tough Divas—a cycling group geared exclusively for women—was launched three years ago, the hope was to get a dozen or two members to enroll.

“We had over 150 women sign up the first year!” says Malcolm McCollam, executive director of Saint Francis Tulsa Tough. “Even though we realized women in the world of cycling were underserved, we were still blown away by this overwhelming response. And, the number of Divas has just continued to grow since then. It is a great group and such an important part of Saint Francis Tulsa Tough. In fact, if I were to pick my overall favorite things about Saint Francis Tulsa Tough, the Divas would be right up there in the top three.”

How the Divas *Roll*

Sure, cycling is what initially draws these ladies in. But, once they are a Saint Francis Tulsa Tough Diva, it becomes so much more.

Clair Powers had participated in triathlons in the past, but eventually honed in on and developed a love for cycling. “When I first heard about the Saint Francis Tulsa Tough Divas, my initial response was, ‘Divas? Pink jerseys? I’m not sure if that’s for me.’ But, once I got involved, I quickly realized it is a different thing altogether. The support and camaraderie the group provides is wonderful. Getting together with a bunch of women—who in no time at all become your friends—has been such a great experience,” Powers says. “The Divas are comprised of a wide range of women representing all different age groups, fitness levels and backgrounds. There are many women’s cycling groups around the country, but I don’t know of one that is tied to a professional event like Saint Francis Tulsa Tough. This makes the Divas all the more special. It is fun to share the common goal of training together and riding as one in Saint Francis Tulsa Tough.”

I Can Do *That!*

Susan Jaris is the first to admit she had never led an active lifestyle, exercised or participated in any type of sport whatsoever. But, as she stood on the sidelines of a Saint Francis Tulsa Tough race in 2013, that was all about to change dramatically.

“I was so inspired and decided right then and there that if all those people could do it, I could too. A few weeks later, I bought a bike and started riding,” Jaris says. “Cycling has totally changed my life, and joining the Saint Francis Tulsa Tough Divas has been a part of that transformation. Making friends isn’t as easy once you’re an adult; yet, as a Saint Francis Tulsa Tough Diva, I’ve noticed how effortlessly friendships are made.”

Jaris’ current goal is to achieve her first “century” (100-mile) ride later this year. “Besides being physically healthier, I am much more confident and free of the body issues I used to have,” she says. “I know there are many Divas who have also experienced a similar epiphany.”

Role Models for *Life*

There’s no question Jaris’ two young daughters have taken note of their mother’s newfound confidence and strength. Her 7-year-old daughter, Sparrow, has begun riding with a local cycling group for kids, and 4-year-old, Starling, has also shown an interest in taking her little bike for a spin.

“It was actually my husband, Mike, who first started the cycling bug in our family. For years, he has competed in cycling and Iron Man competitions, and plays a huge role in encouraging our girls to get out there and be active, as well as supporting me in achieving my goals with the Divas,” Jaris says. “For our girls to see us leading active, healthy lives is the best possible gift we could give them. It’s transformed our entire family. How awesome is that?”

Divas *Rule*

When Katherine Moore isn’t at The Children’s Hospital at Saint Francis where she is a nurse in the post anesthesia care unit, she can often be found on the bike trail amongst her fellow Divas.

“I have ridden on and off for about 30 years, but the last couple of years with the Divas have been some of the best. It is such a welcoming group of ladies. “Those who have ridden a long time are so helpful and make sure inexperienced riders feel more comfortable,” Moore says, “If someone is having trouble with their bike, there’s always someone else close by to offer a helping hand and a smile.”

Moore continues, “One of the Divas’ cardinal rules is that nobody is ever left behind. There’s always a Diva positioned at the front and at the back of the group of riders to make sure anyone who needs to stop and catch her breath won’t be left behind. The Divas are a sisterhood of women who encourage each other. Our group offers something for everyone—regardless of their level of fitness. It’s wonderful to be a part of this strong and inclusive group of women.”

To learn more about the Saint Francis Tulsa Tough Divas, please visit tulsatough.com.





6161 South Yale Avenue • Tulsa, Oklahoma 74136

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

INTEGRITY

Encouraging honesty, consistency and predictability in all relationships

STEWARDSHIP

Ensuring prudent use of talents and resources in a collaborative manner