

# presence

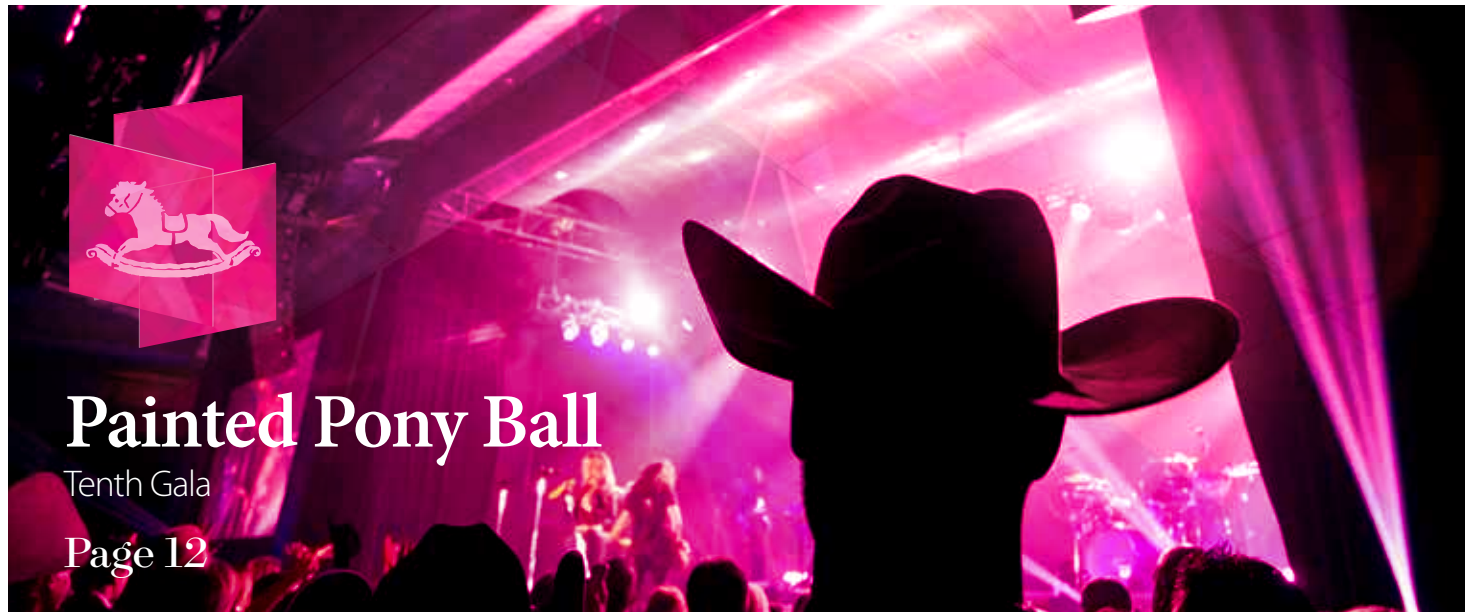


## CELEBRATING 10 YEARS

SAINT FRANCIS HOSPITAL SOUTH'S  
FIRST DECADE

**TULSA IS A LITTLE BIG TOWN**  
10TH PAINTED PONY BALL

**ONE-OF-A-KIND**  
TULSA'S ONLY PEDIATRIC  
EMERGENCY CENTER



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## Calendar

Saturday, September 30

**Health Zone Family Fitness Day**

Health Zone at Saint Francis  
5353 East 68th Street  
9:00 a.m. – 5:30 p.m.

Join us for the fourth annual Health Zone Family Fitness Day. Everything planned, from outdoor events to family fitness classes, is designed to get your family moving. A Saturday of activities that are fun for everyone – and absolutely free.

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

September 14 – 15

**Saint Francis Trauma and Stroke Symposium**

Renaissance Tulsa Hotel and Convention Center  
6808 South 107th East Avenue

Attendees will gain clinical knowledge of evidence-informed strategies to treat injured and critically ill trauma and stroke patients. This educational activity will consist of lectures highlighting inter-professional care that will strengthen regional trauma and stroke systems.

For more information and to register online, please visit [saintfrancis.com](http://saintfrancis.com) or call 918-494-1150.

October 2 – 27

**Warren Clinic Community Flu Vaccination Clinics**

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.

See information on page 11 or for a complete listing of clinic dates, times and locations, please visit [saintfrancis.com](http://saintfrancis.com).

Thursday, October 19

**Saint Francis Medical Town Hall**

Saint Francis Hospital Education Center  
6161 South Yale, east side of hospital  
6:00 p.m. – 7:30 p.m.

In recognition of October as breast cancer awareness month, join us for the free and interactive session with a panel of Saint Francis physician specialists. Ask your questions and learn more about overall breast health, risk factors for breast cancer, the importance of self-exam and early detection as well as the latest in screening technologies, especially those women with dense breast tissue. Dr. Kenneth Piper will moderate.

This event is free and open to the public. To make a reservation, please call 918-494-1448 or email [events@saintfrancis.com](mailto:events@saintfrancis.com).

Saturday, October 21

**Painted Pony Ball**

Cox Business Center, Downtown Tulsa  
100 Civic Center

This gala, which benefits The Children's Hospital Foundation at Saint Francis, features dinner, auction and a special performance by award-winning country artist Little Big Town.

For sponsorship information, please contact Kacie Frazier at 918-502-6763 or email [knfrazier@saintfrancis.com](mailto:knfrazier@saintfrancis.com).

presence  
a publication of Saint Francis Health System



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



In childhood, summer is generally synonymous with vacations, fun and leisure. Of course, much of the sabbatical of summer is lost once we enter adulthood and have responsibilities that don't have the benefit of seasonality. However, I think it is important that we pause and give ourselves, both in our personal and professional lives, a time to reflect. I was given such an opportunity this summer when I received a note congratulating me on fifteen years of employment with Saint Francis Health System. I am humbled to have been a part of this organization for so many years. As I look back on my tenure here, I have profound gratitude to the women and men I have been

privileged to work with over the years. Together we have accomplished great things as we have moved the mission of this health system forward.

