



Professional Nurses District 3

WINTER 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



Dear Colleagues,
Happy 2009 to you and your loved ones! I hope you enjoyed a relaxing and rejuvenating holiday season.!

The beginning of each New Year is a time to reflect upon our past accomplishments, and to set new directions and goals for the future. With this in mind, a new year is a good time to salute – and thank – our fellow nurses who are vital not only to the healthcare of our communities but to us, ourselves, as we help each other meet the demands each of us strives to meet in our work lives. It's the good things we say and do that count, not how rich we are or what things we possess. Let's rededicate ourselves to celebrating nursing in general, and thereby, re-validate our choice of this profession.

2008 proved to be a pivotal year for America! Why not also take a moment to think about how you can make a difference to our profession, community and country in 2009. A community need which remains foremost in the consciousness of our district is

literacy in the Southern Tier. District 3 continues to work with the Rho Gamma Chapter of Sigma Theta Tau International in maintaining donation sites for new and gently used books at three locations. Books are given to the Family Reading Partnership for distribution in our community. Please take a moment to put aside any books around your home that you can contribute.

In 2009, foremost in the minds of the leadership of District 3 is preparing to take part in our celebration activities for 2010 the International Year of the Nurse. It is therefore with great pleasure to announce that Margie Hopkins has accepted appointment to the office of President-elect. Margie has served District 3 in the past in many capacities including that of President. With this appointment District 3 is positioned to continue supporting the professional needs of our community and undertake our community service activities for the foreseeable future!

Respectfully,
Susan Gosden, RN, MS
President

You don't need to be a Board Member to attend Board Meetings! We welcome any member 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:

- **February 25th, 2009**
(Wednesday) at the Olive Garden at the Arnot Mall in Big Flats, NY: **Board of Directors**
- **March 24th, 2009** (Tuesday), **Program Meeting:**
Complementary Therapies.
Howell Education Center, 2nd Floor Cayuga Medical Center, Ithaca, NY
- **May 2009 Annual Program Meeting**, Corning Country Club, Corning, NY
- **June 2009 Board of Directors**
3rd Annual Retreat
- **No meetings in July or August**
- **September 23, 2009 Program Meeting:** Domestic Violence
- **October, 2009 Board of Directors**
- **November 10, 2009 Program Meeting:** Forensic Nursing.
Watkins Glen, NY

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

Current Board Members

Officers

President: Susan Gosden (2007-2009)
President Elect: Maragret Hopkins (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

2009 Professional Nurses 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 2009 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):

- President-Elect
- Secretary
- 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, 2009. 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, 2009

Duties of the offices open for election

President Elect

The President – elect shall:

1. Serve as the Chairperson of the Program Committee
2. Assume the presidency in the elected time frame. President responsibilities include:
 - Preside at all district meetings
 - Serve as an ex-officio member of all committees except nominating
 - Represent the District at the Advisory Council meetings of the NYSNA
 - Serve as a representative of the District at NYSNA conventions and special meetings.

Secretary

The secretary shall:

1. Keep the minutes of all of the meetings of the District
2. Send notices of the time and place of meetings
3. Mail the annual election ballot
4. Notify officers, directors, and committee members of their election or appointment
5. Report to NYSNA the names of District officers to NYSNA
6. Preserve all papers, letters, and transactions of the District Board of Directors.

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

25th 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 25th 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 no later than **March 6, 2009**. All nominees will be guests of the District at the May 2009 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 2009 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 6, 2009**

Member receives District 3 Scholarship

Suzanne Wilson is the recipient of the *2008 Professional Nurses District 3 Scholarship*. Ms. Wilson, currently employed in the Emergency Department at Cortland Regional Medical Center in Cortland, New York, will use the funds to continue her pursuit of a Bachelor's Degree from Upstate Medical University. Although she does receive some financial support from her employer, the scholarship will help her with expenses such as books, supplies and travel expenses not covered under by tuition reimbursement. Ultimately, Ms. Wilson's goal is to obtain a Masters' Degree in Nursing and plans eventually work as a Clinical Nurse Specialist. The District 3 Board of Directors is delighted to recognize Ms. Wilson's efforts and to help her in achieving her ultimate objective of an advanced degree. This scholarship, established in 2005 and awarded annually, provides financial assistance to members of District 3 who are pursuing a degree or advanced certification in nursing. For further information regarding specific scholarship guidelines or obtain an application form go to the District 3 website at www.district3rn.com.

Congratulations Suzanne on your award and we wish you much success as you pursue your dream!



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



**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.



SUMMER EMPLOYMENT OPPORTUNITY FOR COLLEGE STUDENTS

Student Certified Nurse Aide Employment Program offers college students a great opportunity for employment over the summer and holiday breaks at one of four facilities in our area. Students are paid while attending CNA training program at GST-BOCES. Wages range from \$8.50 to \$10.00/hr., employment guaranteed each summer. Explore health careers and earn money for college. Enrollment limited, don't wait. For information and an application go to **WWW.CVHN.ORG** or call **Phyllis at 737-2826**.

