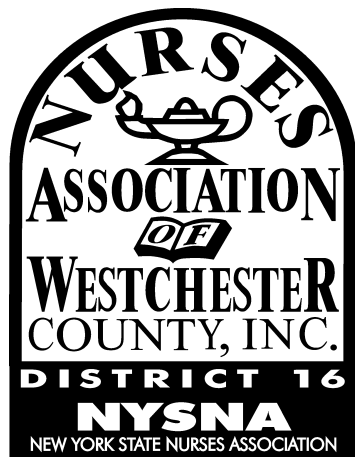


The Nurses Association of Westchester County, Inc.

.....District 16: Newsletter • Fall/Winter 2004



Published twice a year by
District 16: Nurses Association of
Westchester County, Inc.

Mail articles, information, advertisements,
photographs and upcoming events to:
Maryrose DeFino, Newsletter Editor,
c/o District 16, 1 Prospect Ave., Ste 14,
White Plains, NY 10607
914-949-4326

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1 Prospect Ave., Ste 14,
White Plains, NY 10607
Phone: 914-949-4326
Fax: 914-949-4330

*All telephone messages are recorded during
non-staff hours.*

NOTICE FROM THE EDITOR

It has been increasingly difficult to get articles or information for the newsletter which are relevant to nursing and of interest to readers. In an effort to evaluate the importance to members receiving the newsletter, the Board of Directors has developed a simple survey to query your preferences.

Please complete and return to the District 16 Office by **November 1, 2004.**

Questions	Circle Response	Comments
I find the newsletter informative.	YES NO	
I would like to continue receiving it.	YES NO	
I would like to receive it by mail.	YES NO	
I would like to receive it by email on the NYSNA website.	YES NO	
I think the newsletter should continue to offer advertising.	YES NO	
Suggestions on how to increase member participation and support for the newsletter.		Please list: 1. 2. 3.
Suggestions for changes in the newsletter or other options for improvement.		Please list: 1. 2. 3.
I would discontinue the newsletter altogether.	YES NO	Why?

Please mail or fax to the District Office by November 1, 2004.

Nurses Association of Westchester County/District 16
1 Prospect Avenue, Suite 14
White Plains, NY 10607
Tele. 914-949-4326 Fax 914-949-4330

President's Message

Hello District Members!
I hope you all had a great summer. I know its hard to get back into a start up again mind set! Just a few things to mention to start us off—

Please note the District Survey requesting your opinions and views on the newsletter. We are in the process of evaluating the needs and wants of members regarding the frequency, content and mode of transmission for the upcoming years. Due to a lack of material (articles, news, and events) and increasing expenses, we have been forced to reduce the number of issues for this last year, but would like your input for future directions.

Additionally, we are sponsoring an all day program on "Safeguarding Patients and Avoiding Malpractice" which will have continuing educational units. Please save the date and register early, and bring a friend.

As promised, we are preparing for another Legislative get together. Usually we host a Legislative Breakfast in April, but because of this being an election year, we decided to arrange for an early fall program—more details to follow, so check your mail.

Again, I and the Board of Directors and Officers invite all of you to become more active in the District, and volunteer for any office or position. As you notice, our elections do not change much because new names are not submitted!! This is an important way to share your views and expand your leadership abilities, and it doesn't take much to accomplish a lot! Think about it!

Sincerely,
M. Gorete Crowe, President

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White Plains, NY 10601

Don't forget to fill out the questionnaire on page one and return it to the office by November 1, 2004!

Nurses Can Find Relief in Journal Writing

By Angela Batchelor

Some days, and nights, are longer than others: sick patients, demanding doctors, unbearable co-workers along with an onslaught of new-fangled diseases and insurmountable healings. How's a nurse to cope? What about penning it in a journal?

Oops. Ask a nurse, whose been writing all day on charts, to write in a journal. Sure, why not.

According to Janie Normile, who leads "Journaling Complementary Therapy" for those with cancer and chronic illness at Vassar Brothers Medical Center in Poughkeepsie, journal writing helps the nurse let go of daily pain and sorrow of losing a patient.

"It also helps nurses capture those miracles: reunited families or praying for the first time with a harden-hearted

patient," Janie said. "And writing your thoughts helps relieve stress brought on by difficulty in the workplace."

The benefits of journal keeping are plentiful. When one pens thoughts, ideas and memories on paper the process forces you to think it through until you understand it. Writing a journal is an investment of your time. Unless you find that you get more out of it than you put into it you will quickly stop doing it.

