



The Nine Times

The Capital District Nurses Association, District #9 of the New York State Nurses Association

Volume 24, Issue 3

<http://www.nysna.org/districts/9.htm>

May 2011

Annual Awards Banquet and Membership Meeting



June 2, 2011

The Century House, Latham, NY



Social Time: 5:30 – 6:00 p.m.
Dinner & Program 6:00 – 8:30 p.m.

Cost: \$28 for members and **\$33** for non-members

Dinner: Buffet Style

No phone or e-mail reservations accepted. Please call 518-464-8791 for questions.

Don't forget your food item for our June food drive!

**Mail payment and dinner choice to Capital District Nurses Association, No. 9,
NYSNA- P.O. Box 16066, Albany, N.Y. 12212. RESERVATIONS MUST BE RECEIVED by
May 27, 2011**

Contact Information:

Capital District Nurses Association, No. 9, NYSNA
P.O. Box 16066
Albany, NY 12212
capital.district.nurses.9@gmail.com
518-464-8791

Submissions to the Nine Times

The deadline for submissions for the March Nine Times is
August 15, 2011. Please send your announcements and
articles to: Capital District Nurses Association, No. 9, NYSNA
P.O. Box 16066, Albany, NY 12212
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Message from the President

Hello Everyone,

Greetings,

This is my final message to you as President of this incredible nursing organization. I thought of what I should say, who I should thank and what words of wisdom to share, so hopefully it all makes sense.

Let's start with the goals the Board set two years ago:

- **Improve the website:** The web page now houses the Nine Times, new/current member application, new member tri-fold, awards applications, names of board members and current contact information. And, members have shared they like the site and now go there to keep updated on District 9 activities.
- **Improve communication:** Over the past two years there have been significant changes made to improve communication with the membership. The first was sending the Nine Times via email and placing it on our website. The second was securing an email address just for the District which is monitored on a daily basis. Emails are sent to members informing them of local conferences and reminders for our very own membership meetings. The third was strengthening the Nine Times. We now have a Caring and Sharing, Legislative and Educational section where members of these committees write an article or provide an update on activities. .
- **Increase Membership:** Over the past two years, 31 people joined our membership; 19 since September 2010. The membership committee developed a new application and a new member tri-fold which are getting rave reviews.
- **Improve the Financial Position of the District:** As you know, in October of 2010 we ended our relationship with our then office manager. In doing so, the Board and I were able to get a better understanding of our financial position and made changes to increase our bottom line. I am pleased to say that last year at this time we had about \$1500 on hand, we now have \$5000. This is thanks to all of you for paying your dues and making donations to the scholarship fund.
- **Improve retention:** We are 250 members strong and I am pleased to say we have members who have not been active for 2-3 years who are returning and are looking forward to getting more involved.
- **Provide stimulating educational programs:** I think this goes without saying; the programs are excellent. Our attendance ranges from 40-100 people.

As you can see, we improved on all areas and will continue to do so under Rosemarie's leadership. Thanks to all of you for your support in making it all happen.

This past membership meeting was different than any I've attended in the past. We were scheduled to hear Barb Fane speak about what is new in code blue and 55 people were ready to attend. Ten days before the meeting I received a message informing me Susan Fraley had passed away. I was shocked but knew our members needed to know. In addition, the Board brainstormed what we could do to celebrate Susan's life. An email was sent to the membership and our members rallied. In less than 8 days, word spread we would be celebrating Susan's life and 53 more people signed up to attend the meeting. The top leaders in nursing (Cathryne Welch, Tina Gerardi, Barbara Zittel, Bridget Nettleton and Claire Murray) agreed to say a few words. In total, we had 108 attendees: 3 of Susan's family members, 8 students, 21 guests and 63 members and a majority of the people stayed to hear Barb Fane's excellent presentation. It was a tremendous showing to hear a great presenter and to celebrate one of our own.

It is sad to be writing my last President's message but must say this has been a wonderful ride. I have learned so much from each and every one of you and have been blessed with very hard working board and committee members who never said no, just "what can I do to help". I know I am leaving the District in good hands and plan to help in any way the board sees fit.

It has been a privilege and honor to be the President of District 9. Please continue to support the District, share your ideas, get involved on committees or run for office, just keep involved as this is your organization and it can't work without you.

I look forward to seeing you at the Awards Banquet on June 2, 2011.

Best wishes,

Kim

How did you spend Nurse's Week?



