

presence



EXERCISE AS MEDICINE
A PRESCRIPTION FOR LIFE

A PARTNERSHIP OF CARING
SAINT FRANCIS BEGINS MANAGEMENT
OF OSU MEDICAL CENTER

**SAINT FRANCIS HEALTH SYSTEM
VALUES AWARD WINNERS**



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A Prescription for Life

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



There has been much activity for the health system since the last issue of *Presence*. Since the fall, Saint Francis has begun managing Oklahoma State University Medical Center and has extended the reach of our mission to Vinita, Oklahoma with the acquisition of Craig General Hospital, now Saint Francis Hospital Vinita. If you are a regular reader of this publication, you may recall that regionalization is one of the key principles in Saint Francis' organizational plan, *Vision 2020*. The driving force behind *Vision 2020* was not solely rooted in the success and sustainability of Saint Francis Health System, but also in the long-term success and health of eastern Oklahoma. We have and always will seek to do what is right, to go where we are needed and to stay true to our mission. Our increased presence in Vinita, the management agreement with Oklahoma State University Medical Center and our pending hospital acquisition in Muskogee are all examples of our commitment to the region—the region we call home.

Another way Saint Francis invests in the health of the community is through health education and promotion. One way we seek to provide access to health information is through Saint Francis Medical Town Hall. These seminars are held to give you, our community, access to current topics in healthcare information in a relaxed environment and convenient location. Each session features a Saint Francis physician presenting on his or her area of expertise and allows ample time for you to ask questions of the physician. If you haven't been to a Medical Town Hall, I would encourage you to attend one—the Spring Series schedule can be found in this issue.

I speak frequently about the mission, vision and values of Saint Francis Health System as they are the foundation for all we do and a lens through which all of our actions and decisions should be filtered. Adherence to our values should be acknowledged, but exemplification of our values should be honored. In this issue of *Presence*, you will find information about the Saint Francis Health System Values Awards. Nominated and chosen by their peers, the women and men selected for these awards embody our values of excellence, dignity, justice, integrity and stewardship. I am pleased to share this story with you to publicly celebrate this year's winners.

Best regards,

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

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presence
in pictures

The Heart of the Matter

During a recent tour of the Heart Hospital at Saint Francis cardiac catheterization lab, cardiologist Adam Karpman, M.D. had a captive audience with this group of "Sweethearts" and "Mavericks."

As participants in the annual American Heart Association Heart Ball, the Tulsa area sophomores seized the opportunity to learn about matters of the heart and certain lifesaving procedures such as balloon angioplasty.

Saint Francis Health System is a proud supporter of the American Heart Association and its community-based efforts to educate others in heart disease prevention.





presence in pictures

Sunny Side Up!

Thanks to Saint Francis Health System Food and Nutrition Services employees like Lisa Brown, more than 7400 meals are served daily out of Health System kitchens. Add to that the careful menu planning, preparation, cooking and meal deliveries to patient rooms, and you start to see the extent of this department's reach.

Nearly 200 employees work together to ensure the delicious meals and snacks are available for all patients, visitors and employees who come and go within Saint Francis Health System facilities each day.



