



Professional Nurses District 3

FALL NEWSLETTER 2008

*Our Vision:
To be the premier nursing organization for professional nurses in the four county area of Chemung, Schuyler, Steuben, and Tompkins.*

President's Message by Susan Gosden



As I start my second year as President of Professional Nurses District 3, I would first like to thank the district members especially the

Board of Directors who have truly contributed in making the 2007-2008 year a success.

Maureen Tuite delivered our first educational program on September 25, 2007 when she increased our understanding of a healthy heart. Her presentation enabled the attendees to increase their knowledge of the risk factors for cardiovascular disease development and the current tests used in diagnosis. She also provided her expertise in assisting us to develop our own action plan for disease prevention.

Our November program, "Solo in Siam" gave us provided insights into the impact of the global AIDS pandemic. From the perspective of a volunteer nurse who worked in Thailand, Margaret Strumpf shared her heart rendering knowledge regarding medical care access in the third world. Her experiences increased our understanding of working as a nurse in an international setting. In December a party of talented district members volunteered at the gift-wrap at the Arnot Mall sponsored by the American Red Cross. We had a wonderful time: wrapping gifts, swapping present buying stories, observing the shoppers and just sharing the joy of the holiday

season. The Board of Directors plans to volunteer again this year, so anyone interested can contact me at manus@htva.net or (607) 426-2277.

Dr. Ralph Moore presented our first program of 2008 entitled, "A community approach to literacy", in March. This program was initially given at the September 2007 meeting of the Rho Gamma chapter of Sigma Theta Tau. Through the combined efforts of our district and the Rho Gamma Chapter we provided evidence-based information on literacy to more than 300 local area nurses and more than one thousand books were donated to the Family Reading Partnership of Chemung Valley (FRPCV). By engaging our local nursing programs, we were able to collect almost one thousand children books which were put in the hands of local children by the by FRPCV. These book collection sites, located at the Arnot School of Nursing, Corning Community College and Elmira contributions to both the nursing profession as well as the nursing community are enormous, and it was a pleasure to recognize her.

In June we welcomed our newly elected Board members, Carol Noyes, Vice President; Sandra Fuller, Treasurer; LouAnn DiPetta and Maryanna Grabowski, Board of Directors and Ellen Justice and Maryann Letizia, Nominating Committee. To those members

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going off the Board: Barbara Goodwin, Treasurer; Roz DuBois, Board Member; and Carol Fowler, Nominating Committee Member I extend my sincere thanks for all the time and effort you have given to our district. I look forward to seeing you at the district meetings. It has been a pleasure to work with you.

I hope to see you all in the future. Please remember your presence and participation will make this a meaningful and memorable year!

Respectfully,

Susan Gosden, RN,

President

You don't need to be a Board Member to attend Board Meetings! We welcome any and all members to attend any of the scheduled Board meetings and share your ideas, concerns, and goals for the organization!

The Board Meeting Schedule is as follows:

- No meeting in December
- January 20th, 2009 (Tuesday) at Tanino's Restaurant, Horseheads, NY at 5 pm
- No meeting in February
- March 25th, 2009 (Wednesday), Horseheads Holiday Inn

Contact any Board Member for locations! We hope to see you there!

Current Board Members

Officers

President: Susan Gosden (2007-2009)

President Elect: Krystal Jubilee (2007-2009)

Vice President: Carol Noyes (2008-2010)

Secretary: Jennifer Rushak (2007-2009)

Treasurer: Sandy Fuller (2008-2010)

Ex Officio: Linda MacAuslan (2007-2009)

Board of Directors

Rebecca Becraft (2006-2009)

Karen Davis (2007-2010)

LouAnn DiPetta (2008-2010)

MaryAnn Grabowski (2008-2010)

Rachel Hofstetter (2007-2009)

Barbara Horton (2007-2010)

Jean Swinnerton (2007-2009)

Lisa White (2007-2010)

Nominating Committee

Carol Fowler (2006-2008)

Wendy Bell (2007-2009)

MaryAnn Letizia (2008-2010)

Maria Luden (2007-2009)

David O'Connor (2007-2009)

Ellen Justice (2008-2010)

Newsletter

Lisa White, Susan Gosden, Karen Davis, Claudia Haile, and Jennifer Rushak

Advertise your organization! Prices for one year (3-4 newsletters):

Business card size - \$85.00

¼ page - \$125.00

½ page - \$150.00

Full page - \$250.00

Dr. Zittel Guest Speaker on New York State Proposed Legislation



On September 23rd, 2008, the Professional Nurses of District 3 and Rho Gamma Chapter of Sigma Theta Tau International co-sponsored a meeting with Dr. Barbara Zittel, the Executive Secretary of the New York State Board for Nursing, in Hamilton Hall at Elmira College. Dr. Zittel gave an overview of the research behind the proposed legislation, which shows a direct correlation between the nurses' education level and patient outcomes. NYS proposal A 2480 and S 0294 would mandate all Registered Nurses to acquire a Bachelor's degree within 10 years of receiving their licensure in New York State.

