



# Professional Nurses District 3

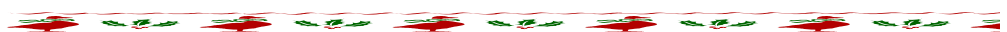
Winter NEWSLETTER 2008

## 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.*



**The District 3 Board of Directors  
would like to extend to everyone  
our best wishes for a happy New  
Year, filled with joy, health, and  
new  
beginnings!**





### District 3 Membership Drive Contest

New Member contest rules:

- Contest will run from **June 1<sup>st</sup> to April 30<sup>th</sup>** annually
- The person who has brought the most members during that time frame will receive a **\$50 certificate**, presented at the May Annual Dinner Meeting.
- Each person that brings in 5 or more members will receive **free** membership for that year.

## ATTENTION!

**Do you know of anyone who has done something that deserves special attention? Do you have any pictures or stories you would like to share? Any achievements, publishing's, etc?**

**Why not share them here? The District 3 newsletter covers Steuben, Chemung, Tompkins, and Schuyler Counties, and is available on the web! What a great way to network and share your information!**

### Current Board Members

#### Officers

**President:** Susan Gosden (2007-2009)

**President Elect:** Krystal Jubilee (2007-2009)

**Vice President:** Rosalyn DuBois (2006-2008)

**Secretary:** Jennifer Rushak (2007-2009)

**Treasurer:** Barbara Goodwin (2006-2008)

**Ex Officio:** Linda MacAuslan (2007-2009)

#### Board of Directors

**Rebecca Becraft** (2006-2009)

**Karen Davis** (2007-2010)

**LouAnn DiPetta** (2005-2008)

**Rachel Hofstetter** (2007-2009)

**Barbara Horton** (2007-2010)

**Carol Noyes** (2005-2008)

**Jean Swinnerton** (2007-2009)

**Lisa White** (2007-2010)

#### Nominating Committee

**Carol Fowler** (2006-2008)

**Wendy Bell** (2007-2009)

**Maria Luden** (2007-2009)

**David O'Connor** (2007-2009)

**Linda Pasto** (2006-2008)

**Heidi Vail** (2006-2008)

#### Newsletter

**Lisa White, Karen Davis, Claudia Haile, Jennifer Rushak**









## Upcoming Dinner Meeting! A Community Approach to Literacy

March 11, 2008 at 6:00 p.m.

At the  
**Holiday Inn EXPRESS**  
**Horseheads, New York**

**PRESENTER:** Ralph Moore, MD received his medical degree from the University of Rochester and has worked as a Pediatrician in the area for more than forty years. He helped develop both the *Read Out and Read* and the *Family Reading Partnership* literacy programs. He is a passionate believer in the impact literacy has on the future of children.



### Program Objectives

-  Define literacy
-  Explain how to optimally prepare children to learn to read.
-  Contrast good and poor readers
-  Discuss how *Reading Partnership of Chemung Valley* contributes to the reading readiness of children in the county
-  State ways the audience members can participate in the community literacy program
-  Question Dr. Moore in regards to literacy and its impact on health care issues

All participants are asked to bring a children's book to donate to the *Family Reading Partnership's Red Bookshelf*.

**DINNER:** Tossed Salad, Entrée of Choice, Beverage and Cake

### DINNER ENTRÉE CHOICES:

-  Eggplant Roulade filled with goat cheese, wild mushrooms, spinach and roasted peppers then topped with a red sauce
-  Sautéed Breast of Chicken topped with creamy rosemary sauce

Mail your dinner choice and check for \$22 payable to:

Professional Nurses District 3

Professional Nurses District 3

Attn: Barbara Goodwin

PO Box 1171

Elmira, New York 14901

**Reservations must  
be received by:  
March 6, 2008**

This continuing nursing education activity has been submitted to the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## ***2008 NYSNA District 3 CALL FOR NOMINATIONS***

**(This form may be duplicated)**

In accordance with the By-laws, a call for nominations is being issued for elections in 2008 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
- Three 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. 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.

**A signed consent and a brief biography from each nominee must be submitted to the nominating committee and received on or before March 14, 2008.** 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**

**Must be received no later than March 14, 2008**

## 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.

**If you have any questions, please feel free to contact any member of the nominating committee listed on page 2. Elections will be held by mail ballot**



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 next Board Meeting is March 11, 2008 at 5 pm (before the dinner meeting) at the Holiday Express Inn at Horseheads, New York

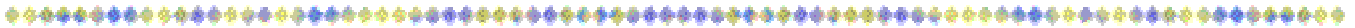


## *Carolyn Britton Nurse Excellence Award*

It is time for the Professional Nurses of District 3 to nominate individuals for the 23rd Annual Carolyn Britton Nurse Excellence Award to be presented in May at our Annual Meeting. 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 emulate. Candidates for this award are skilled practitioners, as well as advocates for patients, families and the nursing profession. All nominees will be asked to complete an application describing their nursing practice for submission to the selection committee. The District must receive nominations no later than **March 21, 2008**. All nominees will be guests of the District at the Annual Meeting on May 14th, 2008 and will receive 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](mailto: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.

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 2008 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**

**P.O. Box 1171**

**Elmira, NY 14902**

**Must be received no later than March 21, 2008**

**“Never doubt that a small group of thoughtful, committed citizens can change the world, it is the only thing that ever has.”**

**- Margaret Mead**

In this issue of the *Professional Nurses District 3 Newsletter*, and in future newsletters, the Editorial Board will incorporate an Op-ed column. In this column, we will publish articles written by members of our profession and submitted to us for publication. Our decision to establish this forum is based on our goal of ensuring the presentation of a diversity of opinions on topics of importance to nurses and the nursing profession.

