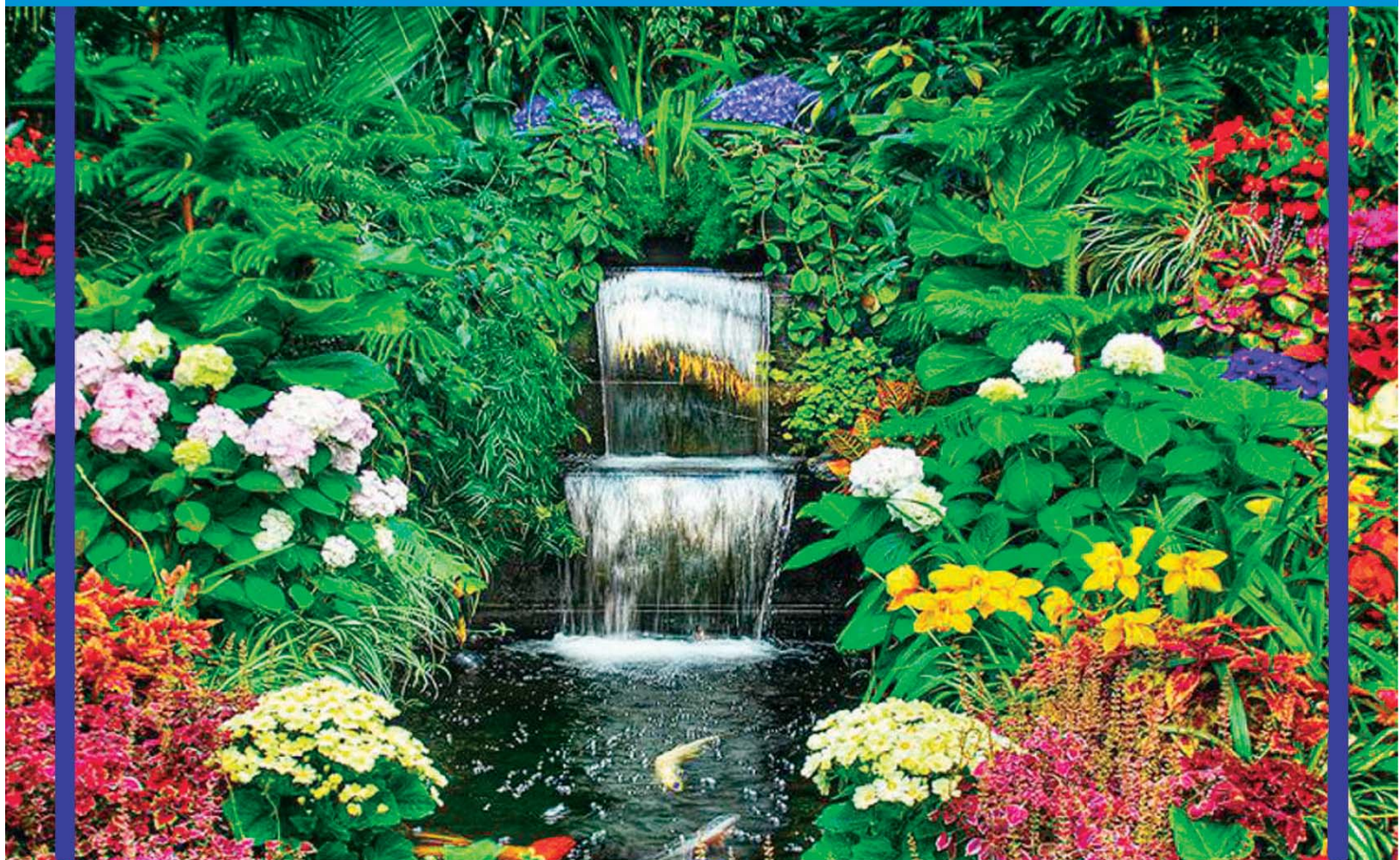


2016 **Oklahoma Hospice  
and Home  
Health Care  
Directory**

A publication of Metro Publishing L.L.C.



**A Comprehensive Resource Guide**

# A 5-Star Agency!



**BROOKDALE**  
— HOME HEALTH —

HomeCare Elite  
**2015** **TOP**  
AGENCY



*We are excited to announce that the center for Medicare & Medicaid Services (CMS) has awarded OKC Brookdale Home Health a perfect overall star rating ★★★★★ (5.0 stars)!!!*

Out of over 10,500 Medicare certified Home Health agencies nationwide, **only 2.5% received a 5 Star Rating!** CMS ranks each Home Health Agency on the quality of care, proper interventions, and education that they provide to their patients.

*Brookdale is proud to be acknowledged on a national level for the dedication and care we work hard to provide our patients on a daily basis.*

**For 5-Star Care, call Brookdale Home Health today at (405) 341-4361 for a free courtesy visit!**

**For more info. on Home Health Compare, visit: <http://www.medicare.gov/homehealthcompare/search.html>**

# Brookdale Home Health among nation's elite



The staff at Brookdale Home Health have helped rank the company among the nation's elite home health agencies. Seated left to right: Heather Park, Home Health Director; Derek Cargill, Director of Healthcare Services; Crystal Jackson, Director of Clinical Services.

When considering whom to invite into your home to provide care why not invite the nation's best healthcare providers?

It's the question Brookdale Home Health Director of Sales and Marketing James Beck poses every day to those looking for care for themselves or a loved one.

And according to the U.S. Government, Brookdale Home Health is among the best at what they do.

In July 2015 the company joined less than two-percent of home health agencies across the U.S. on Medicare's Five-Star rating list.

"The biggest thing for me is when the federal government - which controls Medicare - says we're going to award a very small percentage (of agencies) with a five-star rating you can say they are doing things pretty much perfectly the way Medicare wants things done," Beck said.

"It speaks more to me about trust."

Beck says he understands Brookdale Home Health is Oklahoma's only five-star agency for a reason.

"Not only are we held to the five-star rating we hold

ourselves to such a higher level," Beck said.

Beck comes from a military background. After ending his service in 1998 he thought he would never again experience that same sense of unity.

He was wrong.

"I've never worked around more people with a shared sense of purpose as far as enriching the lives of people we serve," Beck said. "You can expect us to take care of your loved ones as if it was our mom, dad, brother or sister."

In addition to superior care, Brookdale has also invested in superior technology to aid its therapy staff.

This year Brookdale will roll out the AlterG Bionic Leg, a breakthrough in Neurologic and Orthopedic Rehabilitation.

"It's a life-changer," Beck said. "Just that one thing alone."

The AlterG Bionic Leg provides patient initiated motor assistance during sit to stand exercises, over ground walking, and stair climbing. This wearable,

**See BROOKDALE Page 4**

**BROOKDALE**

Continued from page 3


**BROOKDALE**  
 — HOME HEALTH —

 HomeCare Elite  
**2015**  
**TOP**  
 AGENCY

robotic rehabilitation device enables neuro and ortho physical therapy patients to:

- Reach higher functional levels
- Increase balance
- Improve gait mechanics and endurance
- Strengthen weak muscles

Whether in the clinic or in home health therapy, the AlterG Bionic Leg provides advanced robotic assisted rehabilitation therapy, to patients recovering from stroke (CVA), orthopedic injury or surgery, incomplete spinal cord injury (SCI), or traumatic brain injury (TBI), as well as patients with Multiple Sclerosis or general lower extremity weakness.

The innovative AlterG Bionic Leg enables neuro and orthopedic rehabilitation patients to experience more mobility and complete more repetitions of exercises than previously possible. Neuro and orthopedic rehabilitation patients can be on their feet and making progress in their rehab in less than five minutes with the help of a single physical therapist.

VitalStim Therapy is another technology tool used by Brookdale that can alter a patient's life.

VitalStim is a safe and effective treatment for patients suffering with difficulty swallowing or dysphagia. It was developed in response to the 15 million Americans living with dysphagia today.

The VitalStim Therapy System is a non-invasive, external electrical stimulation therapy cleared by the Food and Drug Administration for the treatment of dysphagia with application on the anterior neck.

VitalStim has been found to:

- Be safe and effective for patients
- Accelerate the recovery time from a restricted diet
- Help patients achieve sustained improvement and long term results

Heather Park, MS-CCC-SLP, is Brookdale's home health director.

She has served Brookdale patients in multiple roles during the last four years after starting with the company as a therapist.

"I love working for Brookdale because of our mission and our cornerstones," Park said. "We believe in enriching the lives of those we serve with compassion, respect, excellence and integrity."

Brookdale Home health care offers solutions to common needs, including nursing and rehabilitation services. Specific needs like medication review, monitoring and managing chronic conditions with education and treatment are addressed to help improve your balance, safety, endurance, bathing, dressing, wound healing, and more.

Home Health is sometimes just what is needed for recovery after a hospital, Skilled Nursing Facility stay, or to recover from a recent illness, so you can return to doing all that you love to do.

The Brookdale Home Health team of experts in older adult care can provide these services with a doctor's order in the privacy of the home, allowing a customized solution just for you. This type of home health service may be covered by Medicare Part A, if:

- Leaving home requires assistance and a considerable or taxing effort
- Services are ordered by a physician and are medically necessary
- The need for skilled services by licensed professionals is short-term or intermittent

"We put the patient first and the bottom line takes care of itself," Park said. "We're a solutions company. If we're not the right solution for that patient and family then we will help them find who is."

## Resources

Senior News and Living:

[www.seniornewsandliving.com](http://www.seniornewsandliving.com)

Oklahoma Palliative Care Resource Center:

[www.okhospice.org](http://www.okhospice.org)

Hospice Analytics, Inc. National Hospice Locator:

[www.hospiceanalytics.com](http://www.hospiceanalytics.com)

Caring Connections:

[www.caringinfo.org](http://www.caringinfo.org)

Hospice Foundation of America:

[www.hospicefoundation.org](http://www.hospicefoundation.org)

National Hospice & Palliative Care Organization:

[www.nhpco.org](http://www.nhpco.org)

Oklahoma State Department of Health:

[www.ok.gov/health](http://www.ok.gov/health)

Senior Law Resource Center:

[www.senior-law.org](http://www.senior-law.org)

The Hospice Foundation of Oklahoma:

[www.hospicefoundationok.org](http://www.hospicefoundationok.org)

Oklahoma City VA Medical Center:

<http://www.oklahoma.va.gov/services/>

OU Nursing Life Stage Solutions:

[www.oulifestagesolutions.com](http://www.oulifestagesolutions.com)

Oklahoma Primary Care Association:

[www.okpca.org](http://www.okpca.org)

# Absolute Senior Care takes stress from golden years

We all want the best for our loved ones.

And when mom, dad, grandma and grandpa reach their senior years it can be a very stressful time selecting the right person to come in and provide a little help.

Absolute Senior Care Director Jeff Aynes understands that. That's why Absolute Senior Care knows that trust is paramount.

Aynes says the company has successfully helped more than 1,000 families keep their loved ones happy and healthy in their own homes. Absolute Senior Care also provides services in hospitals, rehabs, nursing homes, assisted and independent living communities.

Each Absolute Senior Care client begins their relationship with a thorough personal in-home assessment that will cover all areas of need.

Absolute Senior Care has been providing companion/sitter services in the Oklahoma City metro area for more than a decade.

