



Professional Nurses District 3

WINTER NEWSLETTER 2010

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 Margaret Hopkins

Happy New Year to all and Happy Winter! 2010 is shaping up to be a banner year for nurses and Nursing. The United Nations has declared 2010 the *Year of the Nurse*. Locally, 2010 has been declared the *Year of the Nurse* by the counties that make up our District: Chemung, Schuyler, Steuben and Schuyler. Special thanks to those who contacted our counties' representatives to make this happen. Thank you to the county representatives who recognize the value of Nurses and Nursing. Despite the financial difficulties that so many of our facilities are having we still have reason to celebrate Nursing.

We each can decide individually how we plan to celebrate, recognize, appreciate or note in some way the importance of what we do. I would like to make a suggestion for each of us to do. At some point this year, do something to enhance your personal practice. Examine your practice and think.....where do I want to be in one year or 5 years? What do I want to get out of my job? What can I do to enhance the care I provide?

Keep in mind it is the responsibility of each one of us to maintain our practices. It is our responsibility to invest in ourselves. We need to identify our learning needs and take

steps to increase our knowledge. Let's not rely on our employers to determine our learning needs and provide all of our education. There are multiple programs and courses available at various prices. Is it too much for each one of us to invest one day's salary per year in ourselves and our practices?

In only 2 minutes on line, I found educational programs varying in price from \$20.00 for an on-line continuing education program at www.amsn.org (Academy of Medical-Surgical Nurses) to programs at www.nysna.org (New York State Nurses Association) on *Minimizing the Risk of Medication Errors* (1 day program, \$84.00); *Pharmacology and Medication Administration for Nurses* (2 day program, \$295). Multiple on line programs are available at both sites along with information on many conferences. Do not forget the value of physically attending a program. We learn so much by talking to nurses from other locations and facilities.

Offer to develop an educational program for nurses at your facility. Share your expertise with others. Offer to participate on committees at work. Take an active role in the development of policies and procedures. Offer suggestions for positive change. Investing in the workplace is investing in oneself.

~Cont. on next page

~Cont. from page one

We will have multiple activities going on this year to celebrate the Year of the Nurse. Mark your calendars for May 6 for District 3's Annual Meeting Dr. Karen Morin, President of Sigma Theta Tau International Honor Society of Nursing will be visiting our area October 28-29. Attend an educational program. Invest in yourself. We all will benefit and Nursing will be better for it.

Respectfully,
Margie Hopkins
President



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!
Contact any Board member for details and dates!

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

Contact any Board Member if interested!

Current Board Members

Officers

- President:** Margie Hopkins (2009-2011)
- President Elect:** Linda MacAuslan (2009-2011)
- 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

Professional Nurses District 3 website
www.district3rn.org

2010 NYSNA District 3 CALL FOR NOMINATIONS

In accordance with the By-laws, a call for nominations is being issued for elections in 2010 for officers, directors, and nominating committee members of the Professional Nurses Association District 3, covering Chemung, Steuben, Schuyler, and Tompkins Counties.

The Professional Nurses District 3 is searching for nominees for the following positions (Officers are elected for 2-year terms and Board of Directors for 3-year terms):

- Vice President
- Treasurer
- Four members of the Board of Directors
- Three members to the Nominating Committee.

(See page 4 for duties and responsibilities of offices)

- Eligibility:**
1. Current membership (a person who is not a member may be nominated, but must join District 3 in order to be considered for election)
 2. A member may not hold more than one office at a time

The officers and board members meet a minimum of 6 times per year on dates that are set by the Board each year. The Board of Directors meets monthly as a general rule. There are also various activities that Board members participate in over the year. Meetings are held at a location that is mutually agreed upon by the members. Officers and Board of Director's members are expected to be present at all regular meetings and, if possible, at special meetings that are held at the discretion of the Executive Committee. Anyone seeking office must be a current (dues paying member) of the District. Please consider serving if contacted by a member of the Nominating Committee. If you are interested in running for any of the above offices, please contact a member of the Nominating Committee (Mary Ann Letizia [mmlet@aol.com], Penny Tomnbay-Detrick [PTomnbay@aol.com], Pearl Jayne [jaynep@schuylerhospital.org], Linda Yonkin [layonkin@stny.rr.com], or Mary Condon at Alfred College of Technology]. You may also fill out the form below and mail it to District 3. Election results will be announced at the Annual Meeting on May 6.

A signed consent and a brief biography from each nominee must be submitted to the nominating committee and received on or before March 31, 2010. The form below may be duplicated for additional nominees.

Nomination Form

I wish to nominate / run for the Office of _____
(If nominating self, please be sure to include a brief biography)

Name _____

Address _____

Home Phone # _____ Business Phone # _____

Consent to serve. I will serve if elected. _____ Signature

Mail this completed form (and biography, if applicable) to:

Professional Nurses District 3, Attn: Election Nominating Committee, P.O. Box 1171, Elmira, NY 14902

Duties of the offices open for election

Vice-President

The Vice-President shall:

1. Serve as the Chairperson of the By-Laws Committee
2. Conduct meetings/events of the Board of Directors if the President and President elect are unable to attend.