Remember, you have to fill the pages before you see the benefit. So, try it for a few days before you give up. Also, after a month of writing in your journal go back and read your entries. The treasures you find will amaze you. When I reread entries from last year, I discovered many of my someday/maybe goals were in process.

Also, use a method that works best for you: a portable notebook, word processing document or a software

program. Whatever you choose it's important to date the page, and find a special place and time where you can sit and journal. My favorite place is in my bed, early in the morning or right before bed, (Basically, when the children are asleep.)

Janie agrees that being alone is the desired time to write. "In the summer I write on the porch with the sunshine and the breeze, in the colder weather it's the kitchen table."

So, why not get started today.

Want to learn more about journal writing or book a journal writing workshop?

Visit:

www.ajournalkeepers.org

Call a *journalkeeper*:

Angela Batchelor, 845-896-1139

Janie Normile, 845-462-6210

Membership Policy

Yearly membership dues are due by January 31, 2004 for the 2004 calendar year. Direct District dues are \$40 per year.

- **Bi-level NYSNA/District** membership is available. Payment options are yearly, quarterly, monthly or payroll deduction. For details call:
District 16- 914.949.4326
NYSNA-1.800.724.NYRN
- **New RN graduates** - 1/2 price for the first year
- **Lifetime NYSNA members**- 1/2 price each year
- **Buddy system**- recruit a new District member and each receives 1/2 price on Direct District membership for one year.
- **New Benefit**-20% off on any Tai Chi class or scheduled event at Tai Chi School of Westchester, 914-771-7320.

Program Policy

- Full-time non-licensed nursing students attend District programs at no cost (with student ID).
- Students with an RN license attend District programs at 1/2 price (with student ID).
- District members attend regular programs at no cost.

Advertising Policy

District 16 Newsletter: the Nurses Association of Westchester County is a great place to advertise your services, products or events. Over 600 readers, low rates and advertising. Call 914-949-4326.

Advertising Rates 2003-2004

Full page \$145 1/2 page \$75
1/4 page \$40 1/8 page \$25

The opinion of the advertiser is not the opinion of the District 16: The Nurses Association of Westchester County.

Nurses Helping Nurses

By Victoria R. Arrick, RN

I want to introduce and reintroduce the Nurses House to everyone at Westchester Medical Center and District 16. For more than 75 years Nurses House has extended short term financial assistance to registered nurses throughout the country. Peer reviewed grants are made to nurses confronting great adversity. Thousands of registered nurses, in all 50 states, have been helped since Nurses House began in 1922. Requests for assistance is growing faster than ever before creating a burden that threaten to overwhelm their response to those seeking assistance. The need has never been greater than it is now.

To make certain that no nurse in need is turned away and forgotten, Nurses House depends on the generous gifts and bequests of fellow nurses and friends everywhere. Please help them so they can be prepared to help when

hardship strikes.

Nurses House is the ONLY national fund dedicated to helping registered nurses in need. **W i t h o u t** discrimination, Nurses House reaches out to all in the nursing profession when misfortune strikes. Nurses House is directed by nurses and managed by a volunteer Board of Directors composed of registered nurses.

Nurses House has a goal in progress, to collect \$1.00 for every nurse. Wouldn't that be a great gift to give for Christmas. It would be a pleasure to chat with you about this wonderful group that helps us, when we need it. Contact me at home (845) 471-4268 or on the unit at (914) 493-7488. You can also speak with Karen Ballard at NYSNA, 1800-724-NYRN. ❖



Ways to Declutter Your Life:

Get more time, energy and space

1. Deal with things in the moment. Use the 3D model: Do it, Delegate it or Dump it.
2. Stop hoarding stuff. Learn to throw or give things away.
3. If its broken or doesn't do what you need it to do, get it fixed, get rid of it or get it replaced. Same thing goes for clothes. If it doesn't fit give it away.
4. If you move something, put it back. Teach your children and other family members to do the same.
5. Put aside 15 minutes of uninterrupted time each day to clear off your desk.
6. Stop buying more stuff.
7. Make a list of all areas that need organization.

Newsworthy News

Gorete Crowe is the first woman to receive the Manitoaga District Merit Award for her many years of service to the Boy Scouts of America. She has been a trained leader for Boy Scout Troop 22 for 11 years and for Venture Crew # 2279 for the last 5 years. The ceremony was held in May. Congratulations!