The company is state licensed and follows rigorous hiring practices when bringing on new caregivers.

Making the right personal care and assistance decision for loved ones is more critical than ever. With new regulations and headlines of abuse and fraud, knowing what to do and who to trust can be difficult and confusing.

"When you need personal care assistance for yourself or a loved one, you need someone you can trust and who will always understand your family needs," Aynes said. "Absolute Senior Care has been an Oklahoma owned company since opening in 1998. Our roots and families are here. We not only know our community, but are a part of it - everyday.

"We stay current on regulations that affect our industry and clients. We also maintain a thorough local networking and screening process that allows us to select only those caregivers that are skilled, experienced, and dependable enough to meet the multiple needs of our clients."

**See ABSOLUTE Page 6**

## Absolute Senior Care

*Compassionate • Loving • Caring • Supportive*

*At Absolute Senior Care, our clients are more than just customers, they are FAMILY. We are locally owned and right here when you need us. We are dedicated to helping you maintain the of life and independence that you expect.*



**Call today for an immediate FREE in home consultation!**

Services available throughout entire state of Oklahoma

Phone (405) 602-9247  
www.absolutesenior.com



We personalize all services for each individual client. These are just a few:

- **Immediate Service** – ASC operates 24 hours a day, 365 days a year.
- **Dependability** – ASC matches our caregivers to needs of each client.
- **Quality** – Each caregiver is interviewed, background checked, and bonded.
- **Value** – ASC offers flexible pricing plans

## 2016 Oklahoma Hospice and Home Health Care Directory

The information in this publication was obtained by the Oklahoma Department of Health and/or listed organizations. It is accurate, to the best of our knowledge, as of as of January 2016. Inclusion in this publication implies no guarantee that all information is currently correct. Exclusion of any resource was accidental. Abbreviations were made to space. To submit a service for inclusion in future editions of the *Oklahoma Hospice and Home Health Care Directory* email: [advertising@metropublishingok.com](mailto:advertising@metropublishingok.com) or Call us at (405) 631-5100. While reasonable care was taken to ensure accuracy and relevance, inclusion of a service does not imply an endorsement of the provider or its services or products on the part of Metro Publishing L.L.C., its employees, writers or sources. Copyright 2016 Metro Publishing L.L.C. All rights reserved.

## Hospice & Home Health Care Directory

### Home Care Agencies

**1st Choice Home Healthcare**  
OKC, OK 73103 1211 N Shartel Ave #1001 (405) 290-7555

**21st Century Home Health Agency**  
Edmond, OK 73013 1421 Northwest 150th St. (405) 348-3459

**3D Health Care**  
Wilburton, OK 74578 116 West Main St. (918) 465-9001

**A Better Life Homecare**  
Sapulpa, OK 74066 309 East Dewey (918) 392-3838

**A Premiere Senior Home Care**  
Tulsa, OK 74146 9726 East 42nd St., STE 123 (918) 379-0750

**Aall Care Home Health**  
Tulsa, OK 74133 8310 East 73rd St. (918) 994-4849

**Aarons Affordable Senior Care**  
OKC, OK 73109 5350 South Western Ave. (405) 790-0816

**Abiding Home Health of OKC**  
OKC, OK 73112 5929 North May #204 (405) 607-2302

**Absolute Senior Care**  
OKC, OK 73105 19 NE 50th St. (405) 735-8383

**Absolute Senior Care**  
9925 S Pennsylvania Ave,  
Suite 110,  
Oklahoma City, OK 73159  
Office (405) 778-3882  
Fax 405-809-1728  
[www.absolutesenior.com](http://www.absolutesenior.com)

**Accentra Home Healthcare**  
OKC, OK 73108 4350 Will Rogers Pkwy, STE 500 (405) 488-2224

**Accentra Home Healthcare**  
OKC, OK 73108 4350 Will Rogers Parkway, STE 500 (405) 488-2222

**Access Health Team**  
Checotah, OK 74426 206 West Gentry Ave. (918) 473-4093

**Access Home Care II**  
Checotah, OK 74426 200 West Gentry (918) 473-1851

**Accolade Home Care**  
Guymon, OK 73942 1007 NE 4th St. (580) 338-0186

**Accredo Health Group**  
OKC, OK 73127 4901 W Reno, STE 950 (405) 942-3961

**ADL In-Home Care**  
Tulsa, OK 74145 6016 S. 66th East Ave. (918) 935-3235

**AdLife HomeCare**  
OKC, OK 73116 7512 North Broadway Extension, STE 312 (405) 286-6805

**Advanced Healthcare**  
Tulsa, OK 74119 616 South Boston Ave., STE 402 (918) 592-9000

**Advanced HomeCare**  
Ponca City, OK 74601 1113 E. Hartford (580) 765-9241

**Advanced HomeCare Services**  
Weatherford, OK 73096 1101 Loomis Road (580) 772-1000

**Advantage Home Health & Hospice**  
Poteau, OK 74953 20775 292nd St. (918) 647-0653

**Advocate Home Health Care**  
OKC, OK 73118 4501 N. Classen Ste 102 (405) 242-2788

**Affordable Assistance**  
Broken Arrow, OK 74012-1429 1901 W. Concord Circle (918) 249-4663

**Agape Comprehensive Health Services**  
Lawton, OK 73501 207 Southwest "C" Ave. (580) 351-2273

**Agape Health Care Services**  
Tulsa, OK 74112 8523 East 11th St. (918) 706-5683

**AHC HHC**  
OKC, OK 73107-6011 1901 North Classen Blvd, Bldg #108 (405) 843-2333

**AHC, Inc**  
OKC, OK 73106 1901 North

## ABSOLUTE

Continued from page 5

Aynes has a deep-seated belief in the philosophy of accountable care.

"Accountable care is simple - it is making yourself accountable to your clients and their family members at any given time of the day," Aynes said. "We take it a step further when working with a hospice or home health company. We partner with those agencies to mirror our services to help compliment their plan of care."

Aynes notes Absolute is available throughout the entire state and currently has offices in Oklahoma City and Tulsa.

In addition, Absolute Senior Care continues to be the Preferred Provider for Companion and Sitter Care by the Oklahoma State Medical Association, the only such company to be selected by the association.

Caregivers and staff know customers expect immediate service and must make themselves available to clients when needed operating 24/7. Having caregivers available is the most important part in the staffing process.

Dependability comes when Absolute matches

caregivers and clients and works hard to make it a right fit not just a fit.

Quality comes when "our company recruits caregivers 24/7 and runs thorough background checks and are bonded for protection," Aynes said.

"Lastly there's value - our company continually looks at protecting our costs for our clients bringing the most competitive rates in the business."

People are living longer, but need the right caregivers.

Families also have to look at different approaches to care for their loved ones.

As those decisions are made, they are turning to personal home care companies such as Absolute Senior Care.

"Companion services are an essential part of our lives today," Aynes said. "Many of our loved ones are just not able to take care of themselves anymore. We find the resources for our clients and their families. Some patients have more needs, but they always get met. We always communicate with our families to keep them from getting overwhelmed. We go above and beyond and that will never change."

And that helps take the stress out.



# *Volunteers highly trained, vital to success of INTEGRIS Hospice*

INTEGRIS Hospice volunteers are a vital part of the success of this program. They are special people who are highly trained, said Helen Southerland, director of business development for INTEGRIS Hospice Inc., "We have a strong hospice volunteer program," Southerland said.

The benefits of volunteerism not only help the patients and their loved ones, but in return it benefits the volunteers themselves and provides an altruistic sense of giving.

Ruth Ann Frick serves as the volunteer coordinator and has been with INTEGRIS Hospice for over 20 years. She is always recruiting volunteers and facilitates the volunteer training. A minimum of twenty-four hours of training is required and classes are held during the evening hours and on the weekend to accommodate work schedules. If people are interested in volunteering they can call the office at 848-8884.

"Our volunteers are compassionate people with a strong desire to provide this type of care," Southerland explained. INTEGRIS Hospice volunteers serve in various capacities such as: preparing mailings, answering phones or passing trays at the INTEGRIS Hospice House. They might also write thank you notes or provide data entry work. When recruiting volunteers, INTEGRIS Hospice tries to match up the talents and skills of the individual to meet the needs of the patient.

A patient care volunteer sets up a time with a hospice patient that is convenient for both of them to meet. They may read to the patient, watch television, play checkers or other **See INTEGRIS Page 8**



*Kevin Davis, passing food trays at the INTEGRIS Hospice House.*



## INTEGRIS Hospice



### Call 405-848-8884

It's not about  
giving up hope, but about  
**living each day  
to the fullest.**

**INTEGRIS**

*Hospice*

[integrishospice.com](http://integrishospice.com)



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Our business is helping people stay in the comfort of their homes while receiving high-quality, state-of-the-art, dependable, safe health care.

We offer affordable solutions to all your home health care needs.



### SERVICES

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- Registered Pharmacists
- IV Pharmacy
- Respiratory Care
- Home Medical Equipment

### SPECIALIZED PROGRAMS

- CHF
- COPD
- Diabetes
- IV Infusion
- Pulmonary Rehab
- Stroke Recovery
- Speech-Language Therapy
- Psych Certified Nursing

**Carter Healthcare**

3105 S Meridian

Oklahoma City, OK 73119

(405) 947-7700 [www.carterhealthcare.net](http://www.carterhealthcare.net)

Classen Blvd, Bldg. #108 (405)  
843-2333

#### Ahni Health Services

Keota, OK 74941 119 Southwest  
Main (918) 966-3322

#### All About Caring Home Health Care

OKC, OK 73118 4323 N Classen  
STE 105 (405) 605-2400

#### All About Family-Private Duty Services

McAlester, OK 74501 106 S. 3rd.  
St. (918) 302-0070

#### All Faith Homecare

Edmond, OK 73013 3500 S.  
Boulevard Bldg A, STE 2 (405)  
340-5100

#### All Stars Home Healthcare

Tulsa, OK 74145 3635 South  
Sheridan Road (918) 904-6022

#### Alliance Oklahoma Home Health & Hospice

Clinton, OK 73601 514 Avant Ave.  
(580) 323-0277

#### Alliance Oklahoma Home Health

OKC, OK 73135 7919 Mid America  
Blvd, STE 200 (405) 736-6925  
Ponca City, OK 74601 111 Patton  
Drive, STE #2 (580) 765-8155  
Pryor, OK 74361 1025 NE First St.  
(918) 824-7744  
OKC, OK 73135 7919 Mid America  
Blvd. STE 200 (405) 778-6900  
Woodward, OK 73801 1611 Main  
St., Ste 103 (580) 254-0910

#### Allied Home Health Services

Broken Arrow, OK 74012 500 N.  
Poplar Ave. (918) 742-4269

#### Allwood Home Health

Tulsa, OK 74146 4331 South Mingo  
Road (918) 392-4016

#### Ally Home Health LLC

Binger, OK 73009 2010 South  
Broadway, Ave. (405) 656-2203

#### Alpha Healthcare Services

Tulsa, OK 74146 9810 East 42nd  
St., STE 221 (918) 508-2792

#### Alpha Home Health Care

OKC, OK 73116 7512 N. Broadway  
Ext. STE 312 (405) 463-5695

#### Alternative Home Care

Poteau, OK 74953 20775 292nd St.  
(918) 647-5719

#### Always Better Care Home Health

Durant, OK 74701-2993 2813 W.  
University Blvd. (580) 931-3900

#### Amedisys Home Health

Tulsa, OK 74133 10108 E 79th St.,  
STE A (918) 294-3902

#### Amedisys Home Health

Grove, OK 74344-5368 1637 S  
Main St. (918) 787-9496  
OKC, OK 73134-1027 14201  
Caliber Drive, STE 110 (404)  
748-7104

#### Anderson Home Care

Tulsa, OK 74135 5525 East 51st  
STE 450 (918) 794-8819

## INTEGRIS

Continued from page 7

games the patient enjoys. "One volunteer found out that her patient wanted a certain kind of shoe to wear. So she got the woman's shoe size and even traced an outline of her foot before going shoe shopping for her. We have volunteers who take patients to get their hair done or take them to doctors' appointments," Southerland said. "There was a patient that wanted to go to Stars and Stripes Park and have a picnic. Her volunteer picked up fried chicken and some of the staff members joined them for a picnic in the park. Another volunteer met with a patient once a week at a cafe for morning coffee. It's kind of whatever works for the two of them," Southerland said. "The Volunteer Coordinator does not put any limitations on the type of activity. Obviously the volunteers cannot give medications

to the hospice patients or do any type of nursing related activities, but they can ask the patient if it is time for their medication", she added. Sometimes the primary caregiver needs a break from caregiving and the hospice volunteer can provide that relief and give the caregiver some freedom.

