



Professional Nurses District 3



SUMMER NEWSLETTER 2006

Our Mission

- ◆ To promote better understanding of professional nursing on the part of the public.
- ◆ Inform nurses of the activities of the professional nursing organization through the official publication of this district and other media.
- ◆ Foster high standards of nursing practice.
- ◆ To promote the professional and educational advancement of nurses.

President's Message by Linda MacAuslan



Warm greetings are extended to everyone. As I write this message

I, myself, am warmed by the memories of our District #3 recent events. Our Annual Meeting and Awards Dinner that was held on May 8, 2006 was truly a memorable event. I congratulate each one of our student award recipients. What an honor it is to welcome each of these remarkable individuals into the nursing profession. I would also like to congratulate our Caroline Britton Nurse Excellence Award nominees and the 2006 award winners: Susan Gosden and Julie Lynch. Susan and Julie are both positive and outstanding role models who have contributed much to our profession. Their accomplishments are extraordinary and we are honored to award them the 2006 Caroline Britton Nurse Excellence Award. Congratulations to all 2006 award recipients and nominees.

I am also warmed by memories of our energetic Board of Director's retreat that was held at the home of Jean Swinnerton on June 10, 2006. Our Board of Directors is truly a wonderful group to work with and I am honored to be a part of the team! We discussed many opportunities for our District. Some of the highlights included:

Membership, and incentives for recruiting new members, a "Presentation Table" at our events, utilizing volunteers, a special program featuring our retired nurses, our mission statement, membership goals and benefits, and many others. We also spent time reviewing the "Survey of our Membership and Participants" who attended the Annual Awards Dinner. Your recommendations are valued and will be considered in the future planning.

Your Board is very concerned about our membership and has set a goal to increase membership by 10%. The Board members are so committed to this goal that we have agreed to a friendly competition among ourselves to personally recruit new members. We encourage you to join with us in this endeavor to increase our membership.

Finally, I am warmed by the energy that is displayed among the Board members, the work has continued throughout the summer months and I am excited about the opportunities that await us for the coming year. We value your comments and suggestions, Please feel free to contact myself or our any of the board members at our District #3 mailing address.

Warm wishes for a successful 2006-2007 season.

Available!

There is a desk computer printer available for the asking. This Year 2000 compliant Brother machine is a laser printer, copier, scanner, answering, and fax machine in one!

For more information please contact Linda MacAuslan at 737-4263 or e-mail: lmacauslan@aomc.org

2006 General Meetings

The General Meeting schedule will be:

September 2006

**The China Study
With Dr. Campbell
Ithaca, NY
(see insert for more information)**

November 2006

**Skin and Soft Tissue Infections
With Dr. Malanoski
Location TBA**

Current Board and Staff

Officers

President: Linda MacAuslan (2005-2007)

President Elect: Susan Gosden (2005-2007)

Vice President: Mary Sgarlata Adamus (2006-2008)

Secretary: Lisa White (2005-2007)

Treasurer: Barbara Goodwin (2006-2008)

Ex Officio: Margaret Hopkins (2005-2007)

Board of Directors

Rebecca BeCraft (2006-2009)

Karen Davis (2004-2007)

LouAnn DiPetta (2005-2008)

Rosalyn DuBois (2004-2007)

Darlene Farnham (2006-2009)

Theresa Hauptman (2004-2007)

Krystal Jubilee (2006-2009)

Carol Noyes (2005-2008)

Nominating Committee

Carol Fowler (2006-2008)

Janet Linderbery (2005-2007)

Linda Pasto (2006-2008)

Joyce Stehle (2005-2007)

Heidi Vail (2006-2008)

Newsletter

Lisa White / Karen Davis

Annual Meeting and Awards Dinner

The Professional Nurses District 3 Association held its annual meeting and awards dinner on May 8, 2006 at the Corning Country Club in Corning, New York. It was the largest attendance ever - over 70 people present! Presided by Linda MacAuslan, current District 3 President, the theme was one of nurturing and encouraging our new nurses and each other. Each person went home with gift from the District 3 Board of Directors Seed Packet Project.



MaryAlice Little, a member of District 3, provided special music of classical harp melodies throughout the event.

Special recognition and a Certificate of Appreciation plaque was awarded to Laura Campbell for her valuable dedication and service in designing, writing, and maintaining the Professional Nurses of District 3 Website.



A special Recognition and Appreciation plaque was presented to out-going President Margaret Hopkins, for her dedication and leadership of District 3 for several years.

Each year, the Professional Nurses District 3 presents a Student Nurse Leadership Award 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:

- Melissa Horan - Alfred State College
- Maria Luden - Arnot Ogden Medical Center
- Tracy O'Reilly - Corning Community College
- Kathryn Danby - Elmira College

Deb Petersen-Moore - Tompkins Cortland Community College

Each student winner received a certificate acknowledging their accomplishment and a one-year membership to the Professional Nurses District 3.



Left to Right: Maria Luden, Kathryn Danby, Melissa Horan, Deb Petersen-Moore, and Tracy O'Reilly

Annual Meeting and Awards Dinner continued

The evening concluded with the awarding of the Carolyn Britton 22nd Annual Nursing Excellence Award. The award is in honor of Carolyn Britton, a founder and leader of the Joint Education and Training Organization of the Southern Tier Health Management Corporation, and a proponent of continuing nursing education who was actively involved in District 3. Candidates are nominated by peers, co-workers, and patients and demonstrate qualities that nurses should emulate, as skilled practitioners, and advocates for patients, families and the nursing profession.