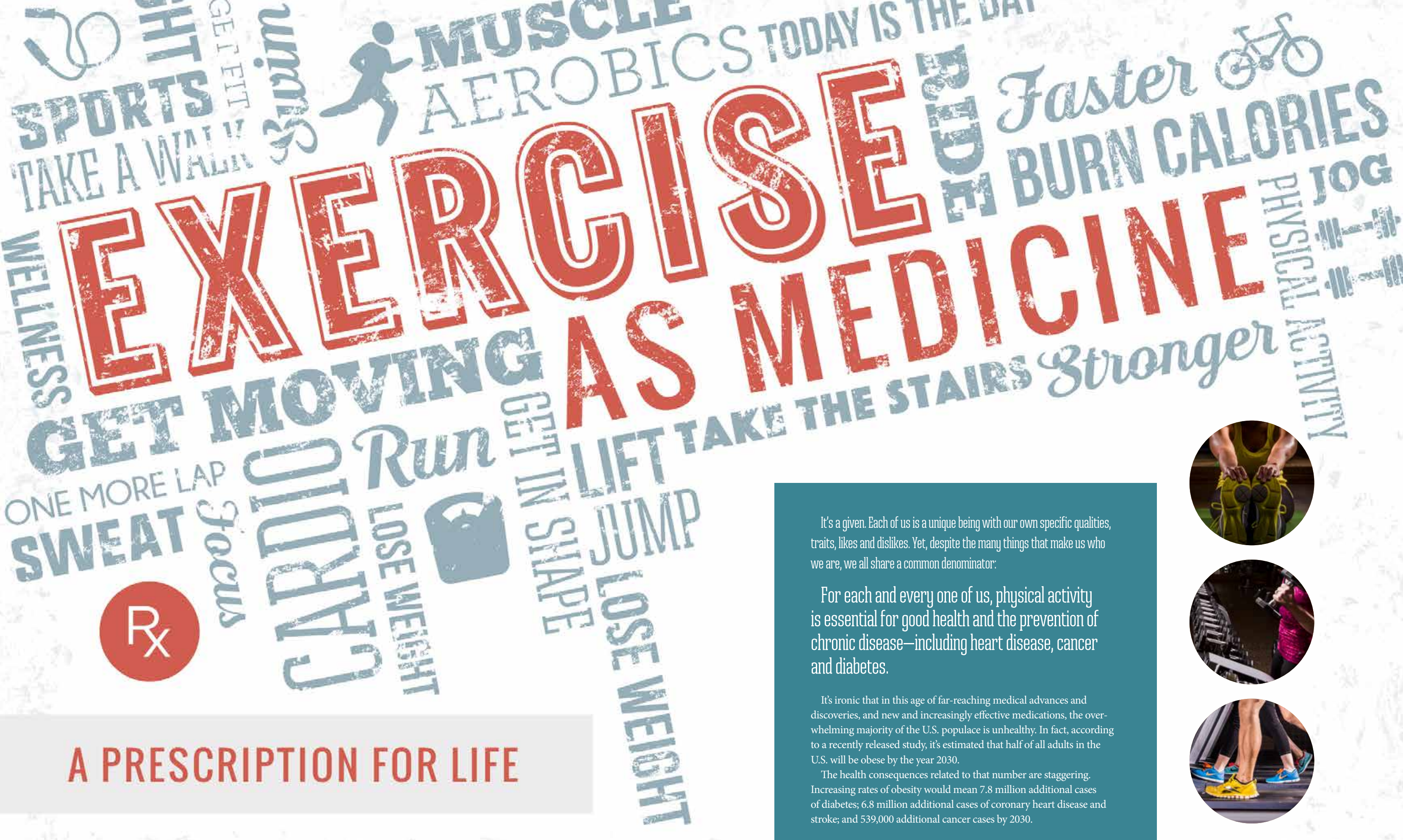
presence
in pictures

**Miss Oklahoma Makes a
Holiday Appearance**

Over the holidays, patients, family members—and special guest Miss Oklahoma, Sarah Klein (with young visitor)—gathered at The Children’s Hospital at Saint Francis for a Christmas party.

The flurry of festive holiday activities included meeting Santa, caroling, as well as cookie-decorating—compliments of Chef Devin Levine, executive chef and the staff at Tulsa’s SAVOR Catering.





A PRESCRIPTION FOR LIFE

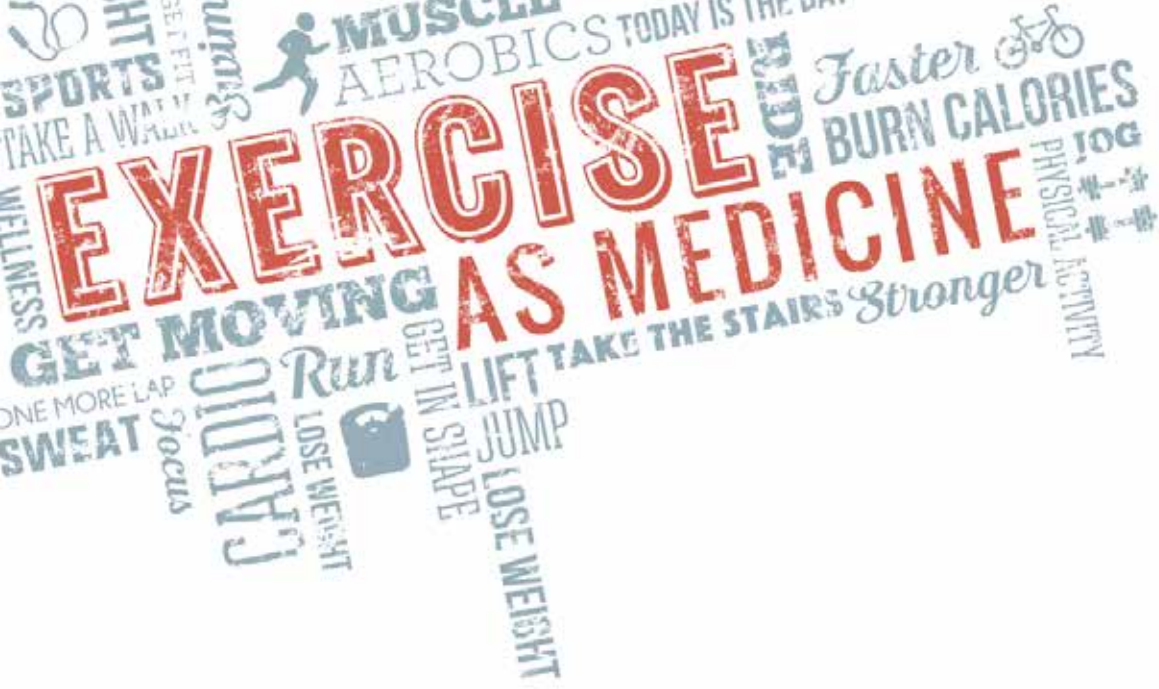
It's a given. Each of us is a unique being with our own specific qualities, traits, likes and dislikes. Yet, despite the many things that make us who we are, we all share a common denominator:

