



Professional Nurses District 3

SUMMER NEWSLETTER 2009

***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 the 2008-2009 program year comes to an end, I offer my thanks to the nurses of Professional Nurses District 3 who served on the Board of Directors. All of you have represented our district with pride, dedication and enthusiasm. I am especially thankful for the contributions made by the following members who will be leaving the Board: Jennifer Rushak who served as Secretary and Board members, Rebecca Becraft and Jean Swinnerton who worked diligently to bring exciting and innovative programs to our members. I hope that participation in district activities remains a part of their future plans. I am delighted to welcome Rachel Hofstetter back for another term on the board. Rachel, an active member for many years, plays an important role as a knowledgeable resource. All of the board members with whom I had the privilege to work are results-oriented professionals who were instrumental in moving our organization forward during my tenure as district president.

Turning towards the 2009- 2010 program year, I wish to congratulate our newest members including those from the area programs who received our district's Student Nursing Leadership awards at our May meeting: Shannan O'Brien from Alfred State College; Brittany Becker from Arnot Ogden Medical Center School of Nursing; Christopher Wawrzusin from Corning Community College; Eric

Singerman from Elmira College; Megan Cosgrove from Tompkins Cortland Community College. I cordially invite all recently graduated nurses to take an active role in their local professional association - Professional Nurses District 3. Your participation is needed to help keep our association a strong and vibrant force in the nursing community.

To our current members please continue to support our vision: to be the premier nursing organization for professional nurses in the four county area of Chemung, Schuyler, Steuben and Tompkins counties by participating in our activities. If you are a nurse who has not joined, please reconsider taking an interest in Professional Nurses District 3. Come to a program or meeting; join a committee; visit our website: www.district3rn.org; participate in a fundraiser. For all of us, there are a number of important reasons for being an active member of our professional organization, but the most compelling one is more members strengthen our advocacy efforts. Without each of our voices, there is one less person supporting the highest standards of nursing practice, promoting the educational and professional advancement of nurses, informing the public of the part professional nurses play in healthcare and, thereby, improving the health care in our community. There is no better time to get involved in your professional organization. ~

~ Respectfully, Susan Gosden

We Need You!



You don't need to be a Board Member to attend Board Meetings! Your District 3 Board

Members welcome you 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:

- Wednesday September 23, 2009 Topic: Domestic Violence
Presenter: Betty Hilson
Place: to be announced
- Tuesday November 10, 2009
Topic: SANE
Presenter: Deb Debartolo
Place: Schuyler Hospital in Montour Falls
- Annual Meeting – May 2010

Watch your mail for more details! Please feel free to contact any Board Member with any questions. We hope to see you there!

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

Current Board

*** members in red indicate newly elected officers/board members**

Officers

- President:** Margie Hopkins (2008-2010)
- President Elect:** Linda MacAuslan (2010-2012)
- Vice President:** Carol Noyes (2008-2010)
- Secretary:** Shari MacDonald (2009-2011)
- Treasurer:** Sandy Fuller (2008-2010)
- Ex Officio:** Susan Gosden (2009-2011)

Board of Directors

- Karen Davis (2007-2010)
- Deb Dibartolo (2009-2012)
- LouAnn DiPetta (2008-2010)
- MaryAnn Grabowski (2008-2010)
- Rachel Hofstetter (2009-2012)
- Barbara Horton (2007-2010)
- Joyce Hyatt (2009-2012)
- Lisa White (2007-2010)

Nominating Committee

- Mary Condon (2009-2011)
- MaryAnn Letizia (2008-2010)
- Pearl Jayne (2009-2011)
- Lisa Shockley (2009-2011)
- Penny M. Tomnbay-Detrick (2009-2011)
- Linda Yonkin (2009-2011)
- Ellen Justice (2008-2010)

Newsletter

Lisa White, Susan Gosden, Karen Davis



Did you Know?

District 3 members are now able to receive a price discount at all District 3 Dinner Meetings.

Congratulations!

At the May 2009 annual meeting, the results of the 2009 District 3 election was announced. Congratulations to our new officers and board members:

Officers

President: Margie Hopkins (2008-2010)
President Elect: Linda MacAuslan (2010-2012)
Secretary: Shari MacDonald (2009-2011)
Ex Officio: Susan Gosden (2009-2011)

Board of Directors

Deb Dibartolo (2009-2012)
Rachel Hofstetter (2009-2012)
Joyce Hyatt (2009-2012)

Nominating Committee

Mary Condon (2009-2011)
Pearl Jayne (2009-2011)
Lisa Shockley (2009-2011)
Penny M. Tomnbay-Detrick (2009-2011)
Linda Yonkin (2009-2011)

We wish to thank the following retiring officers and board members for their hard work and distinguished service over the last several years:

Jennifer Rushak – secretary (2007-2009)
Rebecca Becraft – board member (2006-2009)
Jean Swinnerton - board member (2007-2009)
Carol Fowler – nomination committee (2006-2008)
Wendy Bell – nomination committee (2007-2009)
Maria Luden – nomination committee (2007-2009)
David O'Connor – nomination committee (2007-2009)



Thank you for your cooperation, dedication, teamwork, and perseverance towards making District 3 the organization it is today!



