

presence



Meet

Laney Kate Daniels

Oklahoma's 2016-17 Children's
Miracle Network Champion

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AT THE CHILDREN'S HOSPITAL
AT SAINT FRANCIS**

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GOOD HEART HEALTH**

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SATURDAY, SEPTEMBER 24

Health Zone Family Fitness Festival

Health Zone at Saint Francis
 5353 East 68th Street
 3:00 p.m. – 6:00 p.m.

Join us for our third annual Family Fitness Festival. Everything planned, from fun-in-the-sun events to black light dodgeball, is designed to get your family moving. A Saturday night of activities that are fun for everyone – and absolutely free.

For more information, please call (918) 494-1671 or visit saintfrancis.com/healthzone.

THURSDAY, SEPTEMBER 29

37th Annual Adult and Pediatric Trauma Symposium (Interprofessional Program)

7:30 a.m. Registration
 8:00 a.m. – 5:30 p.m. Program
 DoubleTree by Hilton Hotel Tulsa – Warren Place
 6110 South Yale Avenue

To register, visit saintfrancis.com/events and click on Trauma Symposium.

For additional information, please contact Lauren Haguewood at (918) 494-6490.

OCTOBER 3-31

Warren Clinic Community Flu Vaccination Clinics

Health Zone at Saint Francis
 5353 East 68th Street
 3:00 p.m. – 6:00 p.m.

Stay healthy and help prevent the flu by visiting one of the many Warren Clinic community flu vaccination clinics planned in October - no appointment necessary.

For a complete listing of clinic dates, times and locations, see the ad in this issue of Presence magazine, visit saintfrancis.com or call (918) 488-6688.

On the Cover: Laney Kate Daniels and her mom, Carrie Daniels, pictured at The Children's Hospital at Saint Francis



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



One of the goals of The Children's Hospital at Saint Francis is to provide the children and families of this region high-quality pediatric care close to home. Saint Francis has offered excellent pediatric hematology and oncology services since 1987. This summer, on July 1, the children's hospital oncology clinic became the nation's eighth St. Jude Affiliate Clinic. In this issue, you will read about how the new affiliation with St. Jude connects our hospital and physicians to the world leader in pediatric cancer care and gives our patients access to some of the best treatment,

trials and support available. World-class is an expression I am often hesitant to use; however, in this instance I can think of no better description for the organization that we now have the privilege of working with to battle childhood cancer.

Another momentous occasion this summer was the ordination of the fourth Bishop of The Diocese of Tulsa, His Excellency Bishop David Konderla. Thousands of faithful gathered on June 29 at The University of Tulsa's Reynolds Center to bear witness to this celebration—I, along with several of my colleagues, were blessed to be present during this most holy rite. As you will see in this issue's *presence in pictures*, part of the ordination involves the bishop-elect taking a prostrate position as a demonstration of humility and in recognition of the all-encompassing presence of a superior being. As an organization rooted in the Catholic tradition, we should also seek to assume a position of humility and service to God—in all things, thoughts and activities in which we partake.

Following on the heels of an eventful summer appears to be an equally eventful fall for the organization and even more so for Oklahoma's Children's Miracle Network Champion Child, Miss Laney Kate Daniels. We are proud to have Laney Kate represent The Children's Hospital at Saint Francis at local, regional and national events raising funds and awareness for eastern Oklahoma's only children's hospital.

I hope you have had an enjoyable summer and I wish you a crisp transition to fall.

Best regards,

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

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presence in pictures

When the Going Gets Tough ...

... the Saint Francis Tulsa Tough gets going—and, in literal droves of enthusiastic cyclists of all levels.

This year's 11th annual Saint Francis Tulsa Tough event took place June 10 through 12, and as in years past, attracted a multitude of cyclists, as well as crowds of cheering spectators. In a relatively short period of time, Saint Francis Tulsa Tough has not only become widely known throughout the community but also within competitive cycling circles around the nation.



**Bishop David Konderla
Ordained as Fourth
Bishop of Diocese of
Tulsa**

On June 29—feast of the Solemnity of Saints Peter and Paul—Bishop David Konderla was ordained as the fourth bishop of the Diocese of Tulsa at the Reynolds Center on The University of Tulsa campus. As part of the ordination ceremony, Bishop Konderla prostrated himself before the altar as the Litany of the Saints was sung. **This position of prayer demonstrates humility, as well as the recognition of a superior being.**

Bishop Konderla was ordained a priest June 3, 1995, and had previously served as the pastor of St. Mary Catholic Center in College Station, Texas, since 2005. He follows in the footsteps of Bishop Edward J. Slattery, who faithfully served as the Diocese of Tulsa for over 22 years.





presence in pictures

When Trauma Arises, Cool Heads Prevail

The adrenaline-charged, fast-paced environment that is the Saint Francis Hospital Trauma Emergency Center (TEC) may not be for every health system employee. Yet, those who are a part of the TEC can't imagine working anywhere else. From those directly handling the lifesaving care of patients to those coordinating emergent care behind the scenes, the TEC team is ready for whatever comes its way.