For each and every one of us, physical activity is essential for good health and the prevention of chronic disease—including heart disease, cancer and diabetes.

It's ironic that in this age of far-reaching medical advances and discoveries, and new and increasingly effective medications, the overwhelming majority of the U.S. populace is unhealthy. In fact, according to a recently released study, it's estimated that half of all adults in the U.S. will be obese by the year 2030.

The health consequences related to that number are staggering. Increasing rates of obesity would mean 7.8 million additional cases of diabetes; 6.8 million additional cases of coronary heart disease and stroke; and 539,000 additional cancer cases by 2030.





ALAN A. HASEGAWA, M.D.

DOCTOR'S ORDERS

Sobering statistics such as these are all the more reason physicians and other healthcare providers are pulling together to proclaim that exercise is indeed powerful medicine. “The fact that exercise is essential for good health has been established again and again—so, obviously, people know they need to exercise and become more physically active,” says Alan A. Hasegawa, M.D., psychiatrist at Laureate Psychiatric Clinic and Hospital. “I’ll hear someone say they know they should exercise, but they just don’t want to. Or, they felt better when they did exercise, but stopped doing it for whatever reason. It’s a puzzle. We tend to know what is good for us, but end up doing what is easiest for us. So, the question is, ‘How do we get people to exercise and do it on a consistent basis?’”



“From a mental and physical perspective, exercise is one of the most important things we can do to help ourselves.” – ALAN A. HASEGAWA, M.D.

WHAT MOVES YOU?

Making physical activity a vital sign in clinical office visits, providing patients with educational materials and linking them with health and fitness professionals are just a few of the efforts underway with the Exercise is Medicine initiative.

“We know for certain it does absolutely no good to push people into exercise routines that aren’t right for them and that will inevitably lead to injury or failure. It can be daunting to change up one’s lifestyle and become more physically active—and, also confusing—especially since there are so many exercise options out there today,” says Stephanie J. Husen, D.O., primary care and sports medicine physician. “I’ve found it makes a big difference to work one-on-one with each patient to figure out what kind of exercise they might actually enjoy—and then find resources that will lead them to a more physically active and healthy lifestyle.”

BODY, MIND AND EXERCISE

Wrap your head around this: Exercise is not the enemy; quite the contrary, actually.

In fact, physical activity is not only a body’s best friend, but it is the gift that keeps giving. While the physical benefits of regular exercise cannot be overstated, the positive



STEPHANIE J. HUSEN, D.O.

effects it has on your brain and state of mind are every bit as significant.

“I encourage all of my patients to exercise for many reasons. For starters, it is extremely helpful in alleviating depression. Treating depression is not only about medication and classic psychotherapy; consistent physical activity and lifestyle changes are also essential parts of the overall treatment plan,” Dr. Hasegawa says. “From a mental and physical perspective, exercise is one of the most important things we can do to help ourselves. So, find a form of exercise that is like playtime—something you enjoy and find emotionally satisfying. It is possible, you know. Whether it is walking your dog, Zumba, yoga or swimming—it’s just a matter of finding what moves you.”

And, once you do get moving, your body will be forever grateful. “Exercise helps to significantly reduce risk factors for multiple chronic ailments including cancer, respiratory illness, diabetes, heart attacks and stroke. In fact, 13 of the leading causes of death are related to inactivity,” Dr. Husen says. “Once a person starts exercising consistently, the body becomes stronger and better equipped to combat these illnesses—and possibly even reduce the need for many or all medications.”

ENDLESS AVENUES TO FITNESS

For Michelle Burris and Peggy Harton, exercise specialists at Health Zone at Saint Francis, helping people discover fitness is a shared passion. Time and again, the two women have seen the many ways consistent physical activity transforms lives.

“With the fitness assessments we conduct at Health Zone, it’s clear everyone comes to the table with their own specific strengths and limitations,” Burris says. “What’s important is to find what works safely and effectively for you—and stick with it. It’s also helpful to grab a friend to workout with you. The ‘buddy system’ is always a great way to stay accountable, set goals together and have fun!”