Treasurer

The treasurer shall:

1. Receive all dues and all other funds of the District, deposit such funds in a bank designated by the Board of Directors
2. Keep and itemize account of all receipts and disbursements and give a written report at all regular meetings of the Board of Directors and the District.

Board of Directors

The Board of Directors:

1. Transact the general business of the District including the establishment of policy
2. Adopt a budget and authorize payment of legitimate expenses
3. Fill vacancies on the Nominating Committee, the Board, and chair standing committees as appropriate

Nominating Committee

The Nominating Committee will:

1. Develop a slate of officers to fill vacant positions.
2. Present the ballot to the Board of Directors at the March meeting.
3. Publish biographical data for each nominee.

Chemung
County



Chemung County Medical Reserve Corps (CCMRC) is comprised of health and human service professionals who respond to public health emergencies in our community, our region, our state or our nation. Each volunteer can identify the scope of their volunteerism by enrolling through *ServNY* at the following web site. <http://www.nyhealth.gov/servny?prog=6>. For questions, please call 737-2826.

MISSION: Chemung County Medical Reserve Corps will provide support to the Chemung County Public Health Emergency Preparedness Committee in their response to a public health emergency in our county.

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 6**, 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
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.

26th Annual Carolyn Britton Nurse Excellence Award

Do you know an individual that is a skilled nurse, as well as advocates for patients, families and the nursing profession, that you admire? If so, please nominate that individual for the 26th Annual Carolyn Britton Nurse Excellence Award. Nominees may be any Registered Professional Nurse living in or practicing in our district (which includes Chemung, Schuyler, Steuben and Tompkins Counties) that you feel demonstrates qualities that all nurses should strive for. All nominees will be asked to complete an application describing their nursing practice and submit it to the selection committee. The District must receive nominations by **March 19, 2010**. All nominees will be guests of the District at the May 2010 Annual Meeting, and will receive recognition for their outstanding service and a one-year free membership to our organization.

If you know someone who you wish to nominate, please fill out the form below or e-mail Lisa White, Selection Committee Chairperson, at lwhite@aomc.org with the nominee's name, address, telephone number and place of employment along with a brief explanation of why the nominee should be selected for this award. Please include your name, address and phone number. All sources will remain confidential unless permission is sought to reveal the nominator.

Please take the time to recognize a deserving nurse whose practice you have come to admire.

Carolyn Britton Nomination Form

I wish to nominate _____ for the 2010 Carolyn Britton Award.

Nominee's Address:

Nominee's phone #: () _____ Place of employment: _____

Brief explanation of why nominee should be selected for the award:

Your Name: _____ Phone #: () _____

Address: _____

**Mail to: Professional Nurses District #3
Attn: Carolyn Britton Selection Committee
P.O. Box 1171
Elmira, NY 14902
Due by March 19, 2010**

PROFESSIONAL NURSES DISTRICT 3

Professional Nurses of District # 3
and
The Rho Gamma Chapter of Sigma Theta Tau International Honor Society of
Nursing are sponsoring

NURSES - GOING GREEN IN HEALTH CARE

by

KAREN A. BALLARD MA, RN, FAAN
President of the New York State Nurses Association

Monday, March 22, 2010
6:45 pm Dessert Reception
Presentation to follow at 7:15
Cost: \$10.00

at the

Chemung County Nursing Facility Activity Room

Objectives for the 1 hour program:

1. Identify the impact of environmental policies on nursing practice.
2. Describe how a health environment impacts upon patients' health.
3. Discuss what nurses can do in the their workplaces and in their lifestyles to improve the environment.

In the event of inclement weather, registration fees will be credited towards a future general meeting program of District # 3 or Rho Gamma. No refunds will be given. Listen to local radio announcements for cancellation.

Directions: Chemung County Nursing Facility 103 Washington St. Elmira, NY.

From Ithaca: Take rte. 13 south to rte 17/86 east. Take exit 56 (Church and Water Sts). At top of exit, take right on Church St. Go through 1 light, take a left on Washington St. (just past Elmira Psychiatric Center, just before St. Joseph's Hospital. Go 1 ½ blocks, nursing facility (6 stories) is on the right. Park in parking lot. Enter nursing facility door at far end of building.

From Corning take rte 17/86 east to exit 56. Follow as above.

From points east: take rte 17/86 west to exit 56. Follow as above.

To register, complete and return the bottom portion with check for \$10.00 to:
Professional Nurses District # 3, Nurse Education Program, Elmira College, 1 Park Place,
Elmira, NY 14901 **RSVP by March 13**

Name: _____ Address: _____

Professional Nurses District 3

P.O. Box 1171
Elmira, New York 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

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