Volunteers at the INTEGRIS Hospice house do a myriad of things. The 12-bed INTEGRIS Hospice House in Oklahoma City is located at 13920 Quailbrook Drive. INTEGRIS also contracts with about 28 other hospice programs in the state to bring their patients to the INTEGRIS Hospice House. Hospice House volunteers sometimes make coffee and answer the doors or the phone. "They might assist the cook by delivering meal trays to the patient or family member and also assist the nurses with various duties or even pick up trash around the facility. It's just whatever they're comfortable doing," Southerland said.

Volunteers usually give two to four hours of their time each week depending on their schedule. Many of the INTEGRIS Hospice volunteers have experienced hospice in some way and want to give back to the community.

"A high percentage of our volunteers have used the services of INTEGRIS Hospice and that is usually the reason they seek us out," Southerland said. "They are special people."

#### Angelic Home Health Care

Broken Arrow, OK 74011 3790 S  
Elm Pl., STE 202 (918) 622-3800

#### Angels Care Home Health

Broken Arrow, OK 74012 751 N  
Aspen (918) 251-0952  
OKC, OK 73116 4045 NW 64th St.,  
#504 (405) 767-9555

#### Angel's Hands Nursing Services

OKC, OK 73127 8101 NW 10th St.,  
Ste B-30 (405) 582-0571

#### Apex Home Health

OKC, OK 73127 1900 N.  
MaCarthur Blvd. Ste 101 (405)  
525-0118

#### A-Premier Senior Home Care

Catoosa, OK 74015 3013 N.  
Highway 167 STE B (918)  
379-0750

#### Arbuckle Home Health

Sulphur, OK 73086 1200 West 2nd  
St. (580) 622-5529



# Family provides **Loving Care** across Oklahoma

A desire to provide the best possible care nearly 18 years ago has turned into a family business that has spread Loving Care over much of central Oklahoma.

All working at separate hospitals at the time, five female family members came together one-by-one to bring their own unique experience to Loving Care Home Health and Hospice. "In the hospital we all saw that patients were being discharged very quickly," said Joanie Hightower, R.N., Loving Care hospice director of nursing and sister of co-founder Billie Woods. "They were going home and when they would get there they wouldn't understand their plan of care. They were needing teaching in so many areas. We found they were readmitted really quickly. We thought we could do a better job and that was the whole goal of the business." That was back in 1997 when the first office opened in Noble. Now, Loving Care has spread from Cleveland County into Oklahoma, Canadian, McClain, Garvin, Grady, Lincoln, Pottawatomie, Seminole, Kingfisher, Okfuskee, Pontotoc and Hughes counties.

According to Medicare.gov, Loving Care patients recommend the agency to friends and family more than many other agencies in the area.

It is clear home health, hospice, and private duty are not a business, but a way of life for the Woods and their children.

The family proudly serves 15 central Oklahoma counties. Loving Care has eight offices and more than 200 employees.

The focus on community involvement and giving back is paramount for the company. Loving Care grew quickly to provide, not only skilled nursing care and physical therapy at home, but saw a great need for hospice care. The hospice team provides expert care to keep patients and families comfortable so they may enjoy their final seasons with loved ones at home or long-term-care facilities.

Loving Care would not be complete without offering their Private Duty services for persons who seek help with daily tasks, whether running errands, bathing and personal care, transportation to doctor appointments, or overnight care. Loving Care's certified caregivers are there to help.

Hightower says word of mouth is the best advertising the company can receive.

"What we find is people come to us because they've heard about us," Hightower said. "They come because they've had a relative, friend or family member taken care of." Loving Care has now grown to more than 200 employees. Offices are located in Yukon, Shawnee, Stratford, Lindsay, Purcell and Noble.

The family's motto remains the same to this day: "Take care of everyone like family."

## Choosing a home health agency is easy - Just say "I want Loving Care"



# Loving Care

**HOME HEALTH | HOSPICE | PRIVATE DUTY**

**405-872-1515**

**[www.lovingcarehealth.com](http://www.lovingcarehealth.com)**



**Oklahoma Family Owned Family Care**

Offices in

**NOBLE PURCELL SHAWNEE STRATFORD YUKON LINDSAY**

Loving Care is recognized nationally by Medicare and OCS as an elite provider of home health services. Annually, only about 15% of Oklahoma companies achieve this level of competence.

**Around The Clock Home Care**  
Chickasha, OK 73018 313  
Chickasha Ave (405) 222-6478

**Ascent Home Health**  
Roland, OK 74954 311 East  
Rayfine Blvd., STE 1 (918)  
503-6299

**Aspire Home Care**  
Tishomingo, OK 73460 880 E  
Main St. (855) 527-7473  
**Lawton**, OK 73505 7205 W. Gore  
Blvd (855) 527-7473  
**Hugo**, OK 74743 121 South  
Broadway (855) 527-7473

**Assurance Health Care Services**  
Broken Bow, OK 74728 106 West  
Memorial (580) 584-9109

**Assured Help Senior Care**  
OKC, OK 73112 2828 NW 57th,  
Ste. 315 (405) 819-4696

**At Home By Choice**  
OKC, OK 73116 One NW 64th, Ste  
A2 (405) 879-3470

**Available Sitters**  
Broken Arrow, OK 74012 3081 W.  
Albany St. Unit 113 (918) 893-2470

**Barnes Home Health Care**  
Tulsa, OK 74146 10820 East 45th  
St., STE 301 (918) 610-0089

**BAYADA Home Health Care**  
Bartlesville, OK 74006 2425  
Nowata Place, STE 200 (918)  
333-4745

**Benchmark Home Health**  
Tulsa, OK 74119 616 South Boston  
Ave., STE 403 (918) 592-9000

**Beneficent Home Healthcare**  
Tulsa, OK 74146 4150 South 100th  
East Ave. (918) 828-9094

**Best Choice Home Health**  
OKC, OK 73116-3644 3035 NW  
63rd St. STE 218N (405) 286-9140

**Best Home Health Care**  
Chandler, OK 74834 912 East 1st  
(405) 258-0035

**Bonny Crest Home Healthcare**  
Tulsa, OK 74105 3105 E Skelly  
Drive, STE 205 (918) 949-4555

**Brightstar Care**  
OKC, OK 73112 3000 United  
Founders Blvd, STE 104G (404)  
896-9600  
Tulsa, OK 74133 5110 S. Yale Ave,  
Ste 530 (918) 392-9949

**Brookdale Home Health**  
5600 North May, STE 147  
Oklahoma City, OK 73112  
P: 405-341-4361  
F: 405-341-4249  
[www.brookdale.com](http://www.brookdale.com)

**Brookdale Home Health**  
OKC, OK 73112 5600 North May,  
STE 147 (405) 341-4361  
**Broken Arrow**, OK 74012 1621  
South Eucalyptus Ave. (918)  
298-0275

**C&K Home Care**  
Chouteau, OK 74337 108 N.  
Chouteau (918) 476-6064

**Cameo Home Care**  
Shady Point, OK 74956 27096  
Highway 59 North, STE C (918)  
963-0148

**Care By Design LLC**  
OKC, OK 73103 1211 North  
Shartel (405) 673-6223

**Care Plus Home Care**  
"Stay Home, Stay Well"  
9828 N.E. 23rd Street  
Oklahoma City, OK 73141  
(405) 769-2551  
Toll Free: (877) 744-2551  
[www.careplusathome.com](http://www.careplusathome.com)

**Care Plus Home Health Care**  
Tulsa, OK 74133 8030 S Memorial  
Dr., Ste D-1 (918) 294-9760  
OKC, OK 73141 9828 Northeast  
23rd St. (405) 769-2551

**Caregiver Services of  
Bartlesville**  
Bartlesville, OK 74006 1025 Swan  
Drive #455 (918) 333-4200

**Caregivers Home Health**  
OKC, OK 73139 8922 South  
Western Ave. (405) 691-9955

**CareTeam of OKC**  
OKC, OK 73116 6404-B N. Santa  
Fe (405) 842-5273  
**Chickasha**, OK 73018 401 W  
Chickasha Ave. (405) 222-2462

**Caring Hearts of Lawton**  
Lawton, OK 73507 1904 NW Ferris  
Ave. (580) 483-5571

**Caring Home Health Agency**  
OKC, OK 73120 12005 N. Virginia  
Ave. (405) 936-9700

**Carter Healthcare**  
Lawton, OK 73505 5366 N.W.  
Cache Rd, STE 2 (580) 353-0377  
**McAlester**, OK 74501-3839 1609  
N. Strong Blvd (405) 947-7700  
**Ardmore**, OK 73401 217 N.  
Commerce, STE G (405) 947-7700  
**Woodward**, OK 73801 911 17th St.  
(580) 323-5330  
OKC, OK 73119 3105 S. Meridian  
(405) 947-7700  
**Tulsa**, OK 74137 2846 E 101st St.  
(405) 947-7700

**Carter Healthcare**  
3105 S. Meridian Ave  
Oklahoma City, OK 73119  
O: 405-947-7705 x141  
F: 888-622-4329  
[www.carterhealthcare.com](http://www.carterhealthcare.com)