“Advancing the Educational Preparation of Registered Professional Nurses in New York State” has received support of the New York Organization of Nurse Executives (NYONE), the New York State Nurses Association (NYSNA), the Associate Degree Nursing Council, the Council of Deans of Nursing of Senior



Colleges and Universities of New York State, and several members of the Higher Education Committee. It is important to note that all currently practicing RN's and students enrolled in nursing programs at the time that the legislation is enacted will be exempt from this law. For more information about this proposal, contact the NYONE website at www.nyone.info, or Margaret Hopkins at mhopkins@elmira.edu.

A panel of other guest speakers, including Claire Murray, MS, RN, CNAA (NYONE Executive Director); Marianne Lettus, EdD, RN; and Linda MacAuslan, MS, BS, RN, assisted Dr. Zittel. Assemblyman Jim Bacalles of the 136th District made a very special appearance.



Left to Right: Lois Schoener (President, Rho Gamma), Susan Gosden (President, District 3), Linda MacAuslan, Claire Murray, Marianne Lettus, Dr. Zittel, and Margaret Hopkins.

2010 - International Year of the Nurse

The International Year of the Nurse celebration plans continue to make progress. The initial funds, received as a gift from the local chapter of the Nurse Practitioner's Association was **\$800**. Through the combined efforts of the Professional Nurses District 3 and the Rho Gamma Chapter of Sigma Theta Tau International we have brought the current total to **\$1530**.plus **\$210** raised through a basket drawing held at our September 23rd meeting. Dr. Zettel, one of our program speakers drew the winning ticket which was purchased by Suzanne Urban, a Rho Gamma Chapter member. Congratulations to Suzanne; we hope you are enjoying the contents which were donated to our fundraising efforts. Included in the Nursing Essentials basket was a gift certificate to the Arnot Mall uniform store.

As reported in our last newsletter, Dr. Karen Morin, President Elect of SSTI will be the guest speaker at the celebration. Our program dates has been confirmed with Dr. Morin for Wednesday October 27th and Thursday October 28th. Included will be separate sessions for our target audiences of area nurses, student nurses and healthcare leaders. The Board has set a goal of \$6000 to pay for program expenses. If any member has a fundraising idea, contribution or is interested in working on the planning committee please contact Susan Gosden at manus@htva.net or (607)426-2277. We continue to encourage all our members to sign an on-line pledge by going to the dedicated website at <http://www.NightingaleDeclaration.net> and adding your signature to the campaign. In so doing you will join individuals as well as a coalition of nursing, educational and health care organizations in building support for this international effort. The goal is to demonstrate the nursing community's commitment to improving health care locally, nationally and internationally through nursing practices that reflect the principles of Florence Nightingale.



Professional Nurses District 3 website www.district3rn.org



**Drug and alcohol dependency –
When nurses struggle with these problems,
they can be a threat to themselves and their patients.**

YOU can be part of the solution as a member of the NYSNA SPAN team!

The NYSNA Statewide Peer Assistance for Nurses (SPAN) Program is seeking a Regional Coordinator in the Western New York area. Regional coordinators work with program participants, volunteers, treatment providers, and regulatory and legal entities to assure the best possible outcomes for nurses affected by addictive disease.

SPAN was established by NYSNA in 2000 and has a contract with New York State to operate a peer assistance program for New York State licensed nurses. SPAN is a free program available to RNs and LPNs directed toward restoring nurses to optimal health, preserving their careers, and returning them as valuable resources to the community.

The Regional Coordinator responds to callers, assesses potential participants, makes referrals to approved treatment programs, trains the volunteer advocates who provide one-to-one mentoring, and develops and oversees peer support groups. The regional coordinator also interfaces with employers and diverse community groups and advocates for nurses facing licensure or other consequences.

To apply, you must be a master's-prepared registered nurse with a minimum of three years work experience in substance abuse treatment. Some travel is required and good organizational skills are necessary. Candidates are preferred to have experience in mental health, an ability to make public presentations, and familiarity with licensure issues.

To apply, send your letter and resume by email to employment@nysna.org.



NURSES AND EMERGENCY PREPAREDNESS

Volunteer to help your community respond to a public health emergency
by enrolling in the **Chemung County Medical Reserve Corps**.



CCMRC
Attn: J. Hyatt
P.O. Box 588
103 Washington Street
Elmira, NY 14902-0588

Read about the national effort at: www.medicalreservecorps.gov
Information on local MRC at www.cvhn.org

Professional Nurses District 3 Scholarship available!