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

2009 District 3 Annual Meeting and Awards



The Professional Nurses District 3 Association held its Annual meeting and awards dinner on May 12, 2009 at the Corning Country Club in Corning, New York. MaryAlice Little, a member of District 3, provided a special touch to the evening with classical harp music. Presided over by Susan Gosden, District 3 President, a general welcome was given, along with the results of the recent elections for Officers and Board of Directors. A special thank-you was given to out-going Board Members, and introduction of new members was done. Each person attending the dinner received with gift of a leather bookmark, with a note of thanks from the Board of Directors.

Changes proposed by the Board regarding membership dues collection was brought forward by Susan. The past practice for collecting dues was the member was assigned the month they joined, with annual dues being paid on the following year in that same month. With the increase in membership, it has been difficult to manage an accurate list and inform members when the dues were needing to be paid. In addition, New York State Nurses Association is no longer collecting district dues for distribution to the appropriate chapter. Therefore, the proposed By-laws change would be to have the annual dues for all members provide membership from July 1st through June 30th each year. Dues will be owed for all members July 1st through September 1st each year. If a member's dues are outstanding after September 1st, a notice will be sent to the member, reminding them that the dues are needing to be paid. If the dues are not paid by September 30th, the member forfeits their membership in the organization. A question and answer period occurred, followed by a general membership vote on the proposed change. The quorum of general membership present unanimously passed the changes. A letter will be sent to all the membership regarding this change.

Sue closed the business meeting portion of the evening by reminding everyone about the Scholarship available and deadline for application (see Scholarship application and guidelines in this newsletter), and thanking everyone for their help and support during her presidency the past two years.

Student Award Winners

Professional Nurses District #3 Association gives recognition each year to a member of the graduating class of each of the schools of nursing in Steuben, Chemung, Schuyler and Tompkins County. These students are selected by their represented school as outstanding in nursing leadership, demonstrating professional growth, maturity and a commitment to the professional practice of nursing. This year's award winners were (statements in italics were submitted by each represented school describing how the student was selected):

Alfred State College - Shannan O'Brien

"Shannan O'Brien is an excellent student in the classroom and in clinical. She exhibits maturity beyond her years. She is a quiet leader and works cooperatively with her peers and other members of the health care team. She is calm and efficient and always willing to reach out to assist others. She establishes positive relationships with her clients and their families and they enjoy her caring, confident manner and her thoughtful consideration of their needs. She will be an asset to the nursing profession."

~Continued on next page~

2009 District 3 Annual Meeting and Awards (cont.)

Arnot Ogden Medical Center – Brittany Becker

“Brittany is a kind and compassionate young woman, who is very hardworking and supportive towards her peers. She has held leadership positions the last 2 years in the Student Association, serving as Treasurer and President, respectively. She has been very instrumental in setting up the senior class Candlelighting Ceremony. Brittany has a professional, calming presence that puts everyone at ease, and has received complements from patients, nursing staff, and faculty about her nursing care. She will be a welcome asset to the nursing profession.”

Corning Community College - Christopher Wawrzusin

“Chris has been a dedicated member of the 2009 graduating class; he was elected President of Nursing Society in the Spring of 2008 by his classmates. He has been providing strong leadership with Nursing Society and has participated in all of the fund raising activities, community service, planning for the class 2008 Freshman Recognition and the 2009 Pinning Ceremony. Chris has been working at Schuyler Hospital while attending classes and following graduation will be employed at Robert Packer Hospital in ICU.” (Chris was unable to attend the Awards Dinner as he is in Florida at Walt Disney World celebrating his completion of the Nursing program and getting reacquainted with his family).

Elmira College – Eric Singerman

“Eric Singerman is the 2009 Professional Nurses District 3 Leadership award recipient from Elmira College. Eric’s dream of becoming a nurse began when he played a physician on a nationally syndicated soap opera. At Elmira College he has maintained a high level of enthusiasm and commitment to earning his baccalaureate degree. As an active participant in the college curriculum, he encourages and supports other students whilst maintaining exceptional grades, as validated by his induction into the Rho Gamma chapter of Sigma Theta Tau International, the Honor Society of Nursing. Recently he completed a clinical field placement in the Intensive Care Unit of Cayuga Medical Center (CMC) where he demonstrated a comprehensive understanding of anatomy and physiology, needs of the critically ill patient and the ability to work within a dynamic multidisciplinary team. Eric has the potential to make a significant contribution to the nursing profession, and we wish him all the best as he continues his journey as a health care provider by working at CMC in the Short Stay Surgical Unit.”