Joint Commission Offered Free Webinars: <http://www.jcrinc.com/Nurses-Week-2011/>



Karen A. Daley, PhD, MPH, RN, FAAN, ANA President reminded us that Nurses are the most trusted profession for 11th year and offered leadership webinar!

Legislative Report

Over 2100 RNs and student nurses attended NYSNA's Annual lobby Day on 04/12/2011. Attendees made individual appointments with their legislators to discuss bills that would affect nursing and patient care.

Current legislative activity which can be viewed at www.nysna.org, includes the following:

Safe Staffing Ratios A921/S4553:

- This bill would establish minimum nurse to patient ratios in all healthcare facilities. This bill was agreed upon by labor unions in NYS that represent RNs.
- Presently in Assembly Health Committee

Educational Advancement for RNS A1977/S1223:

- BS within 10 years of initial licensure. Nurses already in practice and current student nurses would be 'grandfathered'.
- Presently in assembly Higher Education and Senate Higher Education

Safe Patient Handling A1370-A/S2470-A:

- Requires all facilities implement a safe patient handling policy to reduce the manual lifting of patients by direct care staff.
- Presently in Assembly Ways and Means Committee and Senate Health Committee

Healthy Workplace A4258/S4289:

- Provides legal redress for employees who have been harmed psychologically, physically, or emotionally by workplace bullying.
- Provides legal incentives for employers who prevent and respond to mistreatment of employees at work.
- Presently referred to Labor Committee

In case you missed it, a bill was passed on 08/14/2010 and signed by then Governor Patterson making it a felony to assault a RN or LPN while on duty. The Violence Against Nurses Bill, A 3103-A/S 4018-A is a major step to protect nurses in the workplace.

Information about the above bills can be found in many places. If you go to www.nysna.org, www.assembly.state.ny.us, OR www.senate.state.ny.us; you will have links to the bill texts, their sponsors, and what committee the proposed bill is in at the moment.

You may also learn how to get more active legislatively by going to the Legislative Center at www.nysna.org

Respectfully submitted,
Sharon Robinson, RN, MSN

Membership Information

Annual Dues (District 9 Only): \$45.00

New Graduate Nurse \$10.00 1st year-reduced

New Membership Level: Retirees

Effective January 1, 2011, those members who are 62 or older and not working will pay 50% of the current dues.

Click here to request an [application](#)

June Food Drive



To Benefit the **Regional Food Bank**

Let's try to outperform our last food drive from December!

Contact capital.district.nurses.9@gmail.com, if you are willing to deliver.

The District #9 Membership Committee would like to welcome the following new members:

Alice Marie Corey

Betsy Herlihy

Raechel Hunt

Lynn McNall

Teresa Smith

Amy Vincent

SAVE THE DATES:

Upcoming District #9 Meetings

October 6, 2011

December 1, 2011

February 2, 2012

April 5, 2012

June 7, 2012-

Annual Awards Banquet

Florence Nightingale Pledge

"I solemnly pledge myself before God and the presence of this assembly; to pass my life in purity and to practice my profession faithfully.

I will abstain from whatever is deleterious and mischievous and will not take or knowingly administer any harmful drug.

I will do all in my power to maintain and elevate the standard of my profession and will hold in confidence all personal matters committed to my keeping and family affairs coming to my knowledge in the practice of my calling.

With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare of those committed to my care."

EDUCATIONAL TIMES

Member, District #9 Education and Practice Committee

Immunizations!

Immunizations/Vaccinations! These words impart many feelings, both positive and negative. For many children and adults alike, the mere mention of this word conjures up feelings of dread and pain! For the nurse administering immunizations to the patient or parent of the patient, who is in abject horror at the thought of being punctured by that *awfully huge needle*, it is with reluctant deference we administer the injection(s).

However, the fact is, keeping up with and maintaining current immunization status in this local and global world is a necessity. Where once travel to another part of the country or abroad was a luxury; today is a matter of course, more common than not. Factor into that, many children and adults have neither received nor updated their immunizations due to a multitude of reasons.

As professional registered nurses, we should realize the importance of maintaining current immunizations and role model this behavior. From making sure children have the properly documented multiple immunizations for school, to checking a hospitalized patient for current and/or needed vaccinations, to annual influenza; maintaining proper immunizations can be extrapolated as a matter of infection control precautions (New York Nurse, 2011, p7). In 2008, the Joint Commission Resources presented a challenge to health care workers to receive an optional influenza vaccination above the national average. The second year of this annual challenge has resulted in an average immunization rate of 76%, increased from 46% the first year (2011). Currently, many officials throughout the US and abroad are advocating awareness of disease prevention through immunizations (Times Union.com; Search: Immunizations).