I would like to mention this year represents Saint Francis Hospital South's ten-year anniversary within the system. In the past decade this suburban outpost in south Tulsa County has exceeded expectations, had great advancements and significant growth. Congratulations and thank you to the physicians, staff and volunteers at Saint Francis Hospital South—I hope the next ten years will be just as significant as your first.

I'd like to leave you with this quote from the management and leadership guru, Peter Drucker:

"Follow effective action with quiet reflection. From the quiet reflection will come more effective action."

As we move forward into fall, I hope that your quiet reflections of summer pave the way for effective and mission-centric actions in both your personal and professional lives.

Best regards,

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

## Saint Francis Health System Board of Directors

John-Kelly C. Warren, *Chairman*  
Judy Kishner, *Vice-Chair*  
Jake Henry Jr.  
Michael Case  
Michael Cooke, J.D.  
Brent Dennis, M.D.  
William R. Lissau  
Charles McEntee, M.D.  
Sanjay Meshri  
Debbie Zinke

## Saint Francis Health System Executive Council

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*Executive Vice President/Chief Operating Officer, Saint Francis Health System*

Eric Schick  
*Executive Vice President/Chief Financial Officer, Saint Francis Health System*

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Tom Neff  
*Senior Vice President/Strategic Planning and Corporate Business Development, Saint Francis Health System*

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*Administrator, Saint Francis Hospital and Chief Nurse Executive/Senior Vice President, Saint Francis Health System*

Charley Trimble  
*Senior Vice President/Operations, Warren Clinic*

David Weil  
*Administrator, Saint Francis Hospital South and Senior Vice President, Saint Francis Health System*

Tony Young  
*Administrator, Saint Francis Hospital Muskogee and Senior Vice President, Saint Francis Health System*

Michele Keeling  
*Administrator, Vice President, Laureate Psychiatric Clinic and Hospital*



**Bear Clinic at Mayfest**

For over a decade, The Children's Hospital at Saint Francis has served as a sponsor for Tulsa Mayfest and its Kids Zone. As a part of the annual community arts festival, more than 500 children visit the popular Bear Clinic interactive booths. Each child begins their trip through this special clinic by receiving their own cloth bear, decorating it and visiting each clinic station hosted by Saint Francis nurses and staff.





## presence in pictures

### Festival Fun

On Thursday, June 29, Saint Francis Hospital Vinita hosted its Summer Fest event for the community. The more than 200 adults and children enjoyed an evening complete with country music, New Orleans-style snoballs, kettle corn and lemonade. Members of the hospital staff, Warren Clinic Vinita, Saint Francis Health Centers as well as Saint Francis Health Zone, SAFE Kids Tulsa and more hosted interactive booths featuring health and safety information for all ages.

For more information on any of the programs or services available at Saint Francis Hospital Vinita and its affiliated clinics, please visit [saintfrancis.com/vinita](http://saintfrancis.com/vinita).



**Volunteers Give to  
Painted Pony Ball**

Rose Canhal is one of more than 800 Saint Francis Hospital Auxiliary members who volunteer their time throughout the health system. Each year, through proceeds raised by the hospital gift shop sales, the volunteers donate hundreds of thousands of dollars in proceeds to various hospital projects including The Children's Hospital Foundation at Saint Francis. For more information on how to become a volunteer at Saint Francis, please visit [saintfrancis.com](http://saintfrancis.com) or call 918-494-1150.



*To learn more about Painted Pony Ball and the special project the volunteers are donating to this year, see page 12.*



# Saint Francis Hospital South Celebrates First Decade

When speaking with several long-term employees on the occasion of Saint Francis Hospital South's 10th anniversary reveal a common thread—there's no place they would rather be.

Evidently, there are plenty of reasons for this happy consensus.

"Despite the fact Saint Francis Hospital South has experienced a great deal of growth over the past 10 years, we have managed to maintain the closeness and culture of a small campus as we continue to grow," says David Weil, administrator, Saint Francis Hospital South and senior vice president, Saint Francis Health System. "We have evolved from a fairly quiet campus with about 20 patients, to a virtually full-service facility with more than 500 employees. Today, we provide a broad range of new services including labor and delivery, orthopedics, cardiology and a Neonatal Intensive Care Unit (NICU)—as well as a 24/7 emergency department that treats approximately 27,000 patients each year."

## A Worthy Landmark

The physicians, employees and administrators of Saint Francis Hospital South are proud of their first decade. By any standard, 10 years of providing outstanding healthcare services to residents of south Tulsa, Broken Arrow, Bixby, Glenpool, Coweta, Wagoner, Jenks and other neighboring communities is a landmark worth celebrating.

## Like Family

"From the very beginning, working at Saint Francis Hospital South has felt like being part of a family. And, the remarkable thing is that even though it continues to grow and expand, the warm, friendly feeling is as strong as ever," says Dr. Temitayo Oyekan, who began Saint Francis Hospital South's hospitalist program in 2007. "We are a community hospital and we know we are here to serve patients and families in the surrounding communities. We all work together as a team to provide quality care for our patients. This is a role we embrace and of which we are so proud."