Verified by the Oklahoma State Department of Health as a Level II Trauma Center, the TEC has a long-standing legacy of providing comprehensive critical care to those facing complex, life-threatening emergencies. In the last fiscal year alone, the health system had 131,182 emergency visits.

Pictured from left, TEC staff members Kelly Roberts, Whitney Kimrey and Ryan Powell.





“One of the goals of The Children’s Hospital at Saint Francis is to provide the children and families of this region the ability to seek high-quality pediatric care closer to home.”

The Cure for Childhood Cancer—Closer Than Ever

The Children’s Hospital at Saint Francis Affiliates with St. Jude Children’s Research Hospital

July 1, 2016, marked the beginning of a new era at The Children’s Hospital at Saint Francis—and for children diagnosed with cancer or a blood disorder.

That’s because on this particular day, the pediatric hematology/oncology services at The Children’s Hospital at Saint Francis officially became the nation’s eighth St. Jude Affiliate Clinic. This affiliation is the first of its kind in Oklahoma and will bring the experience and expertise of St. Jude Children’s Research Hospital to the children and families of Oklahoma and the surrounding areas.

“By no means is this an ‘in name only’ relationship—this is a true collaboration in every sense of the word,” says Greg Kirkpatrick, M.D., whose career at The Children’s Hospital at Saint Francis as a pediatric hematologist and oncologist has spanned 26 years. “For all of us at The Children’s Hospital, this affiliation validates the excellent care we work so hard to deliver. We have a great clinical staff, with attention to detail and a deeply caring attitude that is second to none.”

A World-Class Affiliation

Being a St. Jude Affiliate Clinic allows pediatric hematologists and oncologists at The Children’s Hospital at Saint Francis to enroll patients in St. Jude’s clinical research trials—right here at home in Tulsa.

Clinical trials generally study new drugs to find out how well they work in treating diseases such as cancer. If researchers discover that the new, experimental drugs work better than standard treatments, they will keep testing their efficacy in trials. After further testing proves to show an improvement in outcomes, the new drugs become the new standard treatments for other children. This type of research has led to new treatments that improve the field of pediatric hematology and oncology.

“One of the goals of The Children’s Hospital at Saint Francis is to provide the children and families of this region high-quality pediatric care closer to home,” says Shannon Filosa, executive director of The Children’s Hospital at Saint Francis. “Saint Francis has offered excellent pediatric hematology and oncology services since 1987. This new affiliation with St. Jude will

connect our hospital and physicians to the world leader in pediatric cancer care and give our patients access to some of the best treatment, trials and support available anywhere.”

Young Lives Impacted and Saved

As founder Danny Thomas stated when St. Jude Children’s Research Hospital first opened in 1962, “No child should die in the dawn of life.”

“Thanks to the work of Mr. Thomas, his family and thousands of women and men who followed in his stead, **St. Jude has helped increase the worldwide cancer survival rate from 20 percent to more than 80 percent,**” says Jake Henry Jr., president and chief executive officer, Saint Francis Health System. “The number of lives impacted and the number of lives saved as a result of the work of St. Jude Children’s Research Hospital is immeasurable. We are grateful for the work done by St. Jude and are proud to be a part of their continuing legacy of hope.”



"We are grateful for the work done by St. Jude and are proud to be a part of their continuing legacy of hope."

What Will Change at The Children's Hospital at Saint Francis?

Patients and families can expect some physical changes in the upcoming months to the pediatric oncology clinic. The upgrades being made to the clinical area are meant to improve the patient experience and align the treatment environment with St. Jude Children's Research Hospital standards. The physicians and staff of the clinic will remain the same, as will the types of cancers and blood disorders treated within the clinic.

"Establishing the St. Jude Affiliate Clinic at The Children's Hospital at Saint Francis—with everything from transfusions to chemotherapy in one area—will result in a more efficient way of caring for our patients," Dr. Kirkpatrick says. "I think parents will be amazed at the immense amount of information that will be exchanged between physicians and specialists at The Children's

Hospital at Saint Francis and St. Jude—all to ensure our protocols are consistent and that each patient receives the best care possible. **The overriding goal is to learn all we can about the process of pediatric cancer so we can find a cure for pediatric cancer.**"

Kindred Spirits

It seems fitting that two organizations founded in faith and sustained by generations of dedicated employees have joined forces in the fight against pediatric cancer.