Tompkins Cortland Community College – Megan Cosgrove

“Megan has been a leader in and out of the classroom. She is an environmental activist and community organizer who has championed animal right and organized public meeting on the impact to air and water of gas drilling. She volunteers at the Ithaca Free Clinic. In the program, she has been dedicated to the welfare of the elderly. She plans to pursue a bachelor’s degree in nursing after graduation. It is our pleasure to honor Megan for this award.”

2009 District 3 Annual Meeting and Awards (cont.)



2009 District 3 Student Award Winners

(left to right): Megan Cosgrove – Tompkins Cortland Community College, Shannan O’Brien – Alfred State College, Brittany Becker – Arnot Ogden School of Nursing, Eric Singerman – Elmira College.

Carolyn Britton Nurse Excellence Award

The Carolyn Britton Nursing Excellence Award was first presented in 1985 in memory of Carolyn Britton, who was very active in nursing and was a former member of the Board of Directors for District 3 Nurses Association. Carolyn began her nursing education at Corning Community College, and worked at Corning Hospital as a staff nurse, nursing supervisor, and eventually became the Director of Nursing Education. Criteria for the award are clinical, professional, and educational excellence, while promoting a positive image for nursing. This year marked the 25th year of the award; Carolyn’s husband, which had attended in the earlier years of the award, passed away last year.

The 2009-2010 candidates for the Carolyn Britton Nurse Excellence Award were *(left to right in photo below):*

Anne Walluk – Gannett Health Services, Ithaca, NY; Shirley Forrest – Arnot Ogden Medical center, retired; Joyce Hyatt – Chemung Valley Rural Health Network; Florence Healy – Corning Community College, retired. Unable to attend: Patrick Perl – Arnot Ogden Medical Center; Martha Williams - Gannett Health Services, Ithaca, NY

Congratulations to all Candidates for a job well done!



Carolyn Britton Nurse Excellence Award (cont.)

The recipient of the Carolyn Britton Nurse Excellence Award for 2009-2010 is Joyce Hyatt, PCNP, MSN, RN, from Chemung Valley Rural Health Network in Elmira, NY

Joyce received her Associate Degree in Applied Science in Nursing, Iowa Lakes Community College, Emmetsburg, Iowa; a Bachelor's Degree in Nursing, University of Iowa, College of Nursing, Iowa City, Iowa; a Master's Degree in Community Health and Administration, Decker School of Nursing, Binghamton University; Post-Masters Certificate, Primary Care Nurse Practitioner, Decker School of Nursing, Binghamton University; and a Doctorate in Rural Nursing, Decker School of Nursing, Binghamton University.

She has held many positions from staff nurse, to nurse manager to building administrator. She currently works as a Grant Facilitator for Chemung Valley Rural Health Network (CVRHN) along with acting as Coordinator for our county's Medical Reserve Corps (CCMRC). She is also an adjunct instructor for Elmira College and Upstate Medical College School of Nursing. Her current positions blend knowledge of rural nursing, administration, NP practice, community health and grant writing. Having earned a Ph.D., she plans to continue to serve the community through contract employment with Chemung County to facilitate CVRHN, coordinate CCMRC, and to continue volunteering at HMST, and serving the region and state through association memberships and service on boards or committees. She has membership with professional nursing organizations, including Rho Gamma, District 3, National Rural Nurses Association, and works with New York State Area Health Education to promote nursing and other health careers. Her list of accomplishments is very extensive, and a small sample is noted below.

Working with regional Emergency Medical Services office, CVRHN placed the first automatic external defibrillators (AED) in county law enforcement vehicles, and updated or provided additional AEDs to six volunteer fire companies in Chemung County and placed an AED in the Chemung County dental clinic and a parochial school that could not afford to do so on their own. Joyce was instrumental in the planning and implementation of the Student Certified Nurse Aide Employment Program (SCNAEP), now in its sixth program year of recruiting students to complete the BOCES CAN program and receive employment for each summer during college. The program has grown to include four facilities, and recently, the model has been adopted by the New York State AHEC System to be replicated in each region in New York. The program has attracted undeclared students to health careers, bolstered the confidence of nursing students, and reduced overtime and improved staff satisfaction in the facilities. Joyce has worked to develop a handbook on healthy life choices for the case managers to use when providing education the Medicaid recipients, as well as having written and published a "Bike Book" which contains safety information. She has assisted the schools in the county that educate students to become registered nurses by providing equipment to help make the educational experience more effective. Computerized patient assessment simulators and mannequins have been made available to the baccalaureate nursing program, and very recently both the diploma school of nursing and the baccalaureate program were provided "student response devices" to promote student interaction with the material being presented by the instructor.

Finally, Joyce presented the original proposal to the District 3 Board for development of the web site, hosted it on the CVRHN server, and paid for the rights to the site name for several years of connections that exist in community nursing.



Joyce (right) with Susan Gosden

Congratulations, Joyce, on your accomplishments!

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 9**, and submit it to the District 3 selection committee by **April 1, 2010**. 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.

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

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