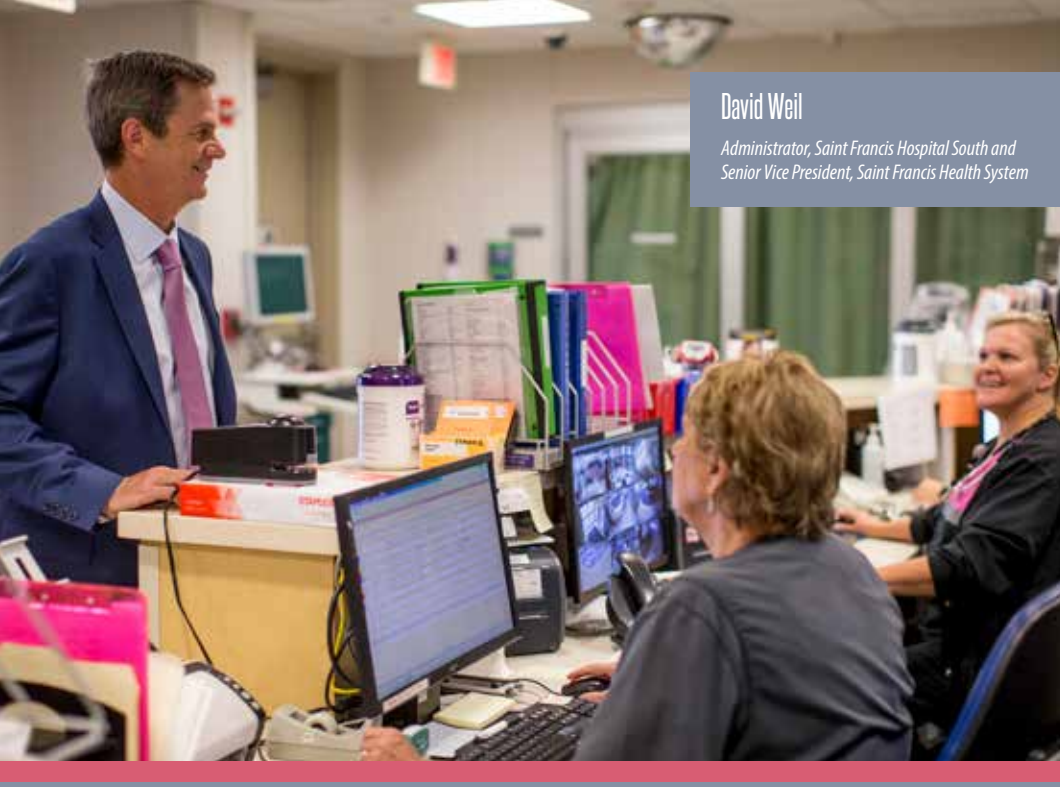


Jackie Lewis, director of quality and case management and Don Pribe, facilities manager



"We all work together as a team to provide quality care for our patients. This is a role we embrace and of which we are so proud."

Dr. Temitayo Oyekan



David Weil

Administrator, Saint Francis Hospital South and Senior Vice President, Saint Francis Health System



One of the main reasons facilities manager, Don Priebe, enjoys his days at Saint Francis Hospital South is because nearly everyone knows everyone else's name.

“Not only is Saint Francis Hospital South a great place to work, it's an excellent healthcare facility, as well,” he says. “I take every opportunity to refer my family and friends here. We hire great people here; it seems we have a knack for recruiting the right people for the right jobs. I've also noticed that once a person begins working here, they stay. For instance, several of my coworkers have been here since this hospital first opened its doors.”

Jackie Lewis, who has served as director of quality and case management for 23 years, originally at Saint Francis Hospital at Broken Arrow, is another advocate of all that is Saint Francis Hospital South.

“Even as Saint Francis Hospital South continues to add new services and employees, it has managed to maintain its welcoming culture and personal nature,” she says. “When I meet people in the community

and they ask where I work, I am so proud to tell them ‘Saint Francis Hospital South.’”

### Room to Grow

Saint Francis Hospital South is prepared for future growth. “We are situated on this beautiful 80-acre campus with plenty of room for growth,” Weil says. “As the communities we serve continue to grow, Saint Francis Hospital South will continue to grow, as well. And, I have no doubt that as we grow, our trademark continuity of staff and wonderful sense of community will be as much as part of Saint Francis Hospital South as it is today.”

To learn more about Saint Francis Hospital South, visit [saintfrancis.com/south](http://saintfrancis.com/south) or call 918-307-6000.

### Saint Francis Hospital South's Inpatient and Outpatient Medical Services:

- 24/7 emergency services
- Cardiology
- Cardiac catheterization lab
- Dialysis (acute)
- Endoscopy
- General medicine
- General surgery
- Imaging services
- Interventional radiology
- Labor and delivery
- Laboratory services
- Neurology
- Obstetrics and gynecology
- Orthopedics (general)
- Orthopedic surgery (spine and joint)
- Pain management
- Plastic and reconstructive surgery
- Podiatry
- Primary care
- Pulmonology
- Urology



**FIGHT THE FLU.**  
Get vaccinated.

## WARREN CLINIC FLU VACCINATIONS.

No appointment necessary.

Warren Clinic wants to help you stay healthy this coming flu season. Visit one of our community flu vaccination clinics at one of the dates and times listed below—no appointment necessary.

Flu shots are \$40, but most insurance plans cover the cost. High-dose vaccinations for people ages 65 and over are available for an additional cost. Flu vaccinations for children are available at the various Warren Clinic pediatric office locations.

For more information, visit [saintfrancis.com](http://saintfrancis.com) or call 918-488-6688.



#### Warren Clinic Tower

6600 South Yale Avenue, 1st floor

- October 2 – October 6 8:00 a.m. – 5:00 p.m.
- October 9 – October 13 1:00 p.m. – 5:00 p.m.
- October 16 – October 20 1:00 p.m. – 5:00 p.m.
- October 23 – October 27 8:00 a.m. – noon

#### Warren Clinic Springer Bldg.

6160 South Yale Avenue

- October 4 8:00 a.m. – 5:00 p.m.
- October 11 8:00 a.m. – 5:00 p.m.
- October 18 8:00 a.m. – 5:00 p.m.

#### Health Zone at Saint Francis

5353 East 68th Street

- September 30 10:00 a.m. – 2:00 p.m.
- October 2 – October 6 1:00 p.m. – 6:00 p.m.
- October 9 – October 13 7:30 a.m. – noon

#### Warren Clinic Broken Arrow

2950 South Elm Place, Suite 120

- October 16 – October 17 10:00 a.m. – 2:00 p.m.

# TULSA IS A LITTLE BIG TOWN

## PAINTED PONY BALL TENTH GALA



*Award winning country artist Little Big Town is the featured artist at this year's Painted Pony Ball.*



*Above: Suzanne Warren, chair of the 2017 Painted Pony Ball, with several current and former patients of The Children's Hospital at Saint Francis.*



## PAINTED PONY BALL 2017 FAST FACTS

Saturday, October 21, 2017  
6:00 p.m. Cocktail Reception | 7:00 p.m. Dinner and Program  
Cox Business Center

Entertainment by CMA, AMC, People's Choice and Grammy Award Winning artist,  
**LITTLE BIG TOWN**

Table sponsorships and individual seating opportunities are available

For ticket and sponsorship information, please contact The Children's Hospital Foundation at Saint Francis at 918-502-6761 or [paintedponyball@saintfrancis.com](mailto:paintedponyball@saintfrancis.com).