"The mission of Saint Francis Health System is expressed in a number of ways—from bedside care and day-to-day interactions to corporate policies and in this case, affiliates whose organizational spirit is kindred to ours," Mr. Henry says. "We are honored to have been chosen by St. Jude to be the site of its eighth affiliate clinic and an extension of the world leader in pediatric cancer research and treatment."

The Stuff of Life

Throughout the process of meshing The Children's Hospital at Saint Francis and St. Jude staffs, all would concur it's been an act of joy performed by like-minded souls.

"From now on, The Children's Hospital at Saint Francis and St. Jude Children's Research Hospital will act as a team in treating and determining the very best protocol for our children with cancer and blood disorders," Filosa says. "I believe everything in life is about relationships. This affiliation is certainly about the relationship between St. Jude and The Children's Hospital at Saint Francis; it's also about the countless relationships we've established with the children and their family members in the past—and in the years to come."

More About St. Jude

Since it opened in 1962 in Memphis, Tennessee, St. Jude has a proud history of translating research discoveries into lifesaving cancer treatments. St. Jude is the world leader in pediatric oncology treatment and research and also serves as the nation's go-to resource for children with hard-to-treat cancers and blood disorders.

The St. Jude Affiliate Program makes treatments developed as clinical trials at St. Jude Children's Research Hospital available to more children by offering much of the care close to home. The St. Jude

Affiliate Program is a network of pediatric hematology-oncology clinics, hospitals, and in some cases, universities united to extend the mission of St. Jude to deliver state-of-the-art care and innovative clinical trials to children with cancer and blood disorders.

In addition to the recent addition of The Children's Hospital at Saint Francis as an affiliate clinic, the others are located in Baton Rouge, Louisiana; Huntsville, Alabama; Johnson City, Tennessee; Peoria, Illinois; Shreveport, Louisiana; Springfield, Missouri; and Charlotte, North Carolina.

For more information about the comprehensive pediatric hematology-oncology care provided through The Children's Hospital at Saint Francis, please visit www.saintfrancis.com/childrenshospital or call (918) 502-6000.



Pediatric hematology/oncology specialists Martina Hum, M.D., Gregory Kirkpatrick, M.D. and Ashraf Mohamed, M.D.



Laney Kate Daniels

Former Patient Named
Oklahoma's 2016
Children's Miracle Network

Champion Child

Earlier this year, a bright-eyed little girl from Bartlesville received some exciting news. Selected among other nominees from the state, 8-year-old Laney Kate Daniels was named Oklahoma's 2016 Children's Miracle Network (CMN) Champion Child.

Through Children's Miracle Network Hospitals, one child is selected to represent each state. As a group, they represent the millions of children treated at pediatric hospitals around the U.S. and Canada.

Laney Kate's Story

Before Laney Kate was even born, she was diagnosed with a rare, life-threatening condition known as **congenital diaphragmatic hernia**.

When a congenital diaphragmatic hernia occurs, the diaphragm typically does not develop properly and some or all parts of the abdominal organs (stomach, spleen, intestine and/or liver) move into the chest. The displacement of these abdominal organs into the chest can affect how the lungs develop and grow.

A Cry of Hope

Depending on how much their lungs are affected, babies with this condition often experience complications—particularly when they are first delivered.

“Prior to her delivery, I was repeatedly told not to be alarmed if my baby didn’t cry when she is born. So, we steeled ourselves for that,” says Laney Kate’s mother, Carrie.

Yet, Laney Kate had no plans to enter this world quietly. “When she was born, she let out a very strong and boisterous cry,” Carrie says. “The doctor looked at me and said, ‘We’ve got a good start here.’ I believe it was a cry of hope.”

Turn on a Dime

For the first few days following her birth, Laney Kate did well; but, then serious complications arose. “It’s still very vivid in my mind. You just never forget these things,” says Rachel Davis-Jackson, M.D., neonatologist and medical director

of the Henry Zarrow Neonatal Intensive Care Unit (NICU). “I remember it was about 2:00 a.m. that particular morning when her condition began to worsen and we quickly decided to place her on **extracorporeal membrane oxygenation (ECMO)**.”

ECMO therapy is a form of heart and lung bypass designed as a temporary support for infants who are failing all other conventional methods of life support. The ECMO system uses a circuit outside the body that directly oxygenates and removes carbon dioxide from the blood. It provides oxygenation and ventilation until lung and cardiac function has sufficiently recovered.

Despite the fact Laney Kate was doing well with ECMO, her condition again suddenly took a serious turn for the worse, causing her stomach to rupture. Moments later, she received emergent surgery in the NICU.