This year there were 8 nominees for the committee to review. The nominees were:

Wendy Bell - Arnot Ogden Medical Center
LouAnn DiPetta - St. Joseph's Hospital
Diana Doty - Tompkins Cortland Comm. College
Anita Dvornicky - Cayuga Medical Center
Susan Gosden - Arnot Ogden Medical Center
Julie Lynch - Arnot Ogden Medical Center
Joan Tregaskis - Ithaca Visiting Nurse Services
Suzanne Wilson - Gannett Health Services

Each nominee received a certificate acknowledging their accomplishment and a one-year membership to the Professional Nurses District 3.



Left to Right: Diana Doty, Suzanne Wilson, Susan Gosden, and Julie Lynch. Wendy Bell, LouAnn DiPetta, Anita Dvornicky, and Joan Tregaskis were unable to attend.

The committee had a difficult decision to make, as all the nominees met the qualifications and excel in the nursing profession. This year the award winner was a tie, resulting in a dual award presentation to Susan Gosden and Julie Lynch.



22nd Annual Carolyn Britton Nursing Excellence Award Winners Susan Gosden and Julie Lynch.

*Annual Meeting and Awards Dinner
continued*

Susan Gosden is a nursing instructor at Arnot Ogden Medical Center School of Nursing. She received her BSN from Alfred State University and her MS in Health Technology Education from Suffolk Community College. Gosden began the “Math Lovers’ Society” at Arnot Ogden Medical Center, and before coming to the Medical Center, worked as a pediatric nurse at Bethesda Hospital in Hornell and as Evening Supervisor at a long-term care facility in Long Island. At Suffolk Community College she taught in the Practical Nursing Program and served as Director of Staff Development, Staff Development Coordinator and New York State Evaluator for Nurse Aide Certification. She is a member of the New York State Nurses Association Western Regional Review.

Julie Lynch is a medical/surgical instructor at Arnot Ogden Medical Center, where she is responsible for the education of approximately 200 RNs, LPNs and Clinical Assistants on four medical/surgical units and the float pool. She received her BSN from the University of Rochester, and has worked in the Emergency Department and Falck Cancer Center at Arnot Ogden Medical Center and as a Clinical Instructor in the Department of Education. Before coming to the Medical Center, she worked in the Medical/Surgical Unit at Chariton Memorial Hospital in Fall River Massachusetts and in the Emergency Department at Schuyler Memorial Hospital in Montour Falls. She is currently a BLS and ACLS instructor and a member of many professional and community organizations. Team for Continuing Education, an AHA BLS Instructor and a member of many professional nursing and community organizations.

Congratulations to all award winners and nominees! Thank you to all whom attended and made the night a special one to remember!

See you next year!



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Professional Nurses District 3 website www.district3rn.org

Registered Nurses: Get Energized!

This year, hundreds of RNs are coming to the Big Apple for the 91st annual convention of the New York State Nurses Association.



Here's your opportunity to

- Get vital information and earn CE contact hours
- Discover the latest developments in nursing practice
- Network with colleagues from across the Northeast
- Learn about state-of-the-art products and services

And much more!

Metro-area RNs: join us for 1, 2, or 3 days something great is happening every day!

For detailed information or to register, visit www.nysna.org. 1-800-724-NYRN, ext. 303



New York State Nurses Association

October 5-8, 2006
Sheraton New York Hotel and Towers • New York, NY

Professional Nurses Gourmet Adventure

As a fund raising effort, District 3 Professional Nurses Association was collecting recipes from members in order to publish a cookbook. This cookbook was to raise money for future association endeavors. Due to lack of interest and submissions received, this project has been postponed until a later time. Thank you to all whom did submit recipes! We received some really great and yummy recipes that we will be passing on in each newsletter. Here is the first one! Enjoy!

Spectacular DiPetta Spinach Artichoke dip

- 1 c. Mayonnaise
- 1 c. shredded cheddar/Swiss cheese
- ½ c Asiago cheese (or Romano/parmesan) shredded
- 1 pkg. frozen chopped spinach
- 3 artichoke hearts, chopped

Mix, then spread into pie plate. Bake at 350 for 20-25 minutes until browned. Serve with tortilla chips or crackers
-Submitted by LouAnn DiPetta

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-Submitted by LouAnn DiPetta

Board Meeting News

The 1st annual Board Member's retreat was held at the home of Jean Swinnerton (recently retired from the District 3 Membership Committee). The Board is in the process of formulating ideas to energize our current membership and how to bring in new members. If you have any suggestions or comments, please feel free to contact any Board member listed on page 2 of this newsletter.



Front row left to right: Jean Swinnerton (standing - membership committee), Margaret Hopkins (Ex Officio), LouAnn DiPetta (Board of Directors), Mary Sgarlata Adamus (Vice President), Krystal Jubilee (Board of Directors). Back row left to right: Linda Pasto (Nominating Committee), Lisa White (Secretary), Barbara Goodwin (Treasurer), Carol Noyes (Board of Directors). Picture taken by Linda MacAuslan, President

Don't Forget!!!! September Dinner Meeting!

Diseases of poverty and Diseases of affluence: **The China Study**

Presented By:

**T. Colin Campbell, PhD
Professor Emeritus
Cornell University**



**This continuing nursing education activity has been approved by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. It is approved for 1.4 contact hours.
It has been assigned approval code 6SGJBP-06.**

**September 27, 2006
6:00 PM Social Time**

6:30 PM Dinner - A vegan meal will be provided by **GreenStar**

Cooperative Market, Inc. Includes: Wrap, Pasta Salad, Green salad and Dessert

Presentation follows dinner

Send in enclosed registration today for this exciting program!

Professional Nurses District 3

P.O. Box 1171
Elmira, New York 14902

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*See inside for details about
our exciting upcoming
September Dinner Meeting!*