When it comes to raising funds for eastern Oklahoma's only hospital dedicated to children, this is a community that jumps in the saddle and ponies up. And, it's a safe bet the generosity of donors will be evidenced again this October, on the occasion of the 10th **PAINTED PONY BALL**—the highly acclaimed fundraiser for The Children's Hospital at Saint Francis.

### A HISTORY ALL ITS OWN

Since the inaugural Painted Pony Ball in 2006, significant funds have been raised to save lives and improve children's health throughout our region.

"Until the Painted Pony Ball and the establishment of The Children's Hospital Foundation at Saint Francis, there had never been a request for public donations in the history of the health system," says Suzanne Warren, chair of this year's Painted Pony Ball, as well as past chair three other times, including the inaugural event. "It is widely known throughout the community that The Children's Hospital at Saint Francis will treat any child in need. It's been so gratifying that from its inception, the Painted Pony Ball has attracted a large, enthusiastic and generous crowd—and we've been so incredibly grateful to every single donor."

Since day one, Mike and Cathey Barkley have also been instrumental in the untold hours involved in the planning, creation and acquisition of entertainment and auction items for the highly anticipated Painted Pony Ball.

"Raising funds for children falls into a category all its own," says Mike Barkley, chair of The Children's Hospital Foundation at Saint Francis Board of Directors, as well as Painted Pony Ball co-chair on six occasions with his wife, Cathey. "We've found that people really want to help and feel they are doing something to help children—particularly when they understand 100 percent of the money raised goes directly to the children and to the mission of the children's hospital to provide the best and most advanced medical care possible."

### FIRSTHAND KNOWLEDGE

In terms of the need for advanced and lifesaving care, the Barkleys have personal insight of what that entails. "We know firsthand how vitally important it is to have a hospital dedicated to the care of children. In 1984, our son was born at 28 weeks at Saint Francis. He received the best of care during his 100 days in the Neonatal Intensive Care Unit (NICU) at Saint Francis Hospital," Cathey says. "The Children's Hospital at Saint Francis' world-class physicians and passionate and highly specialized staff members provide care for critically ill children. And, now with the children's hospital's affiliation with St. Jude Children's Research Hospital, the care children receive has been enhanced all the more."



Event proceeds will support the purchase of a pediatric MRI scanner for The Children's Hospital at Saint Francis—\$3.2 million project.

### PEDIATRIC MAGNETIC RESONANCE IMAGING (MRI)

Benefits:

- Reduces patient and parent anxiety
- Lessens need for intravenous sedation
- Shortens wait times and length of hospital stay
- Minimizes need for repeat scans
- Eliminates exposure to radiation
- Improves patient experience
- Supports family-centered model of care





*While preparing for Painted Pony Ball 10, Suzanne Warren hosts a tea party at The Children's Hospital at Saint Francis.*

In honoring past and present chairs of the Painted Pony Ball, Jeannette Kern says “honored” is precisely how she felt when asked to chair the event in 2015.

“I’d never chaired anything before in my life, and when asked to do so in 2015, the experience proved to be a complete joy and a privilege,” she says. “The Painted Pony Ball always features exceptional auction items and nationally renowned performers. The year I chaired was certainly no exception—it was a magical evening from beginning to end. The popular sibling trio The Band Perry performed. And, of course, they brought the house down, but what was equally as remarkable was when Kimberly Perry stood before the crowd and told of how her father was a pediatrician in rural Tennessee. She shared how she’d often accompany him on house calls and that even though she was very young, she understood the vital importance of the care he provided to children. I believe that impromptu speech heightened the crowd’s inspiration even further! It was an evening I will never forget.”

### COUNTRY CHIC

In revisiting the popular event’s origins, it bears mentioning how its name and unique theme came about.

“Once the decision was made to do a fundraiser for the children’s hospital, the

next step was to settle on a name and theme,” Mike says. “Suzanne envisioned a black tie ball; whereas, Jake Henry Jr. (being from Texas), was keen on having an event with a country western flair. And, from there, a compromise was agreed upon and the Painted Pony Ball ended up being a unique blend of both!”

### A MISSION FOR CHILDREN

While every Painted Pony Ball has been exceptional in its own way, each one has always remained focused on why the crowd is gathered together in the first place.

And, regardless of how much time is spent on planning the event’s extraordinary décor and menu; securing premium entertainment; soliciting donor support; and gathering unique auction items, all who are involved would agree that once another Painted Pony Ball is over and done with, every bit of the effort was well worth it.

“Whether Cathey and Mike Barkley, Jeannette Kern or I served as chair of the Painted Pony Ball, it is always the most exciting and enjoyable evening in Tulsa,” Suzanne says. “We are honored to chair this event because doing what we can for children is our personal mission, as well.”

# A BLESSING FOR ALL



THE ADAGE “BLESSINGS ABOUND” IS HEARD OFTEN ENOUGH. YET, AT SAINT FRANCIS HEALTH SYSTEM, IT IS FAR MORE THAN AN EXPRESSION; RATHER, IT’S A COMMON—AND VERY MEANINGFUL OCCURRENCE. AT SAINT FRANCIS, THE REASSURANCE OF THE MANY BLESSINGS TAKING PLACE THROUGHOUT THE HEALTH SYSTEM IS PALPABLE.





*Saint Francis Hospital chapel consecration.*

**IN THE LITURGICAL SENSE**, a blessing is a rite consisting of a ceremony and prayers performed in the name and with the authority of the Church by a duly qualified minister by which persons or things are sanctified as dedicated to Divine service or by which certain marks of Divine favor are invoked upon them.