“The condition of a critically ill baby can turn on a dime—they’re so incredibly delicate. Oftentimes, there simply isn’t enough time to transport them to another facility to get the care they need,” says Judy Toman, ECMO coordinator. “That’s why

I believe we are so fortunate to have a Level IV NICU right here in town with highly advanced treatments like ECMO.”

“I Have it Covered”

While the lifesaving surgery was being performed on her baby, a flurry of thoughts and prayers coursed through Carrie Daniels’ mind. “In my moments of overwhelming grief and sadness, one phrase that the Lord God Almighty poured over me again and again was, ‘I have it covered.’ Each time I heard these four words, I felt Him filling my spirit,” she says.

Following a successful surgery, those four words became even more prophetic. “The surgeon said in all the years he’d been performing surgeries like this, he saw something for the very first time with Laney Kate. He said he didn’t have to touch her diaphragm because it had been ‘covered’ by a yolk-like material and was completely developed. When I heard the word ‘covered,’ I was overcome with joy and humility,” Carrie says. “Our experience

at The Children’s Hospital at Saint Francis has been no different than being part of a big and very loving family,” Carrie says. “We visit the folks in the NICU every year on Laney Kate’s birthday. We usually bring something special to share with the staff. While we’re there, we also try to provide hope to families and reassure them the team at The Children’s Hospital at Saint Francis most definitely has them covered.”

With God’s Help

As staff members in the Henry Zarrow NICU will attest, the emotions they experience range from intense joy to deep despair. “There’s no question we have days filled with blessings, and others with heartache,” says Dr. Davis-Jackson. “But, we love what we do. It’s amazing to be able to touch lives and witness a positive outcome like Laney Kate’s. And, we know we aren’t doing it alone—we are doing it with God’s help.”

“...we love what we do. It’s amazing to be able to touch lives and witness a positive outcome like Laney Kate’s.”

Laney Kate with Dr. Rachel Davis-Jackson, one of the neonatologists who cared for her as a newborn.



Champion

About Children's Miracle Network Hospitals



Since 1983, the Children's Miracle Network Hospitals (CMNH) organization has raised more than \$5 billion—most of it \$1 at a time—for 170 children's hospitals across the United States and Canada; which, in turn, use the money where it's needed the most.

Over the years, donations to hospitals across the county have gone to support various projects that include research and training, new medical equipment and uncompensated care—all to help save and improve the lives of as many children as possible.

The Children's Hospital at Saint Francis is the eastern Oklahoma affiliate hospital for CMNH. Through this partnership, 100 percent of funds raised by CMNH's partners in eastern Oklahoma stay local and benefit the young patients of The Children's Hospital at Saint Francis.

Children's Miracle Network Hospitals Local Partners:

- Walmart
- Sam's Club
- Ace Hardware
- Casey's General Stores
- Carmike Cinemas
- Costco Wholesale
- Chico's, White House Black Market, Soma
- CO-OP Financial Services
- Credit Union for Kids
- Dairy Queen
- Dance Marathon
- Direct Energy Services
- Great Clips
- Love's Travel Stops
- Miss America Organization
- Panda Restaurant Group
- Peet's Coffee & Tea
- PepsiCo
- Radiothon
- Red Bull
- RE/MAX
- Sparkling ICE
- Tum-E Yummies

For more information about Children's Miracle Network Hospitals, please visit www.CMNHospitals.org.

She's a Champ. Alright!

Since being named Oklahoma's 2016 Children's Miracle Network Champion Child, Laney Kate's ninth birthday has come and gone—and she and her family recently returned from Washington, D.C. in June with all of the other champions to mark the 20th anniversary of the CMN Champion program.

"It was great to see all of the 2016 Champion Children gathered together for the very first time at the 20th anniversary party. There were 52 children in all (one from each state, as well as representatives from Canada and Puerto Rico)," Carrie says. "It was a wonderful opportunity for Laney Kate to meet others who have traveled a similar road and to better understand her role as Oklahoma's Champion Child."

In addition to visiting some of the city's iconic museums and monuments, Laney Kate's time in Washington, D.C. was packed with exciting activities such as a Washington Nationals baseball game—where the Champs received special recognition; a "superhero party;" and a visit to the U.S. Capitol, where she met Senator James Inhofe.

"I'm sure it will be an experience my daughter will never forget," Carrie says. "She takes her role as Oklahoma's 2016 Children Miracle Network Champion Child very seriously and looks forward to doing her part to make a difference for kids in our region."

From all indications, Laney Kate Daniels is off to a very good start.

"She takes her role very seriously and looks forward to doing her part to make a difference for kids in our region."