Maryrose DeFino was awarded the Nursing Service Administration Award at NYSNA

Save the Date

October 21- 24, 2004. Remember Convention, Saratoga Springs
September 10 - October 9, 2004. Simone's Gallery Ltd, "Collective Extensions Exhibition" featuring nine local artists, 140 Fifth Ave, Pelham, 914-712-0888, www.simonessgallery.com

Cornering Health

Part 2: Hitting the Nail on the Head.

By Antoine P. LaLande, co-editor of "Across the Line" Health magazine

As mentioned in Part 1 of previous article, your nails can be an important indicator of otherwise unmanifested health problems.

Here are a few others not previously mentioned:

- Some disorders of the lymph system, liver, respiratory dysfunction and diabetes may manifest as yellowish nails.
- Whitish nails could indicate anemia, kidney or liver problems.
- Cirrhosis may be suspected when the white tips of nails are tinged with pink.
- Pitted nails, which are also frayed or split at the ends and contain discoloring spots of brownish-red could relate to psoriasis.
- A bluish/reddish discoloration of the white portion of the nail adjacent to the rear of the cuticle may reference toxicification via heavy metals or heart, lung difficulties.
- Fungal or bacterial invasion may appear as greenish nail tint, whereas a blue tint may be a harbinger of pulmonary problems.
- We all know nails thicken with age or fungal infection, how ever it may also reference thyroid or circulatory difficulties.

Staying alert to these changes may help to stave off unwanted conditions before they become detrimental to our health.

Health Tips:

- Green Tea protects against gastritis and stomach cancer
- Green blue algae boosts the effects of flu vaccines.
- Conjugated Linoleic Acid (CLA) is found to reduce body fat and increase lean muscle mass in long term studies.
- CLA with Chromium Picolinate has been found to improve insulin's function.
- European studies show Omega 3 oils increase intelligence in infants through prenatal consumption by mothers-to-be.
- American studies show Omega 3 oils assist brain function in adults.

Herbs:

- Astagalus boosts the immune system and is a powerful antioxidant. It also is known to promote anticancer cells and protect the liver from toxins. Not to be used in the presence of fevers.
- Black Walnuts are particularly helpful for mouth and throat warts.
- Oat Straw and Dandelion Root are good sources of calcium and magnesium.
- Alfalfa is assistive to the liver in heavy metal removal and contains a number of trace minerals beneficial to the bodies function.
- Dandelion Root is also liver stimulant and rich in iron and blood cleansing compounds.

Recommended reading:

Patient Heal Thyself,
By J.S. Rubin N.MD, CNC.

Enzymes the Fountain of Youth,
By D.A. Lopez MD; R.M. Williams MD PhD, and K. Miehle MD

Juicing for Life,
By C. Calbom and M. Keane

Tsubo-Oriental Therapy,
By Katsuske Serizawa

Allergies, By S. Young MD,
Bruce Dobozin MD and Margaret Miner

Always consult with your healthcare practitioner before starting any health regimen.

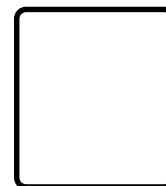
Please note these corrections from Spring 2004 issue:

Caution Zone Know Your B's: B Complex with additional single doses of specific B vitamins is the preferred method of consumption. Please ignore the phrase, "taken with caution."

Recommended Reading, *Vibrational Medicine*, by Berger MD, not Berber MD

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Live your life while you have it. Life is a splendid gift. There is nothing small about it.
—Florence Nightingale



Page Design & Layout by Angela Batchelor
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845-896-1139
www.angelabatchelor.com



If love can't cure it, nurses can.

**First
Class**

Nurses Association of Westchester County, Inc. District 16/ New York State Nurses Association

Invites you to join us for an all day CEU workshop on

Safeguarding Patients & Avoiding Malpractice

By Janet Haebler, MSN, RN

Friday, November 5, 2004, 8:00 a.m. - 4:00 p.m

Blythesdale Children's Hospital

95 Bradhurst Avenue, Valhalla, NY 10595

Tele. (914) 592-7555

Cost: No charge to District 16 members

\$25 per person for RN's and guests

\$10 per person for students

Refreshments: Light breakfast and cold lunch provided

Please call to register and send payment to:

Nurses Association of Westchester County/District 16

1 Prospect Avenue, Suite 14 White Plains, NY 10607

Tele. (914) 949-4326

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.