Members are encouraged to participate in this forum by submitting Op-eds or Letters to the Editor. Op-eds will give members the opportunity to share their views and opinions. Op-ed articles should be timely and present cogent arguments, including provocative opinions on current issues. Letters to the Editor allow members to offer a short rebuttal to a commentary or add a critical perspective not previously presented.

To be eligible for publication in the *Professional Nurses District 3 Newsletter*, submissions will be evaluated by the Editorial Board according to the following guidelines:

- **Op-eds:** Ideally, Op-eds are 500-650 words, but articles of any length will be considered. Op-eds may be on any topic but must be fact-based. They should not be a response to a District 3 Newsletter article. Authors' requests for anonymity will not be honored and the use of pseudonyms is not permitted.
- **Letters to the Editor:** 250 words or less. The Letter should refer to the article to which it responds. All letters to be published are subject to editing/condensing.
- **All submissions must include the author's name, address, telephone number and e-mail.**
- **Authors of accepted pieces will be notified by e-mail.**
- **Unused submissions will not be returned to the author.**
- **Authors should understand that accepted pieces may not be published immediately. The time between submission and publication varies depending on available space.**

**OP ED CONTRIBUTOR**

**CAREER MODELS NEEDED FROM DISTRICT 3**

By Linda MacAuslan, MS, RN, CDE

Wanted: Career Models for future nurses! Are you interested in sharing information about yourself and your nursing career with students who are exploring health careers and in particular nursing? An opportunity exists with Central New York Area Health Education Center (CNYAHEC) for you to do this.

Leslie Kannus, Program Manager, CNYAHEC states: “*My Health Career*<sup>®</sup> is CNYAHEC’s web-based health career exploration tool that is available free on any computer with Internet access. *My Health Career*<sup>®</sup> allows students (and other career seekers) to explore various health careers, assess their skills and interest, connect with education and training opportunities, and create a career path. Best of all, the information in *My Health Career*<sup>®</sup> is tailored to the CNY region! As part of this tailored approach, health profession profiles include “Career Models” in which local health professionals briefly share their experiences of what interested them in their particular health career, where they received their training, what brought them to live/work in CNY, and any helpful advice for someone interested in their health care field.”

Registered nurses from District 3 and beyond are needed to serve as “Career Models” for students in our area. The time commitment would involve your time to develop your career profile by answering the questions to be posted on the CNYAHEC site and your availability to answer questions that may be e-mailed to you from students. To explore what other RNs have said, go to [www.cnyahec.org](http://www.cnyahec.org), click on “My Health Career;” “Student and Career Seekers;” “Career Exploration;” Registered Nurse;” “Meet People.”

If you are interested please contact [lkannus@cnyahec.org](mailto:lkannus@cnyahec.org). You will be asked to provide brief information about yourself and your job, things to consider about the nursing profession, why you work in Central NY, why you love your job, your major responsibilities and where you went to college or training.

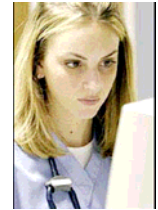
Let’s join with other nurses from District 3 to help recruit young students into our profession.

**Professional Nurses District 3 website [www.district3rn.org](http://www.district3rn.org)**

## *Professional Nurses District 3 Scholarship*

The District #3 Board of Directors has revised the Professional Nurses District 3 Scholarship guidelines so as encompass more nurses who are pursuing their education or a certification in nursing. Changes include the following:

- Scholarship may be awarded to an RN pursuing a degree, certification, or advanced degree in nursing.
- The maximum amount for the award is \$500.00
- One scholarship is awarded annually
- Applications are due by April 1<sup>st</sup> of each year
- The applicant must be matriculated in an approved accredited nursing program leading to a degree, certification or advanced degree in nursing.



Application forms and the policy are located on our web site at [www.district3rn.org](http://www.district3rn.org), or you may review and use the form on the following pages

### **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 degree, certification, or advanced degree 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, certification, or advanced 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.
2. One scholarship will be awarded to a member pursuing a degree, certification, or advanced degree in Nursing.

#### **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 September 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 degree a degree, certification, or advanced degree in nursing. Program must be accredited by the NLNAC, AACN, or any other accredited nursing organization.
  - 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 the fall, 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.**

**DISTRICT 3 MEMBERSHIP APPLICATION**

**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**

**Please make check payable to District 3**

**Mail to: Professional Nurses District 3**

**P.O. Box 1171**

**Elmira, NY 14902**

**PLEASE NOTE!!!**

Your address label contains the expiration date of your membership! Your expiration date is above your name, highlighted in yellow. See sample below!

Jane Doe

**Exp. 5/07**

Pleasant lane

Anywhere, USA, 11111

Do you want to get the word out about your organization, school, workplace, etc? The District 3 newsletter is a great way to advertise, with a diverse membership covering Chemung, Schuyler, Steuben, and Tompkins Counties! The prices are for a year, with 4 newsletters being published per year.

Business card size - \$85.00

¼ page - \$125.00

½ page - \$150.00

Full page - \$250.00

Contact Barbara Goodwin at

[bgoodwin@cayugamed.org](mailto:bgoodwin@cayugamed.org)

for more details



# Professional Nurses District 3

P.O. Box 1171  
Elmira, New York 14902

---

*Changing address? Name? e-mail?  
Retiring?*

**To keep our records up to date, please notify us in writing at:  
Professional Nurses District 3  
P.O. Box 1171  
Elmira, NY 14902**