EXTRA LIFE SAVES LIVES

IUP

Children's Miracle Network Hospitals' highly successful fundraiser—Extra Life—has been taking place throughout the nation and Canada since 2008. Yet, here at home, the first such event occurred three years ago—all due to a grateful dad's desire to give back to the hospital that saved his daughter's life.



"Four years ago, our daughter—who was two at the time—swallowed a penny," says local resident, Scott Snider. "When it lodged in her throat, it caused a great deal of damage and almost cost our daughter's life. After four surgeries to keep her throat from swelling shut and many hours spent at The Children's Hospital at Saint Francis, our daughter was perfectly fine. Not too long after this ordeal, I found out about Extra Life and how it benefits hospitals within the Children's Miracle Network Hospitals (CMNH). When I learned The Children's Hospital at Saint Francis was the area's designated CMN Hospital, I was really excited there was a way I could give back to the hospital that saved my daughter's life!"

THE GAME PLAN

It didn't take long for Snider and several of his cohorts/fellow gamers (Andy Ammann, Dusty Foreman and Levi Adams) to hatch a game plan. For the past three years—during the first weekend in May—the energetic team has lugged in massive amounts of their own equipment, games and other supplies to create a special Extra Life event in the lobby of The Children's Hospital at Saint Francis.

And, since the initial fundraiser, each successive event has attracted more sponsors, raised more money and helped more kids at The Children's Hospital at Saint Francis than the preceding year! Not only that, but each year Snider's group finds more ways to make it all about the kids.

ALL ABOUT THE KIDS

"We want every kid who participates to feel comfortable and have a great time," he says. "That's why we not only offer video games, but also cards and a variety of board games. We also invite groups from the community to come out and play games with the kids. It's great to see a police officer, a fireman, a Tulsa Oiler hockey player or a member of the Compound Pro Wrestling team playing a game and hanging out with the kids. And, the organizations that sponsor the event have been great and so willing to donate items for goodie bags we give to the kids. We felt it was important for the kids to have something tangible to remember the day."

And, that's not all: "We felt bad that some of the kids weren't well enough to come down to the lobby to participate and play some games," Snider says. "So, we set up two portable units that could go to them. They seemed to appreciate it—after all it's all about the kids."



"WE WANT EVERY KID WHO PARTICIPATES TO FEEL COMFORTABLE AND HAVE A GREAT TIME."

WEIRD, BUT IN A GOOD WAY

If it appears these guys are the giving sort, Kacie Frazier, program director for The Children's Hospital Foundation at Saint Francis, has taken notice.

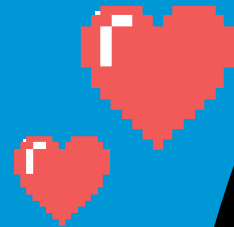
"It's a total compliment when I say Scott Snider and his team are unique, but in a very good way. This is because they never, ever ask for anything in return. Truly, all they want to do is help these kids!" she says. "Bear in mind, Extra Life is something participants have typically done by 'streaming' from their living rooms. But, Scott and his team felt if it's about the kids, the kids should be involved. They are so focused on making Extra Life a great experience and raising as much money as possible for the kids. They say it's all about the kids—and believe me, they mean it!"



ARE YOU GAME?

Gaming enthusiasts who fear they missed out on the fun needn't worry. Extra Life is a fundraiser that keeps giving throughout the year.

"It's not necessary to wait to participate until Extra Life's main event in November," Frazier says. "It's a cumulative fundraising event that is calculated at the end of the year. We encourage anyone who would like to participate to visit Extra-Life.org. After all, it's all about the kids. Just ask Scott Snider."



ABOUT EXTRA LIFE

Extra Life is a fundraising event, in which 100 percent of all proceeds go directly to branches of the Children's Miracle Network (CMN) hospitals throughout the country. All donations raised by Extra Life help fund critical treatments, healthcare services, pediatric medical equipment and charitable care. "Extra lifers" raise money year-round, culminating in a massive international day of play each fall (this year on November 5) and ultimately celebrating one grand total together. Since the program was founded eight years ago, participants throughout the country have raised more than \$14 million dollars.

Extra Life was founded in 2008 to honor a teenage game lover, Victoria Enmon, who lost her life to leukemia. As a grassroots experience, Extra Life makes it possible for passionate gamers of all types to help CMN hospitals treat sick and injured kids in their communities. As one of the premier fundraising programs for CMN hospitals, Extra Life raises funds and awareness for 170 member hospitals that provide 32 million treatments each year to kids across the U.S. and Canada.