Harton adds: “Fitness is ever-changing—there’s always something new to try out. Plus, with the many free fitness apps available today, there are endless avenues to a more physically active life. Also, I encourage people to just get out there in the great outdoors. Get your endorphins flowing! We live in a beautiful area with so many fitness options available to us. There really is no excuse not to give yourself the best gift of all—the gift of exercise.”

“Once a person starts exercising consistently, the body becomes stronger and better equipped to combat these illnesses—and possibly even reduce the need for many or all medications.”

– STEPHANIE J. HUSEN, D.O.



EX AND BACK CARE WEIGHT MACHINES
 BODY FLEX
FIND WHAT MOVES YOU
 BARRE YOGA
 AT HEALTH ZONE AT SAINT FRANCIS
 PILATES POOLS CROSS FIT KICKBOXING
 Zumba SPA SERVICES
 CYCLING INDOOR HIIT GROUP AQUATICS
 TRX SUSPENSION BOOT CAMP TRAINING



Regardless of your likes, dislikes, disabilities or strengths, Health Zone at Saint Francis has what you need to become more physically active.

A medically based, private health and fitness center, Health Zone at Saint Francis provides the ideal setting for your total well-being. Whether it is day-to-day health maintenance, weight loss programs or special medical and educational programs, the Health Zone team is focused on helping you achieve your individual goals.

SOMETHING FOR EVERYONE

Regardless of your age or fitness level, you'll discover a number of options at Health Zone at Saint Francis that will spark your interest and point you down the path of wellness. What's more—you'll have a great time while doing your body good.

HEALTH ZONE AT SAINT FRANCIS OFFERS A BROAD RANGE OF GROUP EXERCISE OPTIONS, INCLUDING:

- CrossFit
- Indoor cycling
- Group aquatics classes
- Zumba
- TRX suspension
- Kickboxing
- Boot camp training
- HIIT (High Intensity Interval Training)
- RIPPED (Resistance, Interval, Power, Plyometrics, Endurance, Diet)
- Bench Blast

AS WELL AS THE FOLLOWING LOW-IMPACT OPTIONS:

- Yoga: Power, Easy Flow, Yin and Hatha
- Pilates: Pilates Lite and Pilates Mat Plus
- Barre: Zone Barre and Pilates/Barre Fusion
- Body Flex
- Flex and Back Care
- Facets of Fitness: Specially geared for seniors
- Joint Efforts: Pool and studio classes designed for those with arthritis
- Two salt water filtered pools with aquatic features
- Spa services



HEALTH ZONE AT SAINT FRANCIS
 5353 EAST 68TH STREET
 TULSA, OK

Health Zone at Saint Francis is a medically-based, 70,000 square-foot fitness facility open to the local community. For more information or to schedule a tour please call 918-494-1671 or visit saintfrancis.com/HealthZone.



4TH ANNUAL HEALTH ZONE KIDS (mini) TRIATHLON

When you sign up your little athlete for this fitness event, you will both help other kids, as all proceeds benefit The Children's Hospital at Saint Francis. Registration fee includes a T-shirt, post-race celebration.

For information, contact Jennifer Daley at **918-494-8263**, email events@saintfrancis.com or visit saintfrancis.com/healthzone.

SATURDAY, MARCH 4

Health Zone at Saint Francis
 5353 East 68th Street, Tulsa, OK
 \$25 in advance; \$30 day of event
 Make checks payable to Health Zone

Youth | Ages 10 - 13

- Swim 100 yards (4 laps)
- Bike 1 mile
- Run 1/2 mile (6 laps)

8:30 a.m. Registration
 9:00 a.m. Start Time

Child | Ages 6 - 9

- Swim 50 yards (2 laps)
- Bike 1/2 mile
- Run 1/4 mile (3 laps)

11:00 a.m. Registration
 11:30 a.m. Start Time
 Must be 49" tall to participate.

Gold, silver and bronze awards will go to girls and boys in both the Youth and Child categories.

A Partnership of Caring

Saint Francis Health System Takes the Lead
at Oklahoma State University Medical Center



October 1, 2016, marked the beginning of Saint Francis Health System's management of Oklahoma State University Medical Center (OSUMC).

In this new role, Saint Francis will provide executive leadership and management of the operational and strategic direction for OSUMC and its affiliated clinics and programs. The ten-year contract between Saint Francis and OSUMC also includes capital investments to improve hospital facilities and operations, as well as enhance medical residency training programs.

"Over the years, Saint Francis Health System and Oklahoma State University – Center for Health Sciences have enjoyed a good working relationship—primarily through Saint Francis' support of medical education and OSU's residency programs," says Jake Henry Jr., president and CEO of Saint Francis Health System. "With this new management agreement, we will further solidify our relationship by leveraging our position as the region's healthcare market leader and the only locally owned and operated health system to support Tulsa's only downtown hospital, OSUMC."

Pivotal Roles in the Community

Both Saint Francis Health System and OSUMC play an important role in providing access to healthcare to the medically underserved and rural areas in the region. The downtown Tulsa facility also serves as the teaching hospital for the Oklahoma State University College of Osteopathic Medicine and trains more than 150 physicians through its residency programs each year.

"I am keenly aware of the importance that OSUMC—the nation's largest osteopathic teaching facility—has in providing superior training for physicians who end up practicing in Oklahoma," says Matt Adams, newly appointed administrator at OSUMC. "The healthcare landscape is constantly changing and navigating these changes requires dedicated individuals, strong business acumen and trusted partners; this new, long-term relationship with Saint Francis endeavors to bring all of these things together. Coupled with the existing association with Oklahoma State University Center for Health Sciences, OSUMC is positioned well to navigate these changes. I see a bright future for OSUMC and look forward to many years of a collaborative and cooperative relationship."

SAINT FRANCIS HEALTH SYSTEM

Medical Town Hall

2017 Spring Series

Make plans to attend the continuing series of Medical Town Hall events, where Saint Francis Health System physicians discuss a wide range of healthcare topics and answer questions about medical conditions that may affect you.

All sessions are free to the public.

Location: Saint Francis Hospital Education Center, 6161 South Yale Avenue (east side of hospital building)

Time: Refreshments – 5:30 p.m. | Program – 6:00 to 7:30 p.m.

Moderator: Kenneth Piper, M.D.

To make a reservation, please call 918-494-1448 or email events@saintfrancis.com.

For event and parking information, please visit saintfrancis.com.

Thursday, March 2

How to Communicate with Your Physician

Warren Clinic internal medicine physician Dr. Steve Sanders will discuss the importance of primary care and the benefits of open communication with your physician or provider. Ask your questions and learn more about Saint Francis MyChart, the online tool to help you better manage your healthcare.



Steve Sanders, D.O.

Thursday, March 23

Vascular Health: The Other Half of Your Circulatory System

Join Dr. Michael Spain of Warren Clinic Cardiology of Tulsa to discuss how the condition of your veins affects your heart health and entire circulatory system. Ask your questions about conditions affecting vascular health, how to prevent them and the latest treatments.



Michael Spain, M.D.

Thursday, April 27

Focus on Women's Health

Dr. Conchita Woodruff and Dr. Lora Larson will lead an interactive discussion about women's health topics, including osteoporosis, menopause, hormone replacement therapy, breast health and more.



Conchita Woodruff, M.D.



Lora Larson, M.D.

Thursday, May 11

Stroke Risk, Prevention and Intervention

Learn about stroke risk factors, signs and symptoms, why quick medical attention is vital for survival and recovery, and the latest innovations in treatment. Presented by Saint Francis Stroke Center physicians Dr. Larry Shepherd and Dr. Steven Hoover.



Larry Shepherd, D.O.



Steven Hoover, M.D.

CARDIAC REHABILITATION: BEST PRACTICE FOR RECOVERY

THE CARDIAC REHABILITATION PROGRAM AT THE HEART HOSPITAL AT SAINT FRANCIS PROVIDES A SAFE, NURTURING PLACE TO RECOVER AND TRANSITION BACK TO A HEALTHY LIFESTYLE.

When asked to pinpoint the “No. 1 message” about cardiac rehab, Susan Bonner, clinical manager of the Cardiac Rehab Program at the Heart Hospital at Saint Francis, is quick to answer.

“Cardiac rehab is **not simply an option** to consider following a heart attack or other heart event. Rather, it is **the most important thing** a person can do after a heart event,” she says. “In fact, research shows that patients who participate in cardiac rehab are 25 percent less likely to experience future heart problems or complications from heart treatments. There just isn’t a pill that can do that.”

And, that’s only the beginning of reasons cardiac rehab is essential for those recovering and establishing a heart-healthy lifestyle following a heart event.

CRAFTING INDIVIDUAL CARE PLANS

If you think of cardiac rehab and imagine a “one size fits all” regimen, prepare to be enlightened.

“You can’t prescribe a script for cardiac rehabilitation. What’s right for one person, might not necessarily be right for another. That’s why we take a holistic approach to cardiac rehab and help each individual create a healthier lifestyle they can sustain,” Bonner says. “We help each person understand and grow into a program that will be right for them.”

The cardiac rehab team at the Heart Hospital at Saint Francis consists of cardiac nurses, dietitians, exercise specialists, pharmacists and lifestyle counselors—all working together to educate patients individually, as well as in a group setting.

From day one, family members are also encouraged to participate in the program, so the health and wellness benefits can be enjoyed by all.

FINDING A “HAPPY MIDDLE”

While the standard recommendation for recovery from a heart event is 30 to 60 minutes per day, four to six times a week, the professionals in the Saint Francis Cardiac Rehab Program understand this isn’t attainable—or in some instances—even beneficial for everyone. As with many things in this life, the key is consistency.

“There are some people who come in, take one look at the stationary bike and want to turn around and walk out. And, believe me, we get that!” Bonner says. “So, that’s why we begin each person’s program by looking at the total picture: What kind of physical shape is the patient in? Does he or she have orthopedic concerns or another condition like diabetes?”

Bonner continues: “We need to determine what’s safe, but also what patients might actually enjoy doing so they will keep doing it consistently. We help people understand they don’t have to exercise to extremes to benefit from it. What we are looking for is that person’s ‘Happy Middle’ and helping them understand what that means for them.”

BUILDING STRENGTH AND CONFIDENCE

Once cardiac rehab patients begin to regain their “sea legs,” other benefits become apparent, as well.

“I believe cardiac rehab is the very best thing a person can do following a heart attack or other heart event,” says Dr. Sarah Shaw, cardiologist with Warren Clinic Cardiology of Tulsa. “Years ago, I saw this firsthand when my mother had a heart attack at the age of 46. It was a very frightening time; yet, the support and education she received from the cardiac rehab staff made all the difference in the world. Thanks to their guidance, she regained her confidence and was able to make lifestyle changes that lasted. Cardiac rehabilitation is a keystone to recovery—it gets people back on their feet and on the way towards a healthier and more vital life.”

Cardiac rehabilitation is covered by Medicare and many other insurance plans. *To learn more about the Cardiac Rehabilitation Program at the Heart Hospital at Saint Francis, please call 918-494-6470.*

“CARDIAC REHAB IS NOT SIMPLY AN OPTION TO CONSIDER FOLLOWING A HEART ATTACK OR OTHER HEART EVENT. RATHER, IT IS THE MOST IMPORTANT THING A PERSON CAN DO...”



SUSAN BONNER, R.N.

CLINICAL MANAGER OF THE CARDIAC REHAB PROGRAM
AT THE HEART HOSPITAL AT SAINT FRANCIS



AS THE GROUP OF SAINT FRANCIS EMPLOYEES GATHER FOR A PHOTO, THEIR FACES BEAM WITH PRIDE. THAT'S BECAUSE THE FIVESOME RECENTLY LEARNED THEY RECEIVED ONE OF SAINT FRANCIS HEALTH SYSTEM'S HIGHLY ESTEEMED VALUES AWARDS.

2016 VALUES AWARDS WINNERS:

EXCELLENCE	Joseph Asombrado, RN, Saint Francis Hospital
DIGNITY	Sandy Hold, RN, BSN, Saint Francis Hospital
JUSTICE	Trish Davis, LPN, Warren Clinic
INTEGRITY	Diana Dailey, Saint Francis Hospital
STEWARDSHIP	George Raptou, Saint Francis Hospital

VALUES TO LIVE BY

VALUES AWARDS WINNERS EXEMPLIFY THE MISSION AND SPIRIT OF SAINT FRANCIS HEALTH SYSTEM

“As in years past, these are people who instill, into their everyday lives, compassion for our patients, their family members and love for Saint Francis itself,” says Sister Brigid Mary Meeks. “To me, the Values Awards represent the concentrated stories of what happens on a daily basis and in so many ways at Saint Francis.”

Since 2003, Saint Francis Health System has honored five employees each year who live and breathe its values. Nominated by their peers, these award winners exemplify how the health system’s values remain as much a part of it today, as when the hospital was established more than 50 years ago.

Over the span of five decades, the values of excellence, dignity, justice, integrity and stewardship have formed the foundation of care at Saint Francis Health System. These are the values that guide how patients, families and coworkers are treated day to day system-wide.

A Beautiful Tradition

Every summer, Values Awards nomination forms begin to flood the Pastoral Care Department where they are submitted for consideration. Later, a panel of judges comprised of health system administrators and staff members begin the selection process.

“I’m told narrowing down and deciding on winners is very difficult because there are so many inspiring stories. Our judges also express how deeply honored they feel to play a part in the process and to have the opportunity to learn about—and be inspired by—these selfless staff members,” Sister Brigid says. “The presentation of these awards is such a beautiful tradition. I’m thankful it happens every year so we can continue to honor more remarkable people and recognize those who make Saint Francis Health System what it is.”

Saint Francis Hospice

30 Years of Celebrating Lives

For 30 years now, the Saint Francis Hospice team has been doing what it does best—easing pain and providing quality and compassionate end-of-life care for patients and their families.

The primary focus of hospice care is to offer expertise in controlling the patient's pain and other physical symptoms, while the patient remains in the comfort of his or her home environment. Saint Francis Hospice also takes care of patients who live in skilled nursing facilities.

A Multidisciplinary Team of Caring

Managing the patient's pain is important, but it's only the beginning of the services provided by Saint Francis Hospice, a multidisciplinary team dedicated to meeting the physical, emotional, psychosocial and spiritual needs of patients and their caregivers. The team includes the patient's personal physician, registered nurses, home health aides, social workers (to assist with legal and financial issues), spiritual counselors, a pharmacist, volunteers and a full-time medical director, Dr. Bart Rider.

Dr. Rider is the region's only full-time hospice medical director—one of several things that sets Saint Francis Hospice apart from other hospice programs. A former Warren Clinic primary care physician, Dr. Rider now has only one primary concern—the patients in the Saint Francis Hospice program. He

makes numerous in-home visits throughout the week to assess his patients' conditions and treat minor ailments and illnesses to keep the patient comfortable. He logs a lot of miles in the 50-mile radius that is the Saint Francis Hospice care network, and he takes part in some very profound and poignant conversations.

"I enjoy being able to spend quality time with my patients—hearing their stories and just sitting and talking with them," he says. "I ask them about their goals, what they want to accomplish during their time in our care. Maybe they want to live to see a special family event. Maybe they just want to avoid going back to the hospital. It's what is important to the patient—that's the main thing."

Supporting the Family

The needs of the patient's family are also important. "With hospice, we are not the primary caregiver—the patient's family is," Dr. Rider says. "Our nurses and home health aides can't be in the home 24/7, so family members provide the bulk of the care. A lot of our work involves teaching the family what to do."

Looking after the needs of the family—while the patient is in hospice care and even afterward—is the primary responsibility of Chaz Wesley, an ordained interfaith minister who manages the Saint Francis Hospice grief and bereavement, volunteer and spiritual care programs.



"With hospice, we are not the primary caregiver—the patient's family is ... A lot of our work involves teaching the family what to do."

— Bart Rider, D.O.
Saint Francis Hospice medical director

A member of the Saint Francis Hospice team since 2011, Wesley wears many hats in his efforts to coordinate care for the caregivers, and relies on about 25 very dedicated volunteers.

"The caregiver plays such a major role in end-of-life care," Wesley says. "But, that caregiver can become extremely exhausted, so one role as a volunteer is to provide the caregivers relief so they can take a nap, go get coffee or run errands. Our volunteers are specially trained to do many of the things a home health aide can do—identify pain, properly lift the patient—about everything except give medicine. We also have administrative volunteers who may never even see a patient, but play a vital role in taking care of all the necessary paperwork."

Then, there are the bereavement volunteers, whose responsibility is to help family and friends adjust to their loss. "Most hospices across the U.S. work with a family for 13 months after the patient dies. But, we're one of the few that extends bereavement care to 15 months."

Each Person's Journey

Wesley says there are more than 2,000 individuals in the Saint Francis Hospice bereavement program—2,000 friends and loved ones his team keeps in contact with for many months after the patient passes away.

"In hospice care, we customize the journey for each person. We meet them where they are and we help them get through it. That goes for the patient and the patient's entire support group. We couldn't do all we do without our volunteers," Wesley says. "Interestingly enough, we have a lot of volunteers who were previously bereavement friends and family members. That says something about the impact of our program."

Coming to Terms

It's natural to wonder how end-of-life care impacts the staff and volunteers of Saint Francis Hospice. Every Thursday at its interdisciplinary group (IDG) meeting when the entire Saint Francis Hospice team gathers to discuss the care needs of each patient, staff members also have the opportunity to remember patients who have recently passed away.

"One thing I always remind myself and my staff is that it's OK to have emotions when it comes to our patients," says Saint Francis Hospice director Kyle Terry. "But we also have to remind ourselves that we are doing incredibly important work that does an immense amount of good. Each of us cares about every single patient; so, it's natural to feel sad. When we get a card or letter recognizing what we do, that makes it all worthwhile."

For more information about Saint Francis Hospice, call 918-494-6465.

HEALTHY COMFORT FOOD

When temperatures drop, it's your cue to heat things up in the kitchen. Chilly temps provide the perfect motivation to try out the following delicious recipes—provided by Valerie Dandridge, outpatient dietitian at Saint Francis Hospital.

You'll discover the following recipes are not only delicious, but nutritious—*thanks to the veggies slipped in for good measure*—and for your good health.

Skillet Gnocchi with Chard and White Beans

INGREDIENTS

- 1 tbsp., plus 1 tsp. extra-virgin olive oil, divided
- 1-16 oz. package shelf-stable gnocchi*
- 1 medium yellow onion, chopped
- 4 cloves garlic, minced
- ½ cup water
- 5 cups chopped chard leaves (about 1 small bunch) or fresh spinach leaves
- 1 15-oz. can diced tomatoes with Italian seasonings
- 1 15-oz. can white beans, rinsed
- ¼ tsp. freshly ground black pepper
- ½ tsp. crushed red pepper (optional)
- ½ cup shredded part-skim Mozzarella cheese
- ¼ cup finely shredded Parmesan cheese

DIRECTIONS

Heat 1 tablespoon of oil in a large nonstick skillet over medium heat. Add gnocchi and cook 5 to 7 minutes, stirring often until plumped and starting to turn golden brown. Transfer to a bowl.

Add the remaining 1 teaspoon of oil and onion to the pan and cook, stirring over medium heat for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with Mozzarella and parmesan cheeses. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

**Look for shelf stable gnocchi near the other pasta in the Italian section of most supermarkets.*

NUTRITION INFORMATION

Serving size: 1 cup
Per serving: 326 calories 7 g fat(2 g sat); 6 g fiber; 56 g carbohydrates; 14 g protein; 610 mg sodium

From EatingWell Test Kitchen

Broccoli Cheese Soup

Serves: 4

Serving Size: Approx. 1 cup soup and 2 tablespoons of cheese for garnish

INGREDIENTS

- 3 cups unsalted chicken stock
- ¼ tsp. ground black pepper
- 2 cups broccoli florets, coarsely chopped
- 2 garlic cloves, minced
- 1 cup diced yellow onion
- ¾ cup whole milk
- ½ cup chopped carrots
- 1 cup reduced fat extra-sharp cheddar cheese
- ¼ tsp. salt
- ½ tsp. onion powder
- ¼ cup fresh Italian parsley leaves

DIRECTIONS

Combine first 8 ingredients in a large saucepan; bring to a boil. Reduce heat and simmer 10 minutes, or until broccoli is tender. Pour soup into a blender. Remove center piece of blender lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return soup to pan. Stir in whole milk and ½ cup of the cheese. Pour into individual serving bowls and divide and sprinkle remaining cheese and parsley leaves for garnish.

NUTRITION INFORMATION

129 calories; 3.63 gm fat; 14.5 gm protein; 11 gm carbohydrate; 460 mg sodium

Adapted from Cooking Light magazine

Creamy Mac and Cheese

INGREDIENTS

- 1 can Healthy Request Cream of Mushroom soup
- 2 cups shredded reduced-fat Cheddar cheese
- 1 can evaporated skim milk
- ½ tsp. salt (optional)
- ½ tsp. pepper
- 8 oz. elbow macaroni, cooked and drained

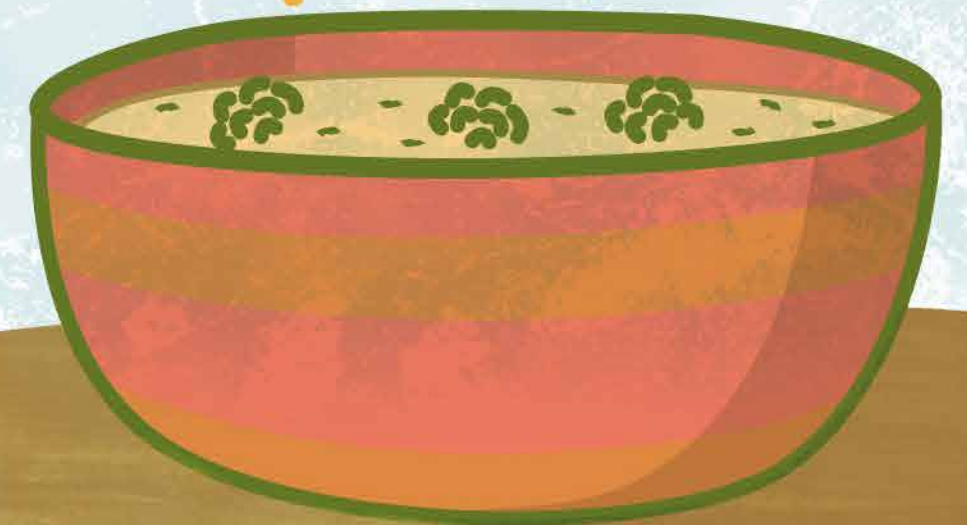
DIRECTIONS

Stir together the first 5 ingredients. Stir in the cooked pasta and pour into 1 ½-quart casserole.

Bake at 400 degrees for 20 minutes or until mixture is hot and bubbling.

NUTRITION INFORMATION

309 calories, 9.5 gm fat, 16 gm protein, 36 gm carbohydrate, 427 mg sodium (without adding the ½ tsp. salt; 619 mg salt, if added)





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presence

a publication of Saint Francis Health System

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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.

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

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

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