“It’s always such an honor to be part of something so special and each time is unique based upon the reason for the blessing,” says Bishop David Konderla. “We bless buildings for the benefit of those who work in and use them. In the case of Saint Francis Health System, these blessings are for its employees, physicians, patients, friends and family members—essentially, everyone who comes and goes through its doors. And, for those who are not Catholic, our fervent prayer is that the Christian foundation we build upon gives them a sense of peace and a tangible presence of God, as well.”

A blessing represents many things to many people. To Sister Brigid Mary Meeks, it stands as a reminder of Saint Francis’ mission of extending the healing ministry of Christ.

“We are participating in His work and as such, consecrating or asking for the Lord to bless the particular space where important work will be taking place,” Sister Brigid Mary says. “A blessing enables the Lord to be present and be an agent of the work taking place throughout the health system. Following a blessing, participants often say they experience a sense of renewal, strength and energy which likewise blesses their patients with attentive and compassionate care.”



*Bishop Emeritus Edward J. Slattery and celebrants at the Saint Francis Hospital chapel consecration.*



*Bishop Emeritus Edward J. Slattery blesses the trauma emergency center tower before grand opening.*

#### BEYOND ALL UNDERSTANDING

During a blessing, holy water (water that has been blessed by a member of the clergy or a religious figure) is sprinkled. Holy water serves as a reminder of baptism and also represents a cleansing of any impurities that might prevent us from receiving the Lord and doing His work.

Numerous blessings have taken place throughout the health system at large buildings, large and small units, new office locations or even, in some instances, a single room.

“We’ve never said no to performing a blessing ceremony—nor will we. The beautiful thing about Saint Francis is that the three chapels, as well as most every other nook and cranny have been blessed and made holy for the Lord. For people of all faiths, the power of prayer, blessings and Jesus Christ are present at Saint Francis Health System,” says Sister Brigid Mary. “A story I will never forget is of a woman who thought she was having a stroke and was being transported to Saint Francis in an ambulance. Although she had no way of knowing when the ambulance was approaching the campus, as soon as it did, she immediately experienced an overwhelming sense of peace and knew she was in God’s hands. Beyond all understanding, He is here. He instills peace and confidence to our doctors and staff members. There’s no question in my mind that the presence of Jesus lives within the health system. That’s why we will always perform blessings and why Saint Francis is so special.”

#### THE POWER OF PRAYER

In addition to blessings, a Catholic tradition that is of utmost importance is that of prayer. “I believe the most important Catholic tradition to the working of a hospital is to pray that God will be present in the lives of all patients and those who work within the hospital,” Bishop Konderla says. “There is nothing as powerful as prayer in bringing about healing and a divine peace to dwell in a place.”

He continued: “It’s great to see Saint Francis living out its mission and that of the Church to reach all. If the health system was gaining additional hospitals and not extending blessings at these locations, it might appear as if Saint Francis wasn’t fulfilling its mission. However, quite the opposite is true. Saint Francis continues to adhere to its fundamental goals of preserving its Catholic heritage and upholding it above all else. And, that is indeed a wonderful thing.”



*Sister Brigid Mary Meeks and The Most Reverend Bishop David Konderla bless Saint Francis Hospital Vinita.*



*Tony Young, Administrator, Saint Francis Hospital Muskogee and Senior Vice President, Saint Francis Health System; Sister Brigid Mary Meeks; The Most Reverend Bishop David Konderla and Jake Henry Jr., President and Chief Executive Officer, Saint Francis Health System at the blessing of Saint Francis Hospital Muskogee.*



## Saint Francis Pediatric Emergency Center: One-of-a-Kind in Tulsa

Spend a few minutes with Drs. Kent Denmark and Ebony Hunter, their amazing sense of calm makes it abundantly clear they are intended to be where they are.

As fellowship-trained pediatric emergency medicine specialists, the significance of their calling comes into even sharper focus. Compound that with the fact that these two practice at eastern Oklahoma's only dedicated emergency medical center for kids—the Saint Francis Pediatric Emergency Center (PEC)—one begins to understand their critical role in improving and—in many instances—saving children's lives.

### From Miles Away

The Saint Francis PEC can make all the difference in the world when dealing with a medical crisis for children and parents.

The PEC, which opened in July 2008 and treats approximately 33,000 children every year, provides high-quality and technologically advanced emer-

gency medical care to critically ill and injured children from eastern Oklahoma.

"In addition to our patients in the Tulsa area, we also often see many who have driven miles to come to the PEC at Saint Francis. This is because they know it is the premier facility of its type in the region and that their child will receive a higher level of care here," Dr. Hunter says.

### Specialty Care—24/7

From treating respiratory syncytial virus (RSV), asthma, appendicitis, accidental poisoning—to traumatic injuries and chronic illnesses, the PEC provides a full range of primary and specialty care and pediatric emergency services for infants, children and families. The department utilizes pediatric specific medical equipment, features a child-friendly atmo-

sphere, private rooms, and provides clinical staff all specially trained in pediatric emergency medicine.

### Meeting Them Where They Are

A trip to the emergency department is always a stressful experience; yet, when the emergency involves a child, it can be all the more so.

"When parents bring their child in to see us, it can be very scary and we understand there's bound to be angst and heightened emotions," Dr. Denmark says. "So, we make every effort to provide one-on-one attention and provide the best possible care for that particular patient and his or her family."

Dr. Hunter adds, "Once our patients arrive, our team pulls together to create a calm environment. We also try to meet

the child and the parents where they are. We ask the parents questions about their child—not only to better understand the situation and what will be the best approach to calm and effectively treat the child, but to bring the parents in and enable them to be involved."

### Easy Does It

Shots, sutures and stitches can be scary stuff—particularly for children. That's why the PEC employs "ouchless" emergency techniques whenever possible. Special syringes designed to minimize pain, as well as less invasive intranasal medications are options that may be used.

"Our staff is trained in age-appropriate techniques, and we also call on child life specialists to help or relieve fear and anxiety," Dr. Denmark says. "Depending on the patient's age

Ebony Hunter, M.D. and Kent Denmark, M.D.

and ability to communicate, we talk kids through every step and try to explain the procedure in terms they can understand. Sometimes we do this with stuffed animals or by allowing the child to look at some of the tools and medical devices we are using."

### A Special Calling

After years of specialized training and preparation, those who opt for a career in pediatric emergency medicine know what lies ahead. Such a career means times of the indescribable joy and satisfaction of saving a young life—to the heartbreaking despair of losing one.

"There was a time in my fellowship when I wrestled with the specialty I'd chosen because I'd had a couple of really rough days," Dr. Denmark says. "Serendipitously enough, I ended up having a conversation with a friend that very night who changed my entire mindset.

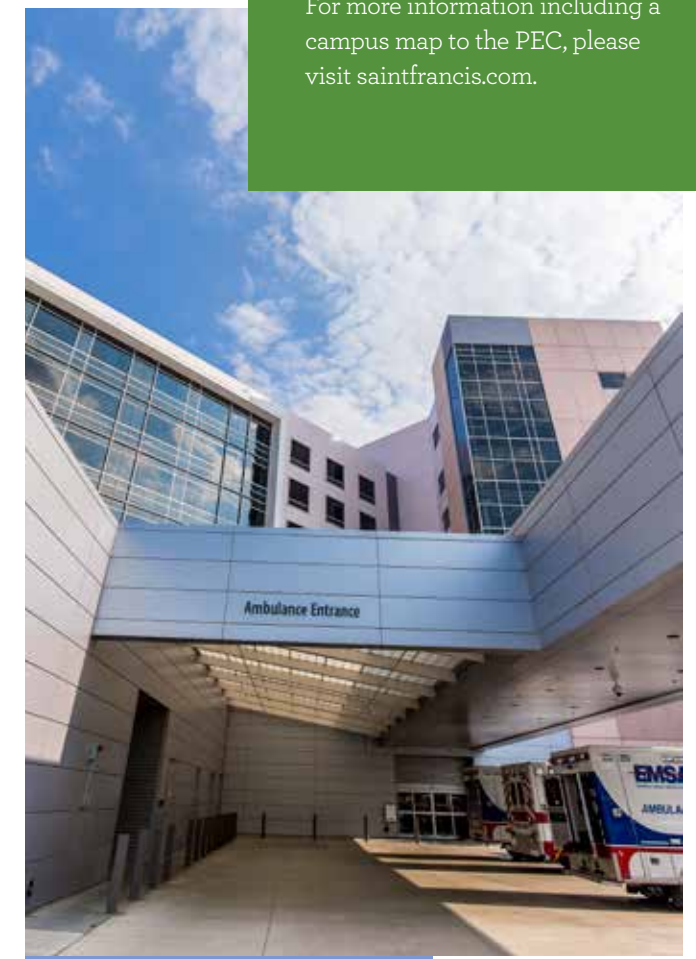
She suggested that each night as I ended my shift, I take some time to reflect on that patient, review the care I had provided, and then simply give it to God. This made all the difference to me and is something I still do on a daily basis. Because I know in my heart that at the PEC, we do everything humanly possible to provide the best care for every child and then we entrust him or her to God's care."

As far as Dr. Hunter is concerned, her career choice was a calling. "As cliché as that may sound, it's true," she says. "I gravitated to being a pediatric emergency physician for reasons I can't even explain. One thing is for certain though: I believe what we do pushes us to be better people—and I wouldn't trade it for anything in the world."

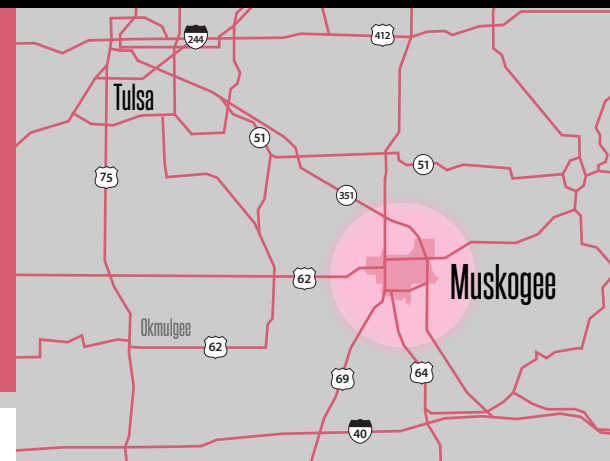
The Saint Francis Pediatric Emergency Center (PEC) is open 24-hours-a-day, 7-days-a-week and is located adjacent to the main Saint Francis Hospital Trauma Emergency Center.

For the most convenient parking, please park in the P4 lot on the hospital campus, just south of the PEC entrance.

For more information including a campus map to the PEC, please visit [saintfrancis.com](http://saintfrancis.com).



# A SPOTLIGHT ON THE REGION: MUSKOGEE



*"I am so proud to now be part of the Saint Francis Health System. I know that your presence in Muskogee will mean great things for our community." K.C. – nurse*

- Healthcare services include:**
- 24/7 Emergency services
  - Level III trauma center
  - Cancer center
  - Cardiology
  - Cardiac rehabilitation
  - Family medicine
  - Imaging
  - Inpatient hospital care
  - Internal medicine
  - Intensive care unit
  - Labor and delivery
  - Neonatology
  - Neurology
  - Orthopedics
  - Otolaryngology (ear, nose and throat)
  - Physical rehabilitation
  - Sleep medicine
  - Sports medicine
  - Surgical services
  - Vein clinic
  - Women's health services
  - Wound care and hyperbaric medicine

## EASTAR Health System became Saint Francis Hospital Muskogee on April 1, 2017

On April 1, 2017, EASTAR Health System's hospitals and affiliated clinics in Muskogee became a part of Saint Francis Health System. Newly renamed Saint Francis Hospital Muskogee, the hospital has two campuses to serve the nearly 40,000 residents in the city of Muskogee as well as many more from the neighboring communities. In addition, the physicians and providers once affiliated with EASTAR Clinic became a part of Warren Clinic, the Saint Francis employed network of primary care and physician specialists.

"As the area's only locally-owned and operated health system, Saint Francis is deeply committed to the current and future health needs of Oklahoma," said Jake Henry Jr., president and chief executive officer of Saint Francis Health System. "This union strengthens both organizations. Saint Francis Hospital Muskogee now has access to the resources and benefits of Saint Francis Health System and the system has now expanded the reach of our mission and taken another step toward our goal of an increased focus on the region."