One need not look very far when reading local newspapers, watching the news channels, or reviewing professional nursing journals, to see the perpetual need for immunizations/vaccinations. Woven throughout the Code of Ethics for Nurses, as professional registered nurses, we have a duty to keep ourselves healthy and in doing so help our patients (2001).

Currently, NYSNA offers a Flu Toolkit, accessible from their website (New York Nurse, 2011). In the October 2010 edition, schedules for adults age 19 years and older and recommended immunizations for health care workers is also available.


Upon reflection, sometimes it is better to receive than give. So, when it is time to update your immunizations, put on your grownup pants, hold your breath, do not look, and take that shot! (No offense intended).

Respectfully submitted,
Gloria M. Boudreau, MSN, RN, CNE

References

- American Nurses Association, (2001). *Approved Provisions for 2001*. Code of Ethics for Nurses. Retrieved April 22, 2011 from <http://nursingworld.org/MainMenuCategories/EthicsStandards/CodeofEthicsforNurses/2110Provisions.aspx>
- Anonymous. (2011). Search for Immunizations. Retrieved April 22, 2011 from <http://www.timesunion.com/?controllerName=search&action=search&channel=home&search=1&firstRequest=1&query=immunizations&x=0&y=0&searchindex=property>
- Genovese, M. (2011). *Be prepared! The new NYSNA flu toolkit is here!* *New York Nurse*, March 2011, 42(2).
- Joint Commission Resources (2011). *The Flu Vaccination Challenge*. Retrieved April 22, 2011, from <http://www.icrinc.com/FLUChallenge/>
- Spencer, G. A. (2010). *Ask the experts*. *New York Nurse*, October 2010, 41(8).

If you have thoughts or ideas you would like the Committee to consider for future publication, please email the committee at capital.district.nurses.9@gmail.com.



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Nominating Committee Announces Slate of Candidates

Provided below is the slate of officers for 2011-2012 District Election. If you have not received your ballot, and are a District Members, please contact Kim Hedley at 518-464-8791. Ballots must be returned by **May 20, 2011**.

First Vice President

Ann Bentzen



ballot_letter_2011.d
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Secretary

Teresa Smith

Nona Wilson

Directors at Large

Cheryl Articola

Jane Falvo

Sandy Farmer

Karen Henchey

Nominating Committee

Rebecca Hegel

Connie Kudlack

Mary Lee Pollard

Michelle Scott

New York State Nurses Association

Happy Nurses' Week 2011

We're here for you.

As we celebrate Nurses' Week, this May 6-11, 2011, we reflect on NYSNA victories, such as the enactment of the violence against nurses law, that helps to ensure your right to practice in a safe environment. We look forward to elevating the profession by making educational advancement for nurses the standard, and continue to push to establish the staffing ratios that keep patients safe and competent nurses practicing. We stand up for your collective bargaining rights, which in other states including New Jersey, Ohio, and most recently Wisconsin, have been threatened and/or effectively eliminated.

For more information visit: <http://www.nysna.org/>

Caring and Sharing: Remembering Susan Fraley

In Memoriam: Susan Fraley, MS, RN
March 26, 2011 (1944-2011)



Of Our Nursing Community



Cathyne with Susan Fraley (Daughter-in-law) & family/friend

Figure 1.
Cathyne A. Welch, former Executive Director of Nurses House, and Susan Fraley, Executive Director, Foundation of NYSNA/Nurses House.

April Dinner Meeting: Celebrating Susan!



Left to Right: Kim Hedley, Tina Gerardi, Barbara Zittel, Claire Murray, Bridget Nettleton, and Cathyne Welch





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P.O. Box 16066
Albany, NY 12212
518-464-8791

COUNTIES: Albany, Columbia, Rensselaer, Saratoga, Schoharie, Warren & Washington
EDITOR: Robin Raco

May 2011

PRESIDENT: Kim Hedley

PRESIDENT-ELECT: Rosemarie Casale

1st VICE PRESIDENT: Barbara Boden

2nd VICE PRESIDENT: Linda D'Arcangelis

TREASURER: Kathleen Morgan

SECRETARY: Connie Kudlack

BOARD OF DIRECTORS: Ann Bentzen, Sandra Farmer, Marie Keevern, Mary Lee Pollard, Helen Vartigian

Capital District Nurses Association, District No. 9

P.O. Box 16066

Albany, NY 12212