

DISTRICT THREE ONAH DISTRICT THREE DISTRICT THREE

OHIO NURSES ASSOCIATION
WILLIAMSBURG WEST • 5669 MAHONING AVENUE, SUITE C • YOUNGSTOWN, OHIO 44515

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DISTRICT THREE ONAH DISTRICT THREE DISTRICT THREE

February - March 2010

UPCOMING MEETINGS

R&R InteGroup..... February 23
Board of Directors Meeting.....March 10
CE & Membership Meeting.....March 24
CE Committee.....March 29
Leadership Development Institute..... April 7
Annual "Nurses Make a Difference"
Banquet May 7

DISTRICT THREE, ONA CE & Membership Meeting

WEDNESDAY, MARCH 24, 2010 • Nicolinni's • 1247 Youngstown Poland Rd. • Boardman, Ohio 44514
SEATING IS LIMITED TO 60

RESERVATION: PLEASE MAIL YOUR CHECK TO THE OFFICE PRIOR TO THE MEETING

Name _____
Please specify if RN or LPN

Address: _____

Name(s) of Guest(s): (Please specify if a Registered Nurse or Licensed Practical Nurse for CE Certificates)

E-mail Address _____

Family Style Menu includes:

Chicken Parmigiana, Penne Pasta, grilled vegetable, salad, bread and pesto, Italian dessert, coffee or soft drink
Please let us know if you have any special food needs.

Cost: ___ Member - \$25.00 ___ Non-member - \$32.00 ___ Guest - No CE - \$25.00 ___ Students - \$20.00

Members and non-members unable to attend the dinner, are welcome to attend the CE Portion only of the meeting. The cost of the CE is \$5.00 for members, and \$12.00 for non-members. Refunds are only possible when notified four days in advance of the event. Unpaid meal reservations are the responsibility of the member and will be billed for the cost.

RESERVATION DEADLINE - March 17, 2010 • Make check payable to: District Three, ONA

Mail to: District Three, ONA, Williamsburg West, 5669 Mahoning Avenue, Suite C, Youngstown, Ohio 44515

A CE application has been submitted to the Ohio Nurses Association. Please call the District Three office at 330-799-4199 for more information about contact hours. CE Credit may only be obtained after attending 100% of the program and completing the program evaluation.

American with Disabilities Act - Please notify the office if you require special accommodations

FROM THE PRESIDENT

.....by Mada Janosik, MSN, RN,
President



Still winter but as you receive this edition of the District Three Newsletter, Spring 2010 is well on the way...or at least I am hopeful!!!

At this writing I am in the midst of the first week of Spring semester at YSU and teaching senior nursing students in their last semester as a student nurse. My course is Mental Health Nursing, but I focus on varied aspects of professional mental healthcare by and for Registered Nurses. Personal anxiety is an issue all students experience, not only in education, but in planning for their first "job" as a registered nurse.

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DISTRICT THREE, ONA CE & MEMBERSHIP MEETING

Wednesday, March 24, 2010

Nicolinni's

1247 Youngstown Poland Rd.
Boardman, Ohio 44512

SPEAKER: Bee Min Lim, MD, FACS

TOPIC: "WHAT'S NEW IN ENDO SURGERY"

Registration - 6:00 PM

Dinner - 6:30 PM

Speaker - 7:30 PM

Cost: Member - \$25.00 • Non-member - \$32.00
Guest - No CE - \$25.00 • Students - \$20.00

WHAT'S NEW IN ENDOSCOPIC SURGERY?

Wonder what is new in the world of Endoscopy? Stop wondering now and find out for sure by signing up to attend the District Three, ONA March 24, 2010 Continuing Education/Membership event at the beautiful Nicolinni's Restaurant. This bistro is located at 1247 Boardman Poland Road, Boardman, Ohio. Take advantage of this great opportunity as nurse professionals to learn of the most innovative technology available in the endo surgery and enjoy the cuisine of one of the finest establishments in the Mahoning Valley. This experience will be sure to be an asset both in your professional and personal lives.



Dr. Lim

The speaker is Bee Min Lim, MD, FACS, Attending Physician, Department of Surgery at Northside Medical Center/Forum Health. He is also an Assistant Professor of Surgery at the Northeastern Ohio College of Medicine & Pharmacology. He has graciously agreed to enlighten our membership on the newest technology being utilized in gastrointestinal endoscopic surgery care as he presents to

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DISTRICT THREE ONA MISSION:

To advance professional nursing practice in Mahoning, Trumbull and Columbiana Counties in service of quality health care.

FROM THE PRESIDENT

(Continued from page 1)

Today's nursing graduates have more challenges than I faced as a student over four decades ago. I just wanted to graduate from college, pass "state boards" (now called NCLEX-RN). I recall two long days at the dusty Columbus State Fairgrounds of the paper and pencil testing and a clinical component the second day.... to be licensed in the state of Ohio. Then I returned to my hospital (I was already working as a GN (Graduate Nurse) to await for nearly three months to hear of my success scores so I could change my name pin to RN (Registered Nurse). I also received an accompanied hourly rate increase to \$4.50 per hour.

Today the RN licensing exam process occurs at computerized testing centers, taking about 3 hours with 75 - 250 multiple type questions. Graduates often get NCLEX-RN results within three days after testing. (Anyone can go online and check out an individual's licensure status in the state of Ohio, including your own, at any time).