**Celect Care Home Health**  
Shady Point, Ok 74956 27096  
HWY 59, North (918) 963-2160

**Cherished Seniors In-Home Care  
Assistance**  
Chelsea, OK 74016 406 West 6th  
St. (918) 789-6060

**Cherokee Nation Home Health  
Outreach**  
Tahlequah, OK 74464 1630 N.  
Cedar Ave. (918) 456-5051

**Cherokee Nation Home Health  
Services**  
Tahlequah, OK 74464 1630 N.  
Cedar Ave. (918) 458-6102

**Choice Home Health**  
OKC, OK 73116 One NW 64th St.,  
STE A (405) 879-3470

**Cleveland Home Health**  
Cleveland, OK 74020 121 South  
Broadway (918) 358-2483

**Comanche County Memorial  
Hospital Home Health Care**  
Lawton, OK 73505 12 Northwest  
Sheridan Road (580) 585-5575

**Combined Home Health Care**  
Sallisaw, OK 74955 1511 W.  
Chickasaw

**ComForCare Home Care**  
OKC, OK 73701 5235 North  
Lincoln Blvd. (405) 217-0706

**Comfort Care Home Health**  
OKC, OK 73118 4801 N Classen  
Blvd, Ste 245 (405) 767-6221

**Comfort Keepers #897**  
Edmond, OK 73013 3601 S.  
Broadway Ave., Ste 650 (405)  
242-5300

**Community Home Health**  
Muskogee, OK 74401-5036 360  
South 33rd St. 918/686-6300

**Companion At Home**  
Guthrie, OK 73044 1310 E.  
Oklahoma, Ste B (405) 282-3402

**Companion Home Care**  
Tulsa, OK 74145 7941 East 57th  
St., #7 (918) 407-3124

**Companion Healthcare  
Home Health \* Hospice \*  
Private Duty**  
W: 405.293.9000  
F: 405.293.9001  
[www.companionhealthcare.net](http://www.companionhealthcare.net)

**Companion Home Health**  
Guthrie, OK 73044 1310 E.  
Oklahoma Ave. (405) 293-9000

**Compassion Home Care**  
Spiro, OK 74959 19409 US Hwy  
271 (918) 962-4545

**Compassionate Care Senior  
Services**  
Grove, OK 74344 317 South Main  
(918) 791-3024

**Compassionate Care Senior  
Services**  
Miami, OK 74354 1411 East Steve  
Owens (417) 623-2447

**Complete Home Health of Stigler**  
Whitefield, OK 74472 508 East  
Confederate Road, STE 104 (855)  
420-8225

**Complete Home Health of  
Tishomingo**

Tishomingo, OK 73460-4824  
315 N. Western Ave.  
(580) 371-9300

**Complete Home Health of  
Western Oklahoma**  
Enid, OK 73703 1109 West Cherry  
St. (580) 237-1819

**Complete Home Services**  
Tishomingo, OK 73460 315 W. Ave.  
(580) 371-9300

**Completecare Home Health Plus**  
McAlester, OK 74501 301 NW 2nd  
St., STE 102 (918) 302-3300

**Coram CVS/Specialty Infusion  
Services**  
OKC, OK 73127-6514 5924 NW  
2nd St., STE 100 (405) 495-2273

**Cornerstone At Home Care**  
Tahlequah, OK 74464 1409 South  
Muskogee Ave, STE 2 (918)  
708-9408

**Cornerstone Health Care**  
Tahlequah, OK 74464 1409 South  
Muskogee Ave. STE 1 (918)  
453-0040

**Cornerstone Healthcare Agency**  
Stroud, OK 74079 314 West Main  
St. (918) 968-2002

**Cornerstone Home Health, Inc**  
OKC, OK 73112 3701 N Meridian  
(405) 354-5454

**Country Style Health Care IV**  
Eufaula, OK 74432 502 Industrial  
Blvd (918) 689-5060

**Covenant Home Care**  
OKC, OK 73118 5500 N. Western,  
STE 212-A (405) 810-4907

**Covenant Home Health**  
Roland, OK 74954 707 South  
Roland Rd, Unit 4 (918) 427-3591

**Creative Home Care**  
Poteau, OK 74953 2704 North  
Broadway (918) 641-5805

**Cypress Home Care**  
Hugo, OK 74743 2816 East  
Jackson, STE B (580) 317-9333

**David's Health Center**  
Fort Towson, OK 74735-0116 202  
North Main St. (580) 873-2876

**Devine Care Home Health**  
OKC, OK 73139 6801 S. Western  
Ave Ste # 200 (405) 635-9990

**Doctors Park Home Health**  
Norman, OK 73071 517 East  
Robinson (405) 360-6060

**Duncan Regional Hospital  
HomeCare**  
Duncan, OK 73533 2000 W Elk Ave  
(580) 251-8752

**Eden Care At Home**  
OKC, OK 73114 129 NW 132nd St.  
(405) 285-5983

**Elder Stay at Home Care**  
Guymon, OK 73942 119 NW 8th  
St. (580) 754-0034

**Elite Home Care**

# Caring with honor

## Good Shepherd salutes Veterans every day

Christa Cook's father did three tours in Vietnam.

He served during a military era where service by U.S. soldiers was often shunned back at home.

Now, with the help of Good Shepherd Hospice, she's trying to make sure every veteran living out their final days is honored and cherished.

Already a recognized Oklahoma leader in hospice care, Good Shepherd is enriching the care it offers veterans through the We Honor Veterans campaign.

It's a program near

and dear to the hearts of both Cook, who serves as volunteer services director and Executive Director Sharon Nash, RN and the Good Shepherd Hospice team.

"We personalize the care for every veteran," Cook said. "Not everybody is the same. We don't expect them all to be the same. Based on what their needs are, we're going to take care of them the best we can.

"We're going to honor them and make them feel special."

Good Shepherd asks

about time spent in the military for each new patient coming on service. If the answer is yes then the patient is in for a treat.

A group of staff, including patient family members and friends are gathered to meet the patient and personally thank them for their sacrifice.

During that ceremony - which is often an emotional one - the veteran is showered with gifts ranging from letters of thanks, to stuffed animals, to personalized crafts and challenge coins.

Members of the U.S. military have a long-standing tradition of carrying a special coin symbolizing unit identity and esprit de corps.

Known to generations of American military personnel as challenge coins, they are a vital part of military life today and are revered by troops in every branch of service.

Cook says it's the least Good Shepherd can do to honor those men and women.

It's that sort of approach to caring that makes Good Shepherd stand out in a number of areas.

### Services Offered

-Medical Direction provided by Good Shepherd Hospice physicians brings an additional level of expert care to the treatment of terminally ill patients. The patient's relationship with their regular physician is preserved, while the hospice physicians bring a new emphasis on comfort control and dignity of life. At times when a patient's attending physician is not immediately available, hospice physicians ensure prompt medical decisions are made.

-Registered Nurses are the very heart of hospice,

See SHEPHERD Page 12

Make every moment the best it can be...  
*Physically* & *Emotionally*  
*Spiritually*

For over twenty years patients and their families have trusted Good Shepherd Hospice to provide comfort and dignity when they needed it most. Our staff is trained to meet the specific end-of-life needs for our patients who have served in the military.

Good Shepherd Hospice proudly employs and serves veterans.

good shepherd HOSPICE

WE HONOR VETERANS

OKC: 405-943-0903 | 800-687-9808    Norman: 405-928-2777    Northeast Oklahoma: 918-786-6182 | 800-787-2226  
 Tulsa: 918-743-5067 | 800-687-6269    Muskogee: 918-682-3800 | 866-949-9997    [goodshepherdhospice.com](http://goodshepherdhospice.com)

OKC, OK 73162 6701 W Hefner Road (405) 752-2523

**Elkview Home Health**

Hobart, OK 73651 700 N Hill (580) 726-6606

**Ellen Bee Home Care**

Sand Springs, OK 74127 20 W. 2nd St., STE 200 (918) 514-4220

**Emberton & Co. Home Health**

Muldrow, OK 74948 710 E Shawntel Smith Blvd., STE C (918) 427-0999

**Encompass Home Health**

Norman, OK 73072 209 NW 48th Ave (405) 360-0041

**Muskogee**, OK 74403 111 South York (918) 682-6202

**Tulsa**, OK 74135 5800 E Skelly Drive Ste 1200 (918) 524-1100

**Boswell**, OK 74727 Old Hwy 70, STE A (580) 566-1190

**Weatherford**, OK 73096 1405 East Main St. (580) 774-2201

**Lawton**, OK 73505-5243 1320 NW Homestead Dr, STE H (580) 248-7400

**Stillwater**, OK 74074-1911 2318 West 7th St. (405) 707-8065

**Entrust Home Health**

OKC, OK 73118 5104 N. Francis, Ste 100 (405) 778-6270

**Entrusted Hearts**

**Owasso**, OK 74055 7410 N 127th East Ave. (918) 272-4694

**OKC**, OK 73162 9700 Mashburn Ave. (405)720-2401

**Entrusted Hearts Private Services**

OKC, OK 73162 9700 Mashburn Boulevard (405) 720-2401

**Epworth At Home**

OKC, OK 73134 14901 N Pennsylvania Ave. (405) 767-9033

**Essential Companion Care Services**

Tulsa, OK 74129 8906 E. Skelly Drive STE T (918) 301-0209

**Eton Home Healthcare**

Broken Arrow, OK 74012 4706 West Urbana St. (918) 459-9645

**Evergreen Home Health**

Tulsa, OK 74146 9902 East 43rd St., STE B (918) 250-5555

**Excell Home Care & Hospice**

OKC, OK 73139 1200 SW 104th St., STE D (405) 631-0521

**Excell Private Care Services**

OKC, OK 73170 10600 S. Penn (405) 639-3939

**Express Home Help**

Norman, OK 73069 615 24th Ave SW, STE B (405) 722-7171

**Faith Home Care Services**

Tulsa, OK 74136 2524A East 71st St. (918) 621-4454

**Family Care Home Health**

OKC, OK 73116 4005 NW Expressway, Ste 605 (405) 842-5656



Christa Cook, volunteer services director, (left) and Sharon Nash, RN, executive director, carry out Good Shepherd's mission to ensure the sacrifice made by veterans is never forgotten.

## SHEPHERD

Continued from page 11

caring directly for hospice patients during regularly scheduled visits. Other nurses' duties range from coordinating the delivery of medications and supplies to answering the many questions patients and families often have.

-On-Call Nursing assures a Good Shepherd Hospice staff registered nurse remains available 24 hours a day, 7 days a week, 365 days a year.

-Hospice Aides supplement the care provided by R.N.'s, often assisting patients with manicures, pedicures, hair styling, bathing or other personal care, as well as assisting with light housekeeping.

-Medical Supplies, equipment and prescriptions related to the patient's comfort or terminal condition

are covered by the Good Shepherd Hospice program. Trained nursing staff will assess the need for these items and coordinate their delivery.

-Social Services provided by social workers include counseling patients wishing to resolve emotionally painful family issues that take on a new sense of urgency in times of terminal illness. Other needs addressed range from helping families communicate with insurance carriers and financial institutions to planning memorial or funeral services.

-Spiritual Counseling is available to patients and families by Good Shepherd chaplains. The patient's personal religious beliefs are always respected, and assistance is typically limited to the degree and frequency that patients and families

themselves choose.

-Bereavement Support helps surviving family members find healthy outlets for the emotional needs that accompany the loss of a loved one. Good Shepherd maintains contact with family members for at least a year following the patient's death.

Trained Volunteers, in-patient care, 24-hour-continuous care, respite care and specialized therapies are also offered.

Good Shepherd recently applied for its fourth and final star in the program, administered by the National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs.

The fourth star symbolizes the highest level of commitment displayed to veterans, which is what Good Shepherd strives for each day.