Tony Young, senior vice president and administrator of Saint Francis Hospital Muskogee, said "Having Oklahoma's premier health system as our partner in Muskogee is a great thing. The stability and sustainability that Saint Francis brings to the healthcare landscape in our community has the potential to positively impact our city now and for generations to come."

For more information about the healthcare services provided at Saint Francis Hospital Muskogee and Warren Clinic Muskogee, please call 918-488-6688 or 1-888-488-6014 or visit [saintfrancis.com/Muskogee](http://saintfrancis.com/Muskogee).



### TWO HOSPITALS:

**Saint Francis Hospital Muskogee**  
288 beds

**Saint Francis Hospital Muskogee East**  
32 beds

700+ employees  
9,000+ admissions  
700+ births

**Warren Clinic Muskogee**  
80+ Employees  
25+ Providers  
11 locations

*"I truly believe this company is making positive changes to impact healthcare in Oklahoma." S.K. – tech*



Tony Young, Administrator, Saint Francis Hospital Muskogee and Senior Vice President, Saint Francis Health System; John-Kelly Warren, Chairman of the Board, Saint Francis Health System; The Most Reverend Bishop David Konderla and Jake Henry Jr., President and Chief Executive Officer, Saint Francis Health System

*"I'm tickled pink to now be a part of this healthcare ministry." C.B. – LPN*



*"Proud to be joining this well respected and forward-moving organization!" M.S. – nurse*

# When “if” is a Big Word



DR. VICKI BAKER,  
HEMATOLOGIST/ONCOLOGIST



PICTURED LEFT TO RIGHT: SAMANTHA NIGH, PA-C, CHRISTY BEASLEY, PA-C, VICKI BAKER, M.D., KRISTIN PICKARD, PA-C, HASSAN KALEEM, M.D., JIHAD KHATTAB, M.D., JOHN ECKENRODE, M.D., MATTHEW ARMSTRONG, M.D., JOSEPH LYNCH, M.D., MUHAMMAD JANJUA, M.D., JENNIFER TROTTMAN, M.D.

## COLON CANCER: The Most Curable Type of Cancer

### if Found Early

As the third leading cause of cancer-related deaths in the U.S. in women—and the second leading cause in men—colon (or colorectal) cancer is expected to cause about 50,260 deaths during 2017.

**Now, for the good news:** Due to improvements in prevention, early detection and treatment, more than a million people in this country are survivors of colon cancer.

“There are a couple of reasons for this,” says Dr. Drew Crawford, gastroenterologist. “One is that colorectal polyps are now being found more often by colonoscopy screenings and removed before they can develop into cancers—or are being found earlier when the disease is easier to treat. In addition, treatment for colorectal cancer has improved over the last few decades.”

### Colonoscopy: A Lifesaving Screening for Colon Cancer

The tricky thing about colon cancer is there are usually no significant signs or symptoms; yet, when it comes to detecting and preventing it, no screening option is more effective than a colonoscopy.

“It is so important to understand that just because you have no family history of colon cancer, it doesn’t mean it’s OK to ignore symptoms that can occur such as blood in your stool,” says Dr. Vicki Baker, hematologist/oncologist. “I also want to stress that while blood in the stool can often be caused by less serious conditions (such as hemor-

rhoids), the fact remains it is important to have your primary care physician check it out to determine if further steps are needed. We simply can’t stress enough that colon cancer is the most curable form of cancer IF found early—and the only way to do that is through a colonoscopy.”

### Colonoscopy Recommendations

For starters, if you have no colorectal symptoms, family history of colon cancer, polyps or inflammatory bowel disease you should have your first colonoscopy exam at age 50.

People with a history of colorectal cancer in a first-degree relative (parent, sibling or child) are at increased risk. The risk is even higher if that relative was diagnosed with cancer when they were younger than 45, or if more than one first-degree relative is affected.

“If you have a first degree family history of colon cancer (mother, father, sibling or child), you should receive your first colonoscopy at age 40, or when you are 10 years younger than the index patient was diagnosed for colon cancer. (For example, if your mom was diagnosed at 43, you should be screened at 33.) Following this, you should

repeat screenings at least every five years,” Dr. Crawford says. “If the colonoscopy doesn’t detect polyps or cancer and you don’t have risk factors, the next test should be in ten years. If one or two small, low-risk polyps are removed, the exam should be repeated in five to ten years.”

### Lifestyle-related Factors

Several lifestyle-related factors have been linked to colorectal cancer. In fact, the links between diet, weight and exercise and colorectal cancer risk are some of the strongest for any type of cancer.

“A diet that is high in red meats (such as beef, pork, lamb or liver) and processed meats (such as hot dogs and some luncheon meats) can raise your colorectal cancer risk. Diets high in vegetables, fruits and whole grain fibers have been linked with a lower risk of colorectal cancer,” Dr. Baker says. “People who have smoked for a long time are more likely than non-smokers to develop

and die from colorectal cancer. Smoking is a well-known cause of lung cancer, but it is also linked to other cancers, like colorectal cancer.”

### Warren Clinic Gastroenterology Welcomes Dr. Drew Crawford

A considerable portion of a gastroenterologist’s practice deals with the screening and prevention of colon cancer. Essentially, gastroenterology is the study of the normal function and diseases of the esophagus, stomach, small intestine, colon and rectum, pancreas, gallbladder, bile ducts and liver.

On August 1, Warren Clinic welcomed Dr. Crawford, who has been practicing in the Tulsa area since 2002. “I’m really excited to be joining the health system,” he says. “The fact that Saint Francis Health System is a Catholic institution that’s always been locally owned and operated appeals to me on many levels. I believe its deeply rooted family history is also a very important distinction.”

*The tricky thing about colon cancer is there are usually no significant signs or symptoms; yet, when it comes to detecting and preventing it, no screening option is more effective than a colonoscopy.*

Warren Clinic Gastroenterology is located at 6585 South Yale, Suite 710 in the William Medical Building. For more information or to schedule a colonoscopy, please call 918-502-2260.