2010 - International Year of the Nurse

The **Professional Nurses District 3** and the **Rho Gamma Chapter** of Sigma Theta Tau International, as part of their commitment to advancing the nursing profession, encourage nurses and healthcare professionals to participate in the campaign to urge the United Nations to adopt resolutions declaring 2010 International Year of the Nurse. We invite you to join the worldwide Nightingale signature campaign.

Officially called the Nightingale Declaration Campaign (NDC), it is a program of the Nightingale Initiative for Global Health (NIGH). These are its major initiatives:

- **A proposed UN Resolution for an International Year of the Nurse in 2010, the Centennial of Florence Nightingale's death**
- **A proposed UN Resolution for a UN Decade for a Healthy World, 2011 to 2020 -- the Bicentennial of Nightingale's birth**

Please join your colleagues worldwide in the "Nightingale Declaration for Our Healthy World" by helping to promote a United Nations Resolution to designate 2010 the
"International Year of the Nurse,"
as well as 2010-20 the
"UN Decade for a Healthy World."



To participate, go to
www.nightingaledeclaration.net
and sign the document



www.district3rn.org

INTERNATIONAL YEAR OF THE NURSE

The International Year of the Nurse celebration plans continue to progress. Dr. Karen Morin, President Elect of SSTI will be the guest speaker at the celebration. The program, which has been confirmed with Dr. Morin, is scheduled for Wednesday October 27th and Thursday October 28th, with separate sessions targeting area nurses, student nurses and healthcare leaders.

The initial funds of \$800, received as a gift from the local chapter of the Nurse Practitioner's Association, have grown to \$2300 through the combined efforts of Professional Nurses District 3 and the Rho Gamma Chapter of Sigma Theta Tau International. The goal of \$6000 which was set by the Steering Committee and approved by both organization's Board of Directors will pay for all program expenses. In an effort to broaden our base of support, the Steering Committee currently is in the planning stage to solicit funds from local area organizations. If any member has a fundraising idea, contribution or is interested in working on the Steering Committee please contact Susan Gosden at manus@htva.net or (607) 426-2277.

Anita B. Ogden Symposium

Elmira College announced today that Rose Bennett, founder of **Wise Woman Healing Ways—Herbal Medicine and Earth Spirit Teachings** will be the speaker at the Anita B. Ogden Symposium on March 20th. Ms. Bennett is a gifted herbalist, writer and spiritual teacher. In addition to her private consultation practice in New Jersey, she maintains a busy schedule of lectures at numerous venues including the Albert Einstein College of Medicine, St. John's Hospital, Montefiore Teaching Hospital, and Brown University Medical School. Her publications include *Wild Carrot: A Plant for Natural, Conscious, Contraception*, and *Healing Magic: A Green Witch Guidebook to Conscious Living*.

To receive more information regarding this program or to register, please call 607-735-1890.

District 3 Membership Drive Contest

New Member contest rules:

- Contest will run from **June 1st to April 30th** 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.

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 11**, 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.

Nursing History Preserved



In 1988 the Foundation's Center for Nursing History was established to ensure that the magnificent history of the nursing profession in New York State is preserved and understood. In 2000, the Center received one million dollars as a result of the fundraising efforts of the Bellevue Alumnae Association. In recognition of this endowment the Center was renamed the "Bellevue Alumnae Center for Nursing History". The archives program preserves and makes available for public use archival records and manuscript collections which document nursing in New York State. Its program is committed to:

- Appraising, collecting, arranging, describing, preserving, and making available the archival records of selected nursing organizations;
- Serving as a repository of last resort for other professional nursing records of enduring value in New York;
- Providing adequate facilities for the retention, processing, preservation, and research use of these records;
- Assisting in the development and implementation of a documentation strategy to chronicle the history of professional nursing in New York;
- Providing consultation to groups and individuals on the preservation of records which document the nursing profession in New York;
- Promoting the use of archival records and manuscript collections in scholarly study of nursing and health in society.

In 2008, District 3 needed to come to terms with a problem . . . District records needed a home. These records, which dated back to 1919, included many items of historic value. They could no longer be housed in their current location. The Board of Directors contacted the Foundation and working with their archivist, Gertrude Hutchinson, records were transferred to their storage in Guilderland, New York. There, these records will be preserved in the Foundation's repository where detailed accession descriptions, box lists, and specialized indexes are maintained to provide further subject access. Researchers are invited to contact the repository for additional information on records included in each collection and on any access restrictions imposed by depository agreements.

To find out more information on the Foundation go to www.foundationnurses.org



Do you know of any interesting stories, achievements, news? Have you just read an article or found out some information you think others should know? The District 3 Professional Nurses would like to publish them in our upcoming newsletters!

Please contact any Board member or e-mail them to lwhite@aomc.org



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

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

Mark your calendars! Upcoming Dinner Meeting

March 24th, 2009 (Tuesday) at 5:30 p.m.

Program Meeting: Complementary Therapies.

Howell Education Center, 2nd Floor Cayuga Medical Center,
Ithaca, NY

Watch for a flyer coming soon with details!