# Sweet! Care Plus Home Care

Meet Kristi Brewer Campbell, Owner and Director of Care Plus Home Care. "This is a family-owned, licensed and private duty home care agency," Kristi says. "We have certified care-givers and assisted living services to assist individuals and couples that want to stay home and stay well."

At Care Plus Home Care, you will find services are offered 7 days a week up to 24 hours a day. Live-in services are also provided if around-the-clock care is needed. Care Plus caregivers can assist with personal care and hygiene, take care of medications, prepare meals, clean, do laundry and assist with transportation and errands.

The family-owned business understands

See **CARE PLUS** Page 14



Nancy Brewer, Kristi Brewer-Campbell, Owner and Director of Care Plus Home Care and Vonda Goldsmith, CHHA Caregiver celebrate Mr. Don Herndon's birthday. Nancy bakes cakes for each one of their clients for their special day.

## "Stay Home, Stay Well!"



**Care Plus**  
HOME CARE



**FREE IN-HOME ASSESSMENT**

- 24 Hour Live-Ins or Hourly Available
- Certified Home Health Aides and Companions
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- Meal and Snack Preparation
- Light Housekeeping and Laundry
- Services Provided up to 24 Hours Per Day

**(405) 769-2551 [www.careplusATHOME.com](http://www.careplusATHOME.com)**

*"Family owned, operated and serving Central Oklahoma since 1993"*



# CARE PLUS

## Continued from page 13

how important it is to their clients to feel and remain safe in their own homes. "When people can stay in their home, it makes them feel good about themselves. They feel a bit of independence even though they have a caregiver come in to assist them with their specific needs," Kristi says. "All of our caregivers are bonded, references are verified and Oklahoma State Bureau of Investigation checks are run on each caregiver prior to employment. That is a big plus and when it comes to feeling safe and secure, our clients really like that. It is a peace of mind for the client and their families. The caregivers are carefully screened and undergo a criminal background check. In addition, each caregiver is bonded, insured and covered under workers' compensation insurance. It's nice to know that they can trust their caregiver."

Established in 1993, Care Plus Home Care agency provides an alternative for seniors wanting to remain independent and in the comfort of their own home. The mission here is to meet the home care needs of their clients with respect, compensation and services of the highest quality. They will operate in a manner that will appropriately reward their clients and employees alike. Presently, Care Plus Home Care has about 70 clients but the number varies. "All of our clients are treated with respect, and we want to make them feel like the most important person in the world," Kristi comments.

Kristi Brewer-Campbell and her mom Nancy Brewer add a little something special for their clients. "I remember when I was a little girl, there was an elderly lady, Maddox, that we would visit each week, just to stop by to see if she needed anything. I remember how my mom was so nice to her. Now, my mom continues caring

for the elderly by making our clients a birthday cake on their special day. Mom has been baking birthday cakes for a little over 3 years now and she loves it," Kristi said. "It certainly brightens their day," she adds. "The two of us deliver the cakes to our clients and sometimes, it's a big celebration with their families. Everyone in the family appreciates us bringing them a birthday cake. That makes us feel really good."

"It was my mom's idea to bake a cake for each of our clients on their birthdays," Kristi said. Asking Nancy how she began baking cakes for the clients, she replied, "Of course it takes a little bit for the client to get used to the daily adjustments when they need assistance in their homes. There was a gentleman that was having a hard time with it and it just happened to be his birthday. Kristi and I decided to bake a cake for his birthday. When we delivered it to his home, his whole attitude

changed, for the better. It was amazing! After that, I decided that I would bake a cake for all of the clients on their birthday," she said with a smile.

"How does it make you feel when you deliver a cake to the clients?" I ask Nancy. "Well, it makes me feel really good to know that I am doing something for someone else and by me baking a cake for them, they really appreciate it. Sometimes, Kristi and I are greeted by their families and they want us to stay for the party, etc. It is such a great feeling knowing that such a simple gesture from us can mean so much to them."

Kristi and Nancy deliver the cakes all over Oklahoma, wherever their clients are and they never miss a birthday. The cakes are usually 2 to 3 layers of luscious flavor upon the client's request. Decorated with icing and a Happy Birthday on the top, it almost looks too good to eat! Nancy loves to bake and will continue to bake birthday cakes as long as she is able.

### Family Choice Home Care

Elk City, OK 73644 1925 W. Third St. (580) 225-4140

### First Call of Tulsa

Tulsa, OK 74145 4125 South Sheridan Road (918) 665-1011

### Florence Night and Day

Lawton, OK 73507 1302 Ferris Ave. (580) 536-2612

Newcastle, OK 73065 2830 NW 32nd Steet, STE 302 (405) 684-3570

New Castle, OK 73065 2830 NW 32nd St Ste 302 (800) 684-3570

### Focus on Function

OKC, OK 73116 6400 North Santa Fe, STE B (405) 840-2903

### Fusion Home Health

Altus, OK 73521 301 East Broadway, STE B (580) 379-0210

### Gateway Home Health Care

Poteau, OK 74953 2203-B N. Broadway (918) 649-0314

### Generations Companion And Sitting Services

Edmond, OK 73013 3500 S. Blvd, Ste C-10 (405) 651-8462

### Genesis Home Health

Yale, OK 74085 110 N D St. (918) 387-2233

### Gentiva Health Services

Tulsa, OK 74135-5454 6130 East 32nd St. (918) 254-9108  
Tulsa, OK 74135 5314 South Yale (918) 488-6153

Stroud, OK 74079 408 South 8th Ave. (918) 968-9543

Lawton, OK 73501 2210 West Gore Blvd, STE 3 (580) 248-9998

OKC, OK 73116-1684 4045 NW 64th St., STE 420 (405) 843-0465

Hugo, OK 74743 804 East Jackson St. (580) 326-8376

Lawton, OK 73501 2210 West Gore Boulevard, STE 3 (580) 248-9998

Hugo, OK 74743 804 E Jackson St. (580) 326-8376

### Gentle Hands Home Health

OKC, OK 73118 4801 N. Classen Blvd, # 253 (405) 834-1409

### Gentle Shepherd Home Health

OKC, OK 73159 1625 Greenbriar Place Unit 300 (405) 691-8600

### Girling Health Care

Tulsa, OK 74136 7060 South Yale Ste 500 (918) 665-8866

OKC, OK 73112 2601 NW Expressway, STE 700E (405) 858-1500

### Giving Hope Homecare

Broken Arrow, OK 74012 2604 W. Kenosha STE 204 (918) 806-2667

### Gold Star Home Health Care

OKC, OK 73105 4500 North Lincoln Blvd., STE #201 (405) 419-2800

### Golden Age Home Health

OKC, OK 73170 934 SW 107th St. (405) 692-1255

### Golden Heart Senior Care of

### Oklahoma

OKC, OK 73116 7301 N. Broadway Ext. Ste 118 (405) 796-4848

### Golden Oaks Village Home Health

Enid, OK 73703 5801 N. Oakwood Road (580) 249-2600

### Good Health Care Professionals

Wilson, OK 73463 410 Idlewood Circle (580) 668-2351

### Good Journey Home Health

Allen, OK 74825 208 East Broadway (580) 857-2125

### Goodwill Industries of SW Oklahoma & North Texas

Lawton, OK 73505 923 Hilltop Drive (580) 248-9313

### Grace Care

Enid, OK 73703 1017 W. Cherry Ave (580) 237-6911

### Grayson Home Health

Durant, OK 74701 112 North 9th Ave. (580) 745-9470

### Great Plains Home Care

Elk City, OK 73644 1801 W 3rd St. (580) 225-5656

### Green Country Home Care

McAlester, OK 74501 405 Chickasaw St. (918) 426-3700

### Green Country Home Health Care

Claremore, OK 74017 318 North Missouri (918) 343-5720

### Griswold Home Care

Enid, OK 73701 512 West Broadway (580) 540-9803  
Tulsa, OK 74104 1843 East 15th St. (918) 550-8033

### Harmon County Home Health Care

Hollis, OK 73550 502 E. Chestnut (580) 688-3353

### Harmony Home Care

Shawnee, OK 74801 20 East 9th St., Unit 130 (405) 275-2700  
Mustang, OK 73064 255 South Castle Rock (405) 376-8881

### HCIPS In-Home Services of Hugo

Hugo, OK 74743 303 W. Jackson St. (580) 326-6877  
Purcell, OK 73080 208 West Main (405) 527-0480  
Sallisaw, OK 74955 103 N Walnut St. (918) 235-0536  
Tulsa, OK 74120 907 S. Detroit Ave STE 905 (918) 592-1221

### Health Watch Health Care

Altus, OK 73521-5750 103 S. Hudson (580) 772-2948  
Duncan, OK 73533 2124 N Highway 81 (580) 251-9536  
Guymon, OK 73942 1203 N. Ellison (580) 338-2274  
Purcell, OK 73080 214 North Illinois St.,#B (918) 429-0502

### HealthBack Home Health

Norman, OK 73069 800 W Rock Creek Road STE 103 (405) 292-1890  
Edmond, OK 73013-8871 16201 N May Ave (405) 330-5500

# Local agency strives to be Right Choice

Tina Singleton, LPN, once floated right along with everyone else in the sea of home care service agencies in Oklahoma.

In the end, one always seemed just like another, chasing a financial bottom line that never seemed to be good enough.

The nurse in her knew that couldn't be good for the client.

"That's not how I wanted to be treated," Singleton said.

So, in the fall of 2009, Singleton took her clinical knowledge and love of people and merged them into Right Choice Personal Assistance.

Singleton hires for character and depth. Eleven of her staff are over the age of 60.

"They are very active caregivers who do an excellent job and who have been in the industry a long time," Singleton said. "They care so much."

That, above all else, was what she had in mind when she opened her doors.

"A lot of companies tell you not to get attached to you clients," Singleton said. "I encourage my caregivers to develop a relationship and remember each person is different."

"We have to keep our professional boundaries but I don't want them to ever go into a home and look at a client like a task list. We are guests in their home and it's about developing a relationship."

Right Choice Personal Assistance is a home care service agency which is locally owned and operated. Nurses operating Right Choice have 40 years combined experience in the field of home care. As a client, you can trust that Right Choice hires carefully trained and qualified assistants who are compassionate and dependable.

As a service to you, caregivers will come to your home where they will assist you in the things you need help with, in the manner you prefer, on the schedule you want.

The mission is to provide assistance and care to clients so that they can remain safe in the comfort of their own home while maintaining their dignity and independence. Right Choice will achieve this by:

- Showing compassion for all those cared for.
- Giving respect for all regardless of race, religion,

personal beliefs, finances, gender or disabilities.

- Remembering that staff are guests in a client's home, and will provide assistance according to their preference and what they are familiar with.

- Adapting assistance to the wishes or needs of the client and/or family.

- Maintaining integrity and honor while providing assistance for clients.

- Above all showing love by serving and treating others the way they would want to be treated.

From Norman to Edmond and El Reno to Shawnee, Right Choice provides personal assistance needs regardless of age. Her clients range in age from 14 to well, much older.

It's what Singleton wanted when she began.

Turns out, it's been the Right Choice.

*You can rest assured that you have made the right choice*



#### Personal Care

- Bathing / Showering
- Personal Hygiene / Oral Care
- Bathroom Assistance
- Dressing
- Skincare / Nail Care / Shaving
- Walking Assistance / Mobility
- Transfer Assistance
- Exercise

#### Companionship

- Meal Preparation / Clean up
- Medication Reminders
- Transportation
- Errands / Grocery Shopping
- Accompany to Doctors & Pharmacy Visits
- Feed and Care for Pets
- Water Plants
- Play Games / Cards
- Reading
- Recreational Activities
- Accompany to Church / Devotionals

#### Housekeeping

- Light Housekeeping
- Laundry
- Vacuum, Sweep, and Mop
- Change Linens / Make Beds

908 SW 107th  
Oklahoma City, OK 73170  
(405) 595-7066  
[www.RightChoiceOK.com](http://www.RightChoiceOK.com)



OUR MISSION IS TO PROVIDE ASSISTANCE AND CARE TO OUR CLIENTS SO THAT THEY CAN REMAIN SAFE IN THE COMFORT OF THEIR OWN HOME WHILE MAINTAINING THEIR DIGNITY AND INDEPENDENCE.

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www.healthback.com

**Ponca City**, OK 74602-0989 111 Patton Drive, STE A (580) 762-5800

**Stigler**, OK 74462 519 East Main St. (918) 967-8095

**Chickasha**, OK 73018 420 S. 22nd St. (405) 224-3366

**Enid**, OK 73701-5804 310 S. 4th St., STE B (580) 233-4217

**Idabel**, OK 74745334 900 SE Washington St. (580) 286-6541

**McAlester**, OK 74501-4920 1102 E. Washington Ave. (918) 423-2034

**Purcell**, OK 73080 519 West Delaware St. (405) 527-0027

**Healthcare Innovations In- Home Services of OKC**

**OKC**, OK 73108 4300 Highline Blvd. Building F, STE 200 (405) 949-9984

**Hugo**, OK 74743 303 W. Jackson St. (580) 326-6877

**HealthCare Innovations Private Services**

**OKC**, OK 73108 4300 Highline Blvd STE 380 (405) 943-0094

**Heart Care at Home**

**OKC**, OK 73142 13104 North MacArthur, STE B (405) 948-1700

**Heartfelt Quality Care**

**OKC**, OK 73103 220 NW 10th St. (405) 722-8111

**Heartland Home Health Care and Hospice**

Shawnee, OK 74804 2802 N Kickapoo Ave (405) 214-6441

**Hearts at Home Companion Care**

Norman, OK 73069 320 West Main, STE E (405) 310-4000

**Heavensent Caregivers**

Durant, OK 74701 318 West Main St. (580) 931-3112

**Helping Hands Companion Care**

**OKC**, OK 73120 11212 N May Ave STE 406 (405) 882-6824

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# Holistic care

## Valir Hospice enriches lives, offers compassionate support



Valir Hospice believes in the importance of addressing the mind, body and spirit of each of our patients, said Laura Trammell, vice president of hospice care at Valir Hospice, located in Oklahoma City.

"Hospice is not just about treating the medical/physical signs and symptoms. People experience physical pain, spiritual pain and emotional pain," Trammell said. "We have included holistic therapies as a new approach in order to meet the growing needs of people." Holistic Therapy focuses on treating the mind, body, emotions and spirit of the person and their family.

Valir has expanded its marketing efforts not only to include physicians, nursing homes and assisted living centers, but we have increased efforts to community events, senior centers and more public events in order to educate people on the changing roles that Valir Hospice provides in order to meet the needs of the entire person, Trammell said.

Hospice is a tremendous benefit to people but it remains underutilized. Hospice has a negative stereotype in the community, she said, and people are afraid of it, although hospice is a wonderful service.

"A lot of people think the minute they sign up for hospice, it automatically means they've signed up for a death sentence or the family feels they have just given up on their loved one. Trammell said. "That's not true."

Hospice services care for people who have been diagnosed with a life limiting illness. They are either not seeking aggressive treatment or aggressive treatment is no longer an option for them.

"Hospice comes in and makes sure all patients' needs are being met - and ensure they're comfortable pain-wise -- that all of their pain is under control," Trammell said.

Valir offers physicians, chaplains, social workers, nurses, home health aides and volunteers who come to the patient's home for assessment of needs and personal visits focusing on meeting the patient needs. Hospice also provides medications and medical equipment that relates to the person's hospice diagnosis. We also assist with financial and end of life planning for our patients and families.

Hospice isn't about the patient sitting around waiting to die. It is about having an enriched life. So Valir focuses on giving people life to their days by making their days fruitful and special.

"When hospice comes in, it allows the family members to spend increased quality time with their loved one. The family is usually the only caretaker, now hospice gets to assist with the caretaking role," Trammell said. "That's our job to come in and relieve the family of a lot of those caretaking duties so the family can spend quality time with their loved one doing the things they enjoy together every day."

"Valir Hospice fights for meeting the needs of our patients," Trammell said. "Our staff at Valir, strive to make sure every patient is comfortable, no matter how long it takes. We do not leave anybody in pain. Our staff are very passionate about the care and the follow through for our patients."

Once a patient passes, Valir will remain in contact with the family for a minimum of 13 months for bereavement issues.

"We do many different types of support groups in Oklahoma City and surrounding rural areas. The holiday season can be extremely difficult for those that have lost a loved one. The first holiday season without a loved one is typically the most challenging and families need to learn to cope with the change and loss that



# VALIR

Continued from page 16

they have experienced. Valir does a series focused on grief and loss during the holiday season," Trammell said.

Individual and group counseling is made available to family members. Holistic therapies such as massage therapy acupuncture, laughter yoga, aromatherapy and pet therapy can assist the families as well.

"Our pet therapy program has taken off greatly," Trammell said. "We have certified therapy dogs as well as miniature horses. Animals can touch a part of the human nature that other humans cannot." Animals play a significant role in decreasing physical, spiritual and emotional pain that our patient's experience.

Hospice is rewarding for Trammell. "Not everybody jumps out of bed every day to run to work," she explained. "But I am consistently reminded everyday why I do what I do. Hospice is truly a beautiful gift and I feel honored to be able to provide quality hospice to so many people."



Hospice is about making each day count, says Laura Trammell, vice president of hospice care at Valir Hospice, located in Oklahoma City.



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# Close to heart

## HealthBack Home Health has a healing touch

HealthBack Home Health in Oklahoma City prides itself on being local, and family owned and operated, said Christy Evans, CEO and president.

"The family feel is what we want for our staff and our patients," Evans said. "To quote my father, Jon Wilson, "We believe in doing what is right and what makes sense."

HealthBack's top priority is taking care of its employees and patients.

"Our families have been in Health Care for over 50 years and we will be celebrating HealthBack's 20th anniversary next year! We feel blessed to be able to serve those in need. We give but we get back so much more!" Evans said.

Evans is also an owner of Faith Hospice, where her brother-in-law Troy Ayers serves as CEO.

Her family has been in the business of the family oriented company since she was 3 years old.

HealthBack began as a physical therapy clinic in 1996. The company shifted gears for opportunities to serve humanity in the home health field.

"We've evolved to 34 branches now and we're in four states. Those include Texarkana, Texas; three agencies in Missouri, Kansas and Oklahoma City.

"We pretty much cover the state except for the northeast part, but we're going to be there soon," Evans said.

These branches specialize in connecting with the communities they serve as hometown agencies serving the surrounding areas.

"We like to have a storefront in that community so we'll feel a part of it," Evans continued. "We like to join the Chamber of Commerce. We like to

get involved."

As a home health agency, it provides registered nurses, LPNs, therapists, occupational therapy, physical therapy, speech therapy, social workers, home health aides, educational programs, diabetes management, Medicare management, weight management – among others.

HealthBack attracts longevity among its staff. Nurses can easily find a job. But their dedication to HealthBack shines.

One administrator began her career as a certified nurse aide on the hospice side.

"She has literally grown into every position and now she is an administrator over several branches," Evans said. "That says a lot about her and it says a lot to me about the

continued next page

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HealthBack Home Health COO Sabrina Spencer and Christy Evans, president and CEO, admire the compassion HealthBack staff members bring each day to patient care.

## HEALTHBACK

Continued from page 18

company that people stay and grow here. We definitely allow you to grow here.”

Compassion is an essential quality that HealthBack looks for when hiring staff. They must also be diligent in their documentation in order to meet the criteria of regulations set forth by Medicare and government entities.

Flexibility is important. Calls may come in the middle of the night in the 24-hour business.

“You have got to be willing to go out whenever they need you,” Evans said.

People are happier when they can heal and manage their symptoms in their own homes. Patients can avoid the constant shuffle of having to go back and forth to places for appointments.

“If they’ve got family, they can help out,” Evans continued.

Home health is also a more affordable service than institutionalized care. It is a needed service.

Nurses and their patients form close bonds, which works well for the healing

process in a holistic manner. Evans said the nurses are the eyes and ears of the physicians.

“It is a needed service and I think doctors appreciate the fact that we are there to pay attention,” Evans said.

Evans enjoys going with the nurses to different homes where she sees a light glimmer in a patient’s eyes when seeing a nurse.

“Even though I’m not a clinician, I just love to see the hands-on care and hear the stories,” Evans said.

Patient satisfaction is evident in a myriad of letters that HealthBack receives in the mail saying thank you for taking care of a relative or themselves.

“In general we get a lot of good feedback. We’re supposed to get them well and back on their feet for their independent living,” Evans said. “But it’s hard sometimes to let them go and the patients don’t want us to let them go either sometimes.”

Evans is so happy to be able to give back to the communities served by HealthBack.

“Families move away and sometimes we’re all they have, and so that’s very close to my heart,” she said.

# *Medical Mart retains client focus*

With increasing paperwork requirements and lower reimbursements, never before has it been harder for consumers to work with Medicare to get the medical equipment they need when they need it.

But for the last 30 years, family-owned Medical Mart in Norman has made the process as pain free as possible for clients who need quality medical equipment at an honest price.

With a delivery area anywhere in Oklahoma and Cleveland County, owner Kevin Barnes keeps his delivery drivers busy.

With a showroom filled with walkers, rollators, bathroom safety items as well as wheelchairs and canes, Medical Mart offers a chance for customers to come and try before they purchase.

As Central Oklahoma's leader in durable medical equipment, Barnes has seen more and more clients simply paying for the equipment they need on their own and getting their loved ones the help they need immediately.

That's why Medical Mart is focused on being your private pay source for affordable medical equipment.

"It's getting harder and harder for people to get medical equipment," Barnes said. "I think for a lot of people it's not worth the timing of running around trying to get the proper paperwork."

Now working on 30 years in business, Barnes still takes the same philosophy with him to work every day that his father had back in the 1980s.

In a world of durable medical equipment companies that operate out of large warehouses and 1-800 call centers, Barnes answers his own phone and still takes his business one customer at a time.

Barnes understands the economics of health care but he also understands it's about people. That's what his father, Aaron, brought to the table when he formed the company with Kevin back in 1987.

To this day, Barnes' company is one of the oldest providers of durable medical equipment in the state.

"I'm a hands-on manager," Barnes said. "I think a lot of people think these days I sit at a big desk and twiddle my thumbs."

If only he had that luxury.

From data entry to handling all of the ordering, Barnes runs Medical Mart upwards of seven days a week.