Dave Schotter and Scott Reeder

Good Friends

Learn the Value of

Good Heart Health

*Dave Schotter, 52, and Scott Reeder, 53, are co-workers in Tulsa, and have been friends for years. Aside from the quick wit and ready smile they obviously have in common, the two men also share a number of interests—namely working out and leading active and healthy lifestyles. Yet, it wasn't until late last year that they discovered another commonality that not even the best of friends care to share ... **experiencing and surviving a heart attack.***

Facing the Undeniable

For Dave Schotter, there was no denying this grim realization on October 22, 2015. “I was at work and started feeling very poorly. Looking back, I was experiencing all of the classic symptoms of a heart attack—chest and back pains, shooting pain in my arm, fatigue and nausea. I was used to working out hard and really challenging myself at the gym. I attributed the way I felt to a really tough CrossFit training I’d recently done,” he says.

Later that day when Schotter went home, his wife, Jane, noticed how long it took him to climb the stairs and became very concerned. “She said we need to go see a doctor now!” he says. “I don’t even like to consider what would’ve happened if she hadn’t insisted we go.”

They drove to the nearby Warren Clinic Urgent Care where medical personnel quickly determined he was in cardiac distress. They immediately arranged to transport Schotter to the Trauma Emergency Center at Saint Francis Hospital. **“I was obviously in denial,”** he says. “And, when I stopped to think about it, I remembered a similar experience a month or so before. But, I was stupid and just ignored it.”

Lucky to be Alive

Emergency medical staff assessed Schotter’s health while they were still in the parking lot. They gave him oxygen, which helped, but the crushing pain in his chest was undeniable. Tests later indicated that he had suffered a heart attack due to a blockage in his left ascending coronary artery (commonly known as “the widow maker.”) Schotter was lucky to be alive and at the hospital.

Thirteen hours later at the Saint Francis Cath Lab, cardiologist John Ivanoff, M.D., inserted a catheter into the main artery in Schotter’s leg and was able to use it to place a single stent where the blockage was. “It opened up my blood vessel immediately, and the blood started flowing,” Schotter says. “I felt better almost immediately.”

The entire procedure took only 20 minutes, and after resting a few more days in the hospital, Schotter went home the following Sunday.

Out of Nowhere

On December 21, 2015, Scott Reeder was in the best shape of his life. Fitness was a way of life for him and his wife, Michelle. In fact, they had long been regulars at their neighborhood fitness facility where they typically worked out six times a week.

Per usual, on this particular evening, the Reederes had just finished a 45-minute spin class, when they stopped to visit with some friends before heading home. Then seemingly out of nowhere—with no prior warning or telltale symptoms—Reeder suddenly didn’t feel right. “The last thing I remember was heading down some steps, and then I’m told I just went down,” he says.

When Reeder slumped to the ground, his wife immediately grabbed him and screamed for help. While waiting for the ambulance to arrive, two lifeguards on duty sprang into action performing chest compressions and other lifesaving procedures, while others at the gym huddled together in prayer. Minutes later, the ambulance arrived and immediately transported Reeder to the Trauma Emergency Center at Saint Francis Hospital where he was stabilized.

The Next Day

Due to the excellent shape Reeder was in, the doctors had every reason to believe the incident was a fluke caused by a less serious heart irregularity. Yet, on the next day, further tests pinpointed the exact reason for Scott Reeder’s terrifying episode...cardiac arrest caused by 100% blockage of his left ascending coronary artery (again, the “widow maker.”)

“Needless to say, it was a shock not only to the doctors, but to me and my family too,” Reeder says, **“To think that I died for a minute or two that day and was lucky to be alive the next, is hard to comprehend.** Up until that moment, I’d never experienced a trace of a symptom—no chest pains, no nausea, nothing!”

Beyond Thankful

On Christmas Eve, Saint Francis thoracic surgeon Frank Schmidt, M.D., performed open heart surgery on Reeder. While Christmas 2015 certainly wasn't what Reeder expected, he and his family were beyond thankful for Dr. Schmidt's skill and expertise, as well as the compassionate care he received from staff members at The Heart Hospital at Saint Francis.

"OK, how do I say this without sounding cliché?" he asks. "In short, the nurses and other staff members at The Heart Hospital at Saint Francis were unbelievable. They went above and beyond my expectations. They made me feel like I had no worries and that they were going to take good care of me—which is exactly what they did."

Dave Schotter seconds that. "I was completely overwhelmed—they really work their tails off," he says. "You know they aren't just going through the motions. You just know they truly care. This time last year, Scott and I never could have predicted we'd know a thing about The Heart Hospital at Saint Francis and its staff members. But, we are thankful to be here today and have the opportunity to thank them for the amazing care they provide."

Parameters for Life

In terms of the unexpected, the two friends also never figured they would be rounding out 2015 and starting the New Year as regulars at the Cardiac Rehabilitation Center at The Heart Hospital at Saint Francis.