DR. DREW CRAWFORD,  
GASTROENTEROLOGIST

# PACK A HEALTHY PUNCH INTO YOUR KIDS' LUNCH!



## AS SCHOOL DAYS GET UNDERWAY, SO DOES THE FAMILIAR TASK OF MAKING SCHOOL LUNCHES THAT ARE BOTH TASTY AND HEALTHY.

Saint Francis Health System outpatient dietitian Valerie Dandridge provides some helpful suggestions below and says it's important to include some food options that can help kids maintain energy and focus throughout the school day. "Protein provides a good source of energy," advises Dandridge. "Good examples for school lunches include cheeses or cottage cheese, hard-boiled eggs, lunch meats and tuna. Incorporating whole wheat breads and/or whole wheat pasta salad also incorporates protein as well as fiber and B vitamins."

And as we all know, starting the day with a good breakfast is also important. "Breakfast should be more than just carbohydrates, as kids can 'burn off' those quickly," Dandridge says. "Pairing a protein source with those carbs will help to deliver more sustained energy until lunchtime."

### HERE ARE SOME ADDITIONAL HELPFUL HINTS:

- Try a lunch bag that will keep your food cool for hours; often these bags have freezable gel inside the bag's lining.
- If your child wants a hot lunch, add heated contents such as soups, tortellini or spaghetti to a securely sealed thermos in the morning; if using a cool pack type of lunch bag, keep thermos separate so contents won't cool too quickly.
- To keep apple slices from browning, mix two tablespoons of honey into one cup of water and pour over apples and let set for several minutes; remove.
- Keep foods cold by packing a bottle of water or 100% fruit juice box that has been frozen; this should thaw out by lunch time.

- Place a frozen yogurt tube in a cool lunchbox; the yogurt should be thawed, but still cold by lunch time.
- Try a variety of breads to keep kids interested. Try bread rolls, pita bread, flat bread, mini bagels, etc. You could also go "breadless" by rolling a slice of cheese and lunch meat together.
- Include produce in your child's lunchbox. Try grape tomatoes, cucumber slices, carrots, raw broccoli or cauliflower, bell pepper strips or jicama strips. Go for fruits such as pineapple cubes, grapes, strawberries, mandarin oranges, melon or blueberries.
- To make busy mornings less so, pack lunches the night before and store in the refrigerator or freezer.
- Be mindful that most schools do not allow peanut butter or other nut products in school lunches due to serious food allergies.
- Don't forget the standard tuna or chicken salad as sandwich fillings or with crackers or vegetables.



## EASY SNACK WRAPS

On this particular recipe, feel free to try different variations—such as replace cream cheese with low-fat ranch dressing or guacamole and try different lunch meats. Or, add in different vegetables such as bell pepper strips or jicama.

### Ingredients:

- 12 (10-inch) flour tortillas
- 1 (8-ounce) package cream cheese
- 1 head lettuce
- 1 (6-ounce) package sliced deli-style turkey
- 2 cups shredded carrots
- 2 cups minced tomato

### Directions:

Spread cream cheese evenly over the tortillas. Top the cream cheese with lettuce leaves. Arrange the turkey slices in even layers on top of the lettuce. Sprinkle the carrots and tomato over the turkey slices. Roll the tortillas into wraps. Cut the wraps diagonally into bite-sized pieces. Secure with toothpicks. (Source: [allrecipes.com](http://allrecipes.com))

## LUNCH BOX PITA POCKETS

### Ingredients:

- 1/2 cup deli ham, chopped
- 1/2 cup shredded lettuce
- 1/4 cup shredded carrot
- 1/4 cup Ranch dressing
- 1 pita bread round, cut in half

### Directions:

Place ham, lettuce and carrots in containers. Pour Ranch dressing into a small sealed container. Wrap the pita bread in plastic wrap. Pack the ham mixture, Ranch dressing and pita bread along with a spoon in a lunch box or bag until lunchtime. Assemble pita pocket by spooning the ham mixture into each pita half and drizzling the Ranch dressing on top. (Source: [allrecipes.com](http://allrecipes.com))

## TURKEY TACO WRAP

### Ingredients:

- 1 tbsp. of light sour cream or Greek yogurt
- 1 tbsp. of pico de gallo salsa (with liquid drained)
- 1 tsp. of taco seasoning
- 1 (8 inch) whole wheat flour tortilla
- 1-2 tbsp. shredded Monterey Jack Cheese
- 1-2 slices of thinly sliced deli turkey breast

### Directions:

Mix sour cream, pico de gallo and taco seasoning in a bowl then spread onto tortilla. Sprinkle cheese over sour cream mixture layer and top with turkey and roll tortilla around the filling; wrap with aluminum foil and refrigerate 8 hours to overnight. Slice the wrap diagonally into 3/8-inch slices; arrange in a flat container with lid.

## HEALTH ZONE COOKING CLASSES FOR KIDS



Young chefs are invited to the Health Zone at Saint Francis to learn how to make some easy, healthy and fun recipes. These themed cooking classes are held monthly on Tuesday and Thursday evenings at 5:30 p.m. in the demonstration kitchen in the Health Zone Community Classroom. Class sizes are limited and are scheduled based on age group.

Health Zone Kids Cooking Classes scheduled for fall 2017 are listed below:

Tuesday, September 19  
After-School Snacks (ages 4 - 8)

Thursday, September 21  
After-School Snacks (ages 9 +)

Tuesday, October 10  
Healthy Breakfast On the Go (ages 4 - 8)

Thursday, October 12  
Healthy Breakfast on the Go (ages 9+)

Tuesday, November 14  
Soups in a Jar (ages 4 – 8)

Thursday, November 16  
Soups in a Jar (ages 9+)

Tuesday, December 12  
Holiday Bake Shop (ages 4-9)

Thursday, December 14  
Holiday Bake Shop (ages 9+)

Pre-paid class enrollment is \$10.00/per child for families with a Health Zone membership; \$15.00/per child of those without membership.

For more information or to enroll, please contact Health Zone health promotion office at (918) 494-8263.



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*