"It's been an evolving industry with the changes and



Employees (L-R) Wyatt Hamilton, Jillian Vaught, Daniela Flores, Lexie Allen, Austin Miller stand ready to help.

the cutbacks. It's funny how you evolve to that," Barnes said. "We're small but we still get a lot of work kicked out."

The industry has changed drastically and so has the company's offerings. Sister company Oklahoma Respiratory care started out supplying oxygen to Medicaid patients in nursing homes.

From there it blossomed into facilities throughout the state and they began accepting Medicare payments.

The Medicare boom in the 1990s led to a rise in durable medical equipment providers. Large companies that specialized in certain lines began to dominate the industry.

But as increased reimbursement cuts have become the norm, many of those companies have ceased to exist.

But Medical Mart and Oklahoma Respiratory Care still remains and Barnes has a good idea why.

"Customer service," he said. "Through the years it's probably why we are not bigger than we are. There are other companies that pour a lot of money into marketing and full-time marketers. They're hitting referral sources, especially with the more profitable lines. But there's a danger to that."

"Customer service has always been important. Instead of getting out there and getting into clinics more **See MOBILITY Page 21**



**MOBILITY**  
Continued from page 20

often I've been here on the phone taking care of patients.

Barnes still checks on his patients. He makes sure to call his Advantage patients every few weeks whether it's for a re-order or to make sure they have the right flavor of their nutrition drink

"I think the case managers like that special touch we give," he said. "A lot of people see DME as this big place where you call in an order and it's passed on down the line."

Barnes has fielded phone calls from patients who feel they've been lost somewhere in that line after being saddled with the big name companies by their providers.

He prefers to just help them, one customer at a time.

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# Finding solutions

## Senior Care Referral Services brings answers

Rick and Denise Guttenberger help families who are faced with finding senior care options identify and choose the best solution. "It can be confusing and complex at times, so we seek to educate and help families understand what might work best for their particular circumstance," Rick said.

The Guttenbergers are the owners of Senior Care Referral Services, a company based in Edmond and serving the greater metropolitan area of Oklahoma City. Their service area ranges from Guthrie to Norman and from Yukon to Shawnee. Whether seniors need independent living communities, assisted living, memory care or at home care, Senior Care Referral Services helps seniors find the resources they need. They do this at no cost to the families they serve.

"We have been in business almost two years and are pleased that we have become a resource and referral for many of the area hospitals, doctors' offices, and rehabs" Rick stated. "When a family calls, we get to say 'we can help you'" said Denise.

Although the business is for profit, it serves as a ministry and calling for the Guttenbergers. They both noted that they felt called to work with the senior community. Rick said the common conversations among their peers before they founded the company would include statements like, "Gosh, I've got to do something with mom. She can't live at home anymore and I don't know where to begin." "We really felt there was a need for a local, trusted group that

could provide this information for them," Rick said. They found their niche with Senior Care Referral Services. It is a wonderful way to walk with families, providing them ease of mind by simplifying their search for answers.

"How much does it cost? What kind of care am I going to find? Does my insurance pay for it?" are typical questions posed by their clients. Oftentimes when approached by a prospective client, the Guttenbergers will hear, "We don't know what to do." Helping seniors to navigate, making their life easier with a myriad of answers, brings joy to both the Guttenbergers and their clients. "We spent quite a few months visiting almost all the communities in the greater Oklahoma City area," Denise said. "We took the tours. We talked to the marketing people and the director, looked at reviews, so we could feel confident that any place we would take a family is a place we would take our own."

Primary caregivers can reach a point in their lives when there are more questions than solutions. Their own energy becomes spent in trying to do more than they can handle. "Sometimes it's just time. Sometimes it's, 'Gosh, I think mom would now be safer if we helped her find a community she could live in and where meals are prepared and the maintenance is done. She doesn't have to get out on the roads to drive.'" Also, a fall or injury with a loved one may prompt a son or daughter to make a decision to enhance their parent's quality of life for the better.



Rick and Denise Guttenberger own Senior Care Referral Services, a company that matches seniors with the care they need.

For many families, Senior Care Referral Services has been the only call they needed to make to find the solutions and peace of mind they were seeking.



**Senior Care Referral Services of Oklahoma**



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**ONHL Medical Home Health Services**  
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**OptionOne**  
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**Outreach Home Services**  
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**Oxford Healthcare**  
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OKC, OK 73112 3030 Northwest Expressway, STE 231 (405) 251-2850

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OKC, OK 73114 1240 Northwest 115th St. (405) 752-5222

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**Personalized Living at Bradford Village**  
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**Platinum Health Care**  
OKC, OK 73112 2212 NW 50th, STE 149C (405) 286-1300  
Stigler, OK 74462 1304 NW 7th St. (918) 967-9313

**Precise Home Health Care**  
Ponca City, OK 74601 900 E. Hartford Ave Ste C (580) 762-6000

**Precision Home Health Care**  
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**Preferred Pediatric Home Health Care**  
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**Premier Home Health Care**  
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**Prime Home Health Care**  
OKC, OK 73106 901 NW 25th St., STE 7 (405) 601-3826

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**Right Choice Personal Assistance**  
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**Senior Helpers**  
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**Shanadoa Home Health**

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# Success allows others to touch lives at LifeSpring

With 35 years in nursing and home health consulting, Karen Vahlberg, RN, BSN, founded LifeSpring In-Home Care Network, a national network of home care providers. The infrastructure and support systems of the network are based on a model created by Vahlberg and operational in central Oklahoma since 2003. Begun as Lifecare Oklahoma and later changed to LifeSpring Home Care, the core business provides the framework for the provision of a range of services for patients and their families through home health care, hospice and private duty/hourly services.

With this successful infrastructure in place, Vahlberg decided to share her know-how with others who were passionate about home care but needed support on developing the business aspects. So the idea to form a franchise organization was born and has grown to 10 franchise locations across the country.

"What we're seeing is people who want to work for themselves. They want to own their own businesses," Vahlberg said. "That's a powerful urge with a lot of people and they particularly want to do something that matters at the end of the day -- something through which they can feel they have contributed to society and touched other lives."

Vahlberg built the core organization, LifeSpring Home Care, from the ground up expanding the original office in Norman to Pauls Valley, Shawnee, Edmond, and Sayre. LifeSpring In-Home Care Network, in just two years, now has operational franchises in six other states including Texas, Pennsylvania, Florida, California, Connecticut and Colorado.

LifeSpring Home Care is 200+ employees strong ranging from nurses, therapists, aides, social workers, chaplains and support staff. Home Health Care furnishes an efficient and cost-effective alternative to hospitalization or other institutional care. Whether disabled or recovering from an operation or illness, LifeSpring pledges to compassionately care and support those individuals in the comfort of their own homes. Vahlberg reaches back on her nursing experience every day. "We are passionate about this industry for several reasons," Vahlberg says. "It's by far the least expensive setting of care. It's definitely more personal and it's the overwhelming patient preference to receive care at home."

"Karen's philosophy sets a high standard of excellence for all employees where we strive daily

to give our best and not lose that personal touch," said Lisa James, Director of Community Relations for LifeSpring Home Care.

LifeSpring Hospice Services are provided by a team of highly-trained home care professionals who are dedicated to going above and beyond to ensure the care and comfort of patients and their families. The team focuses on addressing individual needs and providing the highest quality, patient-focused, and compassionate care available anywhere.

LifeSpring also offers exclusive private duty services for individuals or families who need assistance with daily living. Whether it's a few hours for one day, or all day, every day, LifeSpring Personal Services are specifically tailored to meet the client's needs.

Through the diversity of services we offer, as well as our belief that caring for others is truly our calling,

LifeSpring has established itself as a leading provider of home care services!



## HOSPICE

*"I believe hospice is supposed to bring comfort and a sense of relief. That's what Lifespring did for my grandma. And I'm truly grateful."*

L I F E S P R I N G .  
 ◆ IN-HOME CARE NETWORK ◆

HOME HEALTH ◆ HOSPICE ◆ PERSONAL SERVICES

### Home Health Care

Home Health Care furnishes an efficient and cost-effective alternative to hospitalization or other institutional care. Our services are provided by a team of highly trained home care professionals who are dedicated to going above & beyond to ensure the care & comfort of patients & their families.

### Hospice

Hospice care is a unique, compassionate form of care for those faced with a terminal illness. Our goal is to provide a comfortable, dignified experience that honors the patient's quality of life and is respectful to their family members and loved ones.

### Personal Services

LifeSpring offers exclusive private duty services for individuals or families who need assistance with daily living. Whether it's one hour a day or all day, every day, LifeSpring's Personal Services are specifically tailored to meet your unique needs.

## INQUIRIES AND SERVICE REQUESTS

We know these decisions can be difficult. Please feel free to call and speak with a compassionate consultant whenever you're ready

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**Unity Home Care**

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**Edmond**, OK 73013 700 West 15th St., STE #5 (405) 227-9899

**OKC**, OK 73170 11401 South Western (405) 703-7676

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**You're First**

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**Alliance Oklahoma Home Health & Hospice Western Oklahoma**

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**Angelic Hospice**

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**Aspire Hospice**

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**Lawton**, OK 73505 7205 West Gore Blvd. (580) 931-6842

**Hugo**, OK 74743 121 South Broadway (580) 371-2106

**Autumn Bridge Hospice**

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**Cornerstone Hospice of Tulsa**

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**Cross Timbers Hospice**

207 "C" Street NW

Ardmore, Oklahoma 73401

toll free 1-800-498-0655

fax 580-223-3267

[www.crosstimbershospice.org](http://www.crosstimbershospice.org)

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**Crossroads Hospice, of OKC**

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Tulsa, OK 74133 6116 S. Memorial Drive (918) 994-4807

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**Family Choice Hospice**

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**First Choice Hospice**

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**Golden Age Hospice**

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**Good Journey Hospice**

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**Good Neighbor Hospice**

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**Good Shepherd Hospice**

OKC, OK 73108 4350 Will Rogers Parkway, STE 400 (405) 943-0903

**Tulsa**, OK 74136 6218 South Lewis, STE 110 (918) 743-5067

**Grove**, OK 74344 2084 South Main

# Cross Timbers fulfilling a mission

For more than 30 years now, Cross Timbers Hospice has been fulfilling a mission in Southern Oklahoma. That mission has simply been to provide the best end-of-life care possible for patients and their families.

Cross Timbers Hospice is a non-profit hospice serving Southern Oklahoma since 1981, serving clients in Carter, Jefferson, Johnston, Love, Murray, Marshall, Garvin and Stephens counties.

Andrea Anderson is the marketing director for Cross Timbers. But more importantly, she's a family member who was able to witness first-hand the comforting power Cross Timbers provides.

The lifelong Ardmore resident and her brother were faced with one of their most important calls in May 2013, when the decision needed to be made who to call for their mother who was suffering from breast cancer.

"From the moment the first nurse arrived, what had been a nightmare of a situation became so much more bearable and manageable," Anderson recounts. "The care that was shown - not just to my mother, but to myself, my brother and my grandmother - was just incredible."

Six months after her mother passed Cross Timbers needed a marketing director.

Something just felt

right.

"The job I had at the time was incredibly stressful and I knew it was time to make a change," she said. "I have to say it was one of the best decisions I have ever made."