Schotter and Reeder reported to the Cardiac Rehab Center three times every week to exercise on a treadmill or stationary bike while being monitored. In all, their recovery work consisted of a 12-week program (36 total sessions) at the center.

Following their respective 12-week stints with Cardiac Rehab, the two men continue to work out regularly. "We learned a lot from the Cardiac Rehab program," Schotter says. "The program provided Scott and me with the parameters and tools we will need going forward. As for me, I'll continue doing CrossFit, but will customize it to what's appropriate for me."

"This whole thing really shook me up. But, the good thing is it's been a huge wake-up call for many people we know."

The Road Ahead

Yes, of course Dave Schotter and Scott Reeder went through their share of asking the question, "Why me?"

"I'm not going to lie," Reeder says. "This whole thing really shook me up. But, the good thing is it's been a huge wake-up call for many people we know."

Schotter's view—one that is undeniably shared by many—was that by working out, he had a safety net of sorts against heart disease. "That's obviously not true. I only hope others can learn from my mistake," he says.

So, what's the take-home message here? Both are quick to answer that question. "Just be aware and don't ever ignore warning signs like I did," Schotter says. "We all have plans for the years ahead. Let's do all we can to make sure we're around to enjoy them."

"The old saying, 'All things in moderation' may not be original, but it sure makes a lot of sense," Reeder adds. "I also think it's important to go to the doctor regularly and get all of the necessary screenings. You'd be surprised how many people don't do this! Going forward, I plan to enjoy my life—you know, not sweat the small stuff—and make sure exercise and an overall awareness of my eating habits are always a part of it."

Schotter nods in agreement. Turns out, the two men have yet another thing in common—their outlook on the years to come.

For more information on the physicians and medical services provided at the Heart Hospital at Saint Francis, please visit saintfrancis.com/hearthospital or call (918) 502-2050.



No appointment necessary.

Stay healthy this season by getting a flu shot. Visit a Warren Clinic community flu vaccination location at one of the dates and times listed below or stop by your local Warren Clinic primary care office during regular business hours—no appointment necessary.

Flu shots are \$30, but most insurance plans cover the cost. High-dose vaccinations for people ages 65 and over are available for an additional cost at select locations. Children's vaccinations are only available at Warren Clinic pediatric physician office locations.

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

Warren Clinic Tower

6600 South Yale, 1st floor

October 3 – 7 • 1 p.m. – 4 p.m.

October 10 – 14 • 1 p.m. – 4 p.m.

October 17 – 21 • 1 p.m. – 4 p.m.

Warren Clinic Springer Bldg.

6160 South Yale Avenue

October 5 • 8 a.m. – noon

Health Zone at Saint Francis

5353 East 68th Street

October 3 – 8 • 8 a.m. – noon

October 10 – 15 • 8 a.m. – noon

October 17 – 18 • 4 p.m. – 7 p.m.

October 22 • 8 a.m. – noon

Saint Francis Hospital South

10501 East 91st Street South

October 4 • 8 a.m. – noon

October 10 • 8 a.m. – noon

October 22 • 8 a.m. – noon

Saint Francis Hospital South Bishops Building

10507 East 91st Street South

October 11 • 8 a.m. – noon

October 28 • 8 a.m. – noon

October 31 • 8 a.m. – noon

Glenpool Conference Center

12205 South Yukon Avenue

October 15 • 8 a.m. – noon



ASK A SAINT FRANCIS
DIETITIAN

"Good vs. Bad Carbohydrates"

"CARBOHYDRATES OFTEN GET A BAD REPUTATION, especially when it comes to weight gain. But, carbohydrates are not the enemy and are actually very important for a healthy, well-balanced diet. Because of their many health benefits, carbohydrates have a rightful place in our diet," says Valerie Dandridge, outpatient dietitian at Saint Francis Hospital. "Carbohydrates provide your body with fiber, energy in the form of glucose, vitamins and minerals that it needs to function properly. **In fact, carbs should account for half of our daily intake.**"

In terms of carbs, it's also important to understand there are those that are considered good and those not so much.

"Good carbs" include foods that actually came from the earth such as:

- fresh fruits and vegetables;
- nuts;
- Greek yogurt;
- whole grains;
- legumes; and/or
- starchy vegetables like peas, potatoes, corn and yams.

"Bad carbs" are those that are processed:

- sugary drinks;
- white bread, white rice and regular pasta;
- pastries, ice cream and candy; and/or
- French fries and potato chips.

"Carbs that are labeled as 'bad' can certainly still be incorporated into our diets as long as they take a back seat to those deemed healthier and that we should eat more often," Dandridge says.

A WORD ABOUT SERVING SIZE

While it's great to include healthy carbs in your diet, it is just as important to be mindful of portion size. After all, calories are calories.