The Professional Nurses District 3 has established a scholarship to provide financial assistance for current members who are furthering their nursing education! The scholarship will be awarded to a registered nurse pursuing a Bachelor's Degree, Certification, or Advanced Degree (MSN, Nurse Practitioner, etc.) in nursing. The award may be used for educational expenses incurred in obtaining any of these areas. A scholarship in the amount of \$500 will be distributed beginning in the fall of 2009. To qualify, applicants must complete the required application form available from the District 3 website, www.district3rn.org, or fill out the form on **page 7**, and submit it to the District 3 selection committee by **April 1, 2009**. Please see the Scholarship Guidelines below:



Professional Nurses District 3 Educational Scholarship Guidelines

A. Policy and Procedure

1. The Board of Directors of the District 3 Professional Nurses Association created the scholarship in 2005. The purpose of the scholarship is to provide financial assistance for members of District 3 who are RNs pursuing a BS Degree with a major in Nursing or an MS Degree with a major in Nursing.
2. The scholarship may be used for educational expenses including, but not limited to: tuition, fees, books, transportation, or other expenses incurred in order to obtain the degree in nursing.
3. The District 3 Board of Directors will administer the scholarship program.

B. Amount of Scholarship

1. The maximum amount for the award is based upon eligible funds and will not exceed \$500.00.

C. Application Procedure

1. Applications are available from the District 3 web site.
2. Applications are reviewed as they are received; however, the scholarship will be awarded annually at the May dinner meeting.
3. Applications must be submitted by April 1st of each year. Any applications received after April 1st will be considered for the following year.

D. Selection Procedure

1. The Board of Directors or an appointed sub-committee will review the applications.
2. The selection is based on the following criteria:
 - a. Full membership in District 3 as a registered nurse
 - b. Matriculated in an approved program leading to a BS or MS degree with a major in nursing. Program must be accredited by the NLNAC or AACN
 - c. Review of financial need

E. Notification of Recipients

1. The president will notify scholarship recipients.
The scholarship recipients will be announced at the dinner meeting in May, as well as in the Newsletter.
2. The recipient will be required to submit verification of course enrollment prior to receipt of the scholarship.

PROFESSIONAL NURSES DISTRICT 3



**Professional Nurses District 3
Educational Scholarship Application**

Name: _____ Date: _____

Address: _____

Telephone: _____ e-mail _____

Are you a RN and full member of District 3 Nurses Association? Yes ___ No ___

Employer: _____

Position: _____

Degree you are pursuing _____

Educational Institution _____

Anticipated year of graduation _____

Reason for requesting the District #3 Scholarship

Describe your professional goals.

How will this scholarship contribute to your success in furthering your nursing education?

Describe your current financial arrangements in regards to paying for your educational program. I.e. Tuition Reimbursement, other scholarships, grants, etc.

Please attach your resume and a letter validating your enrollment in a nursing program- submit these with your application to:

Professional Nurses District #3, P.O. Box 1171, Elmira, New York, 14902.

Applications must be submitted by April 1st of each year.

District 3 and Rho Gamma Efforts Receives an Award

At the Sigma Theta Tau International Leadership Conference held this September the Rho Gamma Chapter received an award for regional excellence. Their submission, *Spreading the Word—A program to educate nurses on the importance of early reading for children and provide books for young learners* chronicled the efforts to promote literacy in the Chemung, Schulyer, Steuben and Tompkins County area. Through the combined efforts of our district and the Rho Gamma Chapter we provided evidence-based information on literacy to more than 300 local area nurses and more than one thousand books were donated to the Family Reading Partnership of Chemung Valley. Margie Hopkins, representing Rho Gamma at the conference, received the award.



Pictured: Margie Hopkins (Right) with Barbara Traver, Regional Coordinator Sigma Theta Tau International Region



DISTRICT # 3 MEMBERSHIP APPLICATION

Please make check payable to District 3
NEW **RENEWAL**

Date: _____

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone (H) _____

(W) _____

(e-mail) _____

RN License State of: _____

Employer: _____

Are you a member of NYSNA?

Yes _____ No _____

Are you willing to run for an office or sit on the board? _____

Annual Fee..... RN \$30

..... Retirees \$10

Mail to: **Professional Nurses District #3**
P.O. Box 1171
Elmira, NY
14902

Note: District 3 members are now able to receive a price discount at all District 3 Dinner Meetings. State tuned for more details!



*The District 3 Board Members
would like to wish all our
membership a very Happy and
Healthy Holiday Season with a
Prosperous New Year!*



Professional Nurses District 3

P.O. Box 1171
Elmira, New York 14902

To keep our records up to date, please notify us in writing if you are moving, retiring, or e-mail change at: Professional Nurses District 3, P.O. Box 1171, Elmira, NY 14902