Anderson admits her story isn't unique among the Cross Timbers family. Throughout the years, board members and volunteers have come on to repay a debt they feel they owe.

Cross Timbers Hospice is dedicated to helping patients regardless of payment. Medicare and most private insurances companies cover hospice-related services. Cross Timbers Hospice provides all services with absolutely no cost to patient or family. A Cross Timbers Hospice team member can help you answer any further questions.

In today's world of hospice providers you'll be hard-pressed to match the longevity you will find with Cross Timbers or the servant's heart.

"Dr. Joe Hamill began working with us in the mid-1980s on a voluntary basis and is now one of our two full-time Medical Directors," Anderson said. "Many members of our nursing staff have been with us for at least 10 years and are certified in hospice and palliative care."

"Every decision we make as an organization



comes down to the patient and the delivery of care," Anderson continued. "Our focus is not, and never has been, making money. We are always looking for ways to provide better care, whether it is through continuing education for different members of our staff, investment in new technology, or building relationships throughout

the communities we serve.

That commitment helped yield \$1.1 million in indigent care in 2014 alone.

"Cross Timbers has had a huge impact on my life," Anderson says.

And she firmly believes it's because Cross Timbers doesn't run a business, but a mission.



*Making the journey  
less lonely...*

**Cross Timbers**  
HOSPICE

207 C Street NW | Ardmore, OK 73401  
610 East Main | Davis, OK 73030  
800-498-0655

[www.crosstimbershospice.org](http://www.crosstimbershospice.org)

# Heavenly Hospice employs team of angels

For those who doubt angels exist on earth, they've never experienced the beauty of a dedicated team whose sole purpose is to care for those in their final days, weeks and months.

For nearly two years now, Billy Mitchell has served as the bereavement coordinator for Heavenly Hospice in Norman.

Having worked in the hospice industry for 15 years Mitchell understands what goes into caring for patients and their families.

But it's been the last two years that he's been able to truly understand the difference that a dedicated team can make.

The mission of Heavenly Hospice is to provide compassionate, quality care to those at the end of life, by honoring life and offering hope. The program emphasizes the relief of pain and physical discomfort while focusing on the needs of the patient as well as the family.

The team at Heavenly Hospice addresses the emotional and spiritual needs of the patient and family. Social workers, chaplains and trained volunteer staff provide a plan of care that is flexible as patient and family needs change.

The pain associated with loss is different for each person. And no one can ever be quite sure how they will handle the passing of a loved one.

"We don't create a lot of space for negative emotions so people will carry that with them," Mitchell said. "Unfortunately, something that always accompanies death is guilt and shame. There seems to be some version with every death.

"A big part of my role is to help them normalize and be patient and kind to themselves and to not feel that guilt and shame that society kind of puts on them," Mitchell continued. "It really is a process and it's a much longer process than people think it will be."

Hospice care is provided in your current residence with the primary objective to keep you comfortable wherever you live. Appropriate home medical equipment, medication and supplies are provided typically at no-cost.

Medicare pays 100% for hospice care, and many insurance plans have a hospice benefit. There is usually no cost to the patient and/or family for hospice services.

Heavenly Hospice's philosophy is to provide support and care for persons in the last stages of a terminal illness so that they live life as fully and comfortably as possible. At



Billy Mitchell, M.A., Bereavement Coordinator for Heavenly Hospice.

Heavenly Hospice the belief is that the dying process is a natural part of life. Heavenly Hospice's team and programs provide a continuum of care services that support the patient and family in all aspects. The philosophy is that patients have choices in how they approach daily living.

The team offers and respects those choices and do everything possible to meet the needs of patients and their families.

Mitchell says the Angel Team is composed of specially trained staff available 24 hours a day, 7 days a week to offer support.

Your Attending Physician remains in charge of your care, giving orders for Heavenly Hospice to follow.

Heavenly Hospice's own medical directors coordinate your plan of care with the team which includes:

- Registered Nurses and Licensed Practical Nurses communicating with staff and family to effectively administer care

- Certified Home Health Aides to offer personal care and serve as the most frequent angels at your side.

- Social Workers assist with legal paperwork and support you in many important decisions regarding your care.

- Chaplains are angels on a mission for your spiritual support

- Bereavement Counselors offer care and comfort beyond today

# HEAVENLY

Continued from page 28

· Trained Volunteers offer pet therapy, companionship, music and crafts, respite for caregivers, homemaking skills, and a listening ear

· Pharmacists and Medical Equipment and Supply Companies

Mitchell's role as bereavement coordinator is a full-time one at Heavenly Hospice, which speaks to the company's ongoing commitment to families after their loved one has passed.

He says a full-time position is not standard in the industry, but it should be.

"I appreciate that because it's so important," Mitchell

says. "Because I'm able to do it full time I'm able to get involved with the patients and families before death happens. When I call after death they already know me and it's less awkward. It's a journey we stay on up to 13 months after.

"They stay connected."

Heavenly Hospice also coordinates special memorials throughout the year. There is one typically in December to help families get through the holidays.

The ceremonies are always free and open to the public as well.

"It's just a service we want to provide to the community," Mitchell said. "We like it when the community comes out and participates."

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## Good Shepherd

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o: (405) 943-1144, x238  
f: (405) 943-4917  
www.goodshepherdhospice.com

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## Heavenly Hospice

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E-Fax 1-888-769-8770  
www.heavenlyhospiceok.com

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Fax (405) 573-5190  
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Fax: (405) 262-3082  
www.russellmurrayhospice.com

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# Passion with a purpose



At age 29, Shane Osborn hit a roadblock.

A decade of working in IT left him feeling that something was lacking. Day in and day out it was the same old story - working with computers felt so cold and impersonal.

"I wasn't really in love with it anymore and wanted something that was kind of more challenging and more personal," he said. "So I quit my job and went to nursing school."

Osborn had his fill of bits and bytes and his first stop was Oklahoma City Community College where he earned his degree in nursing.

From there, the registered nurse wanted to find a niche where he could truly help people.

Osborn found that in TrueVine Home Health and Hospice.

"I tell everybody coming from IT that nursing is like IT for people," Osborn laughed. "You have to troubleshoot and try to fix things. For me, it was something that was more personal. It held a lot more interest in that you're able to get out there and see people and actually help people and make a difference."

Truevine covers patients' skilled nursing needs. Whether it's wound care to lab work, Truevine offers patients in-home care centered around regular visits. Truevine also works closely to meet patients' physical therapy, speech therapy and occupational therapy needs.

Increasing a patient's strength and ability to function is of utmost importance.

It wasn't until Osborn **See TRUEVINE Page 31**

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## TRUEVINE

Continued from page 30

found Truevine that he truly understood what he had been missing fixing hard drives all those years.

"I like that it's a smaller, more personal company," Osborn said. "I get to see my patients every week. I get to talk to them. They know my face and they know the other nurse, Robin. It's just more intimate in the way I get to interact with everyone in the office and with the other patients.

"It's just kind of a tighter knit group."

TrueVine Healthcare is designed by a team of owners, nurses, and other professionals who believe in giving back to the community by offering more: more quality, more compassion, more integrity and complete accountability.

The team finds success in simply taking really good care of people and helping patients and their families set and achieve healthcare goals and help them to have meaning in their lives right now. This means working with families where they are, helping to educate them to be their own best health advocates, and encouraging them to find their own personal strengths. Educating caregivers and building their confidence is one of the main goals of our team.

TrueVine's motto "Wrapping YOU in our Care" signifies caring for the human spirit as well, helping you to live life as fully as possible right now.

"I really think that the best thing I've found so far is home health," Osborn said. "Hospital nursing is great because you see a lot of stuff and pick up a lot of skills, but you're only with people 12 hours and you may only see them once.

"I get to see people repeatedly and get to develop a rapport with them. The more they know you and they trust you the more open they'll be to teaching."

TrueVine covers the metro area



Shane Osborn, RN, stopped working with computers 10 years ago to find a rewarding career helping people with Truevine Healthcare.

and beyond. From North Edmond down to Paul's Valley and from Midwest City, Del City and Jones over to Yukon and Mustang TrueVine provides service.

"You get out there and meet these people and hear their stories," Osborn said. "You get to come up with ways to help them. You visit them regularly. You get to see how what you're doing is helping them improve. From the time you meet them and by the time they come off of home health service you get to see how much they've improved. It's really neat to see that

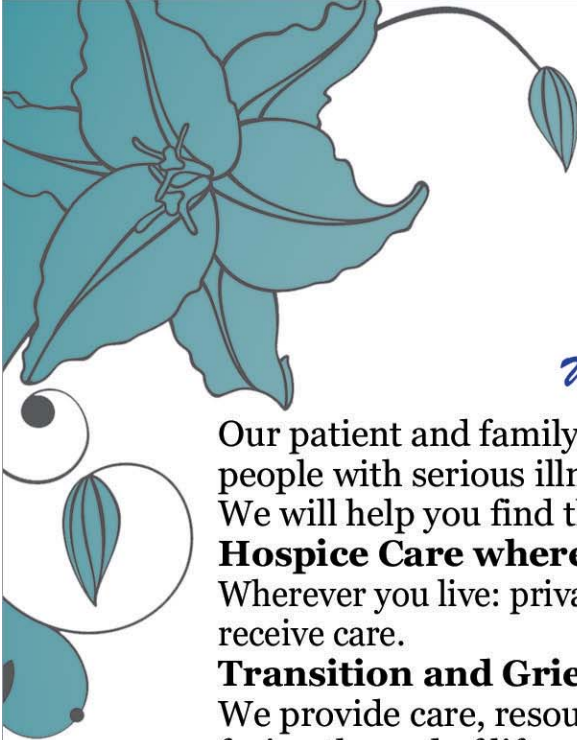
and it's good for everybody."

TrueVine provides a caring, experienced nurse available 24-hours, seven-days a week.

Locally, family owned and operated, TrueVine is Oklahoma State Licensed and Medicare Certified.

TrueVine has also received the coveted Gold Seal of Approval from the Joint Commission.

The company has been named Best of Norman in the Norman Transcript's Reader's Choice Awards in 2014 and 2015 and was an OKC.BIZ Best of Business recipient in 2015.



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**Hospice Care where you are**

Wherever you live: private home, nursing home, assisted living--that's where you will receive care.

**Transition and Grief support**

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**Hospice is a benefit covered by Medicare, Medicaid, VA, and many insurance plans.**

*Our staff are experts in end of life care. Our priorities are to earn your respect and to follow the path that is most important to you.*

[www.heavenlyhospiceok.com](http://www.heavenlyhospiceok.com)

## Wrapping YOU in our care!

*TrueVine's mission is to navigate life's journey with patients and families by delivering exceptional health care from dedicated professionals, led by compassion to provide peace and dignity to all we serve.*

- Locally owned and operated.
- The Joint Commission Accredited, "The Gold Seal of Approval."
- Norman Transcript's Reader's Choice Award 2014, 2015 & okc.BIZ Best of Business Award 2015.
- Rooted in community, supporting numerous charities and causes.
- Proud sponsors of University of Oklahoma Student Athletics.

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**Hospice:** TrueVine helps people with a serious illness to live meaningfully and comfortably. We also provide genuine support to family and caregivers.



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