"People trying to lose or maintain a healthy weight often forget how important portion size is," Dandridge says. "I always tell patients to first fill half of their plate with salad or a non-starchy vegetable before adding a one-cup serving of pasta or other carb source. Ideally, the plate should be comprised of half veggies, a quarter lean protein and a quarter carbohydrate."

WHAT ABOUT PASTA?

Yes! You can have your pasta and eat it too—moderate amounts of a whole wheat or other healthy pasta variety, that is. So long as you eat a sensible portion, there's no reason you can't nosh on noodles. And, with the assortment of whole wheat varieties available today, you can feel especially good about the boost of fiber and protein they provide.

So, let's start cooking!

Whole Wheat Penne with Broccoli and Sausage

Using turkey sausage instead of pork sausage in this recipe will cut saturated fat by a third and using whole grain pasta helps lower cholesterol; broccoli has heart-protective antioxidants.

Yield: 6 servings

INGREDIENTS

- 12 oz. whole wheat penne pasta
- 1 large bunch broccoli, chopped
- 12 oz. hot Italian turkey sausage (spicy)
- 1 pt. grape tomatoes
- 1/2 c. fresh basil leaves
- 1/4 c. freshly grated Pecorino Romano cheese

DIRECTIONS

1. Heat large saucepot of salted (optional) water to boiling on high; add pasta and cook as label directs, adding broccoli when 3 minutes of cooking time remain. Drain pasta and broccoli reserving 1/2 cup cooking water.
2. Meanwhile, thinly slice the sausage on the diagonal. In 12-inch nonstick skillet, cook sausage on medium for 7 to 8 minutes or until it begins to brown, stirring occasionally. Add tomatoes and cook 5 minutes longer, stirring.
3. Stir pasta, broccoli and 1/4 cup of the reserved cooking water into sausage mixture in skillet. Heat through, adding additional cooking water if needed. Remove from heat; stir in basil and cheese.

NUTRITION

Per serving: 336 calories, 21 g protein, 49 g carbohydrate, 8.6 g fat (2.6 g sat), 6.6 g fiber, 506 mg sodium

Good Housekeeping, January 3, 2008

Oven Roasted Potatoes

It's time to let go of the perception that potatoes make us "fat." Did you know a medium potato contains more potassium than a banana? The truth is spuds are a healthful addition to our diet, especially with the fiber boost from eating the potato skin. What's more, potatoes are packed full of nutrients such as phosphorous, magnesium, vitamins C and B6. The potatoes themselves are not unhealthy; rather, many of the toppings we pile on them are. **All you need is a bit of olive oil and herbs on a potato and you'll understand how tasty a guilt-free side dish can be!**

Yield: 4 servings

INGREDIENTS

- 2 large Yukon Gold potatoes, cut into wedges
- 4 tsp. extra-virgin olive oil
- 1-2 tbsp. fresh herbs of your choice (or 1-2 tsp. dried) such as rosemary, thyme or oregano
- 1 tsp. minced garlic (or more if you are so inclined)
- Salt and pepper to taste

PREPARATION

1. Preheat oven to 450°F
2. Toss potato wedges with oil, herbs and minced garlic. Spread the wedges out on a rimmed baking sheet
3. Bake until browned and tender, turning once, about 20 minutes total

NUTRITION

Per serving: 102 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 13 g carbohydrates; 0 g added sugars; 2 g protein; 1 g fiber; 291 mg sodium; 405 mg potassium.

Adapted from Eating Well: May/June 1993



CAMP STRONG GOING STRONG

Camp STRONG isn't your everyday, ordinary kind of camp. Rather, it's a very special place where kids diagnosed with cancer or heart conditions have a ton of fun and enjoy a traditional camp experience. Children ages six to 18 are eligible to attend the camp, with some siblings attending, as well.

Hosted by Saint Francis Health System and The Children's Hospital at Saint Francis, Camp STRONG is held every summer at Shepherd's Fold Ranch near Avant, Oklahoma, and took place in early June 2016.



KIDS JUST BEING KIDS

Camp STRONG is filled with all sorts of fun stuff—such as swimming, drama, archery and horseback riding. New activities included in this year's Camp STRONG agenda included yoga classes, as well as a popular event in which kids had the opportunity to design, create and float in their own boats!

In the end, Camp STRONG is a place where kids can just be kids. It's a camp that offers the same opportunities available to kids at any other camp—but with an extra level of care. And, therein lies the reason why Camp STRONG is so cool.

For more information on supporting Camp STRONG, please contact The Children's Hospital Foundation at Saint Francis at (918) 502-6761.



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 be the leading integrated Catholic healthcare system providing high quality, comprehensive and innovative care across our regional continuum of 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