The newly licensed RN begins the "job hunt" or finalizes a promised position for a job within the scope of professional nursing practice in hospitals, home health care, and long term care facilities to name a few agencies. Many new RNs would like to remain in their communities, but currently more employment opportunities in professional nursing are available outside of the Mahoning, Trumbull, Columbiana areas. I have concern that many new RNs may lose the benefit of belonging to their professional organization. District Three knows that many may have to work outside the tri-county area. District Three supports our Executive Director and volunteer board members in celebrating with our graduating seniors during the first few months of 2010. We take this opportunity to tell them about the

value of ONA membership through local districts around the state. We offer them lunch and gifts along with discussions and handouts from ONA and District Three. We share our nursing mission and goals and ask that they consider professional association membership where ever they live or work. We also offer to sponsor them to attend our National Nurses Week Banquet so that they can meet and mingle with ONA's best and brightest.

Throughout this Newsletter, you will read repeated comments that District Three is "HERE for the DURATION!" We are keeping dues frozen, we are pinching pennies at the office and trying to keep membership costs at a minimum. On behalf of the Board of Directors, I heartily thank the staff for managing our assets with caution and efficiency. At both the national and local level, we are watching the "health care scenes" play out in the various Acts...hopefully the Final Act will be soon and supporting the care and health of our community and that RNs will be actively involved in the decision making process and implementation. We can and will continue to be District Three with 500 members or 1500 members! I hope it is closer to 1500 RN members...so much more fun!

Our Continuing Education Committee has planned some wonderful CE events for this year and of course our Leadership Institute will be held in April. We ask for all members to nominate eligible members to attend the leadership institute in April. We have two vacant seats on the Board of Directors and will ask for members to consider running for these positions in addition to upcoming regular positions as board members finish their terms of office. The requirements are a **commitment** to five meetings a year, a **commitment** to District Three's mission and participation in District events. Please consider running for these positions.

PRACTICE PEARLS

ASPIRIN THERAPY

UNDERSTAND THE BENEFITS AND RISKS

....by Ann Dickmann, RN,C, Chair, District Three, ONA Professional Practice Committee



BENEFITS

- ❖ Can lower risk of heart attack and stroke by interfering with blood clotting time
- ❖ Can reduce risk of heart disease
- ❖ Simple, effective, affordable option for people at risk for heart attack or stroke

RISKS

- ❖ May increase risk of stomach ulcers/GI bleeding
- ❖ Too much aspirin may cause tinnitus and/or eventual hearing loss
- ❖ If allergic to aspirin, can trigger a serious allergic reaction

SUPER ASPIRIN- a newer class of drugs that include clopedogrel (Plavix), eptifibatide (Integrilin) & others Uses:

- ❖ along with aspirin helps reduce risk of subsequent heart attack or stroke
- ❖ during a heart attack or stroke to minimize damage
- ❖ before & after angioplasty and stent placement to help reduce procedure related blood clots
- ❖ to treat peripheral vascular disease

DISTRICT THREE, ONA PLANS 5th LEADERSHIP DEVELOPMENT INSTITUTE

District Three, Ohio Nurses Association has scheduled the Fifth Leadership Development Institute and will be granting full scholarships to this event for up to 40 of our members. It is scheduled to take place on Wednesday, April 7, 2010 at Beard Cabin in Boardman Park, Boardman, Ohio from 8:00a.m. - 4:00 p.m. Continuing education credits are being sought for this event. Several of our longtime members and local experts have been asked to be presenters and will bring their skills and expertise to this cutting edge presentation on leadership, communication and governance. A continental breakfast and lunch will be provided as part of the scholarship. All selected candidates for this workshop will be notified.

Please contact District Three, Ohio Nurses Association office via phone: 330-799-4199, e-mail: d3o-na5669@yahoo.com, or by mail if you know District members who have never attended this event and who would benefit from attending or if you wish to attend yourself. The Board of Directors will consider all applicants and approve the final list of attendees. We look forward to hearing from you and hope you will take advantage of this wonderful opportunity to grow professionally.

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WHAT'S NEW IN ENDOSCOPIC SURGERY?

us, “*An Overview of Natural Orifice Transluminal Endoscopic Surgery (NOTES)*”. Dr. Lim graduated from the University of Singapore Medical School and completed a General Surgery Residency at Columbus Hospital in Chicago, Illinois (1977-78) and Forum Health (1978-82). He finished a Colon and Rectal Surgery Residency at Temple University Hospital, Philadelphia, PA (1982-83). He is a Fellow of the American College of Surgeons and the American Society of Colon and Rectal Surgeons. He can boast of a very successful practice locally for over the last three decades and is clearly the go to expert to speak to us on the innovative techniques of NOTES.

The evening promises to be filled with insight, information, fine cuisine and collegial celebration. Please do not miss this opportunity to enjoy an evening out with your colleagues and to hear this local physician speak to us on this extremely relevant topic of care.

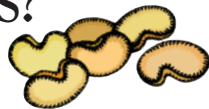


RECEPTION PLANNED TO HONOR RETIRED MEMBERS

The District Three, Ohio Nurses Association (ONA) Board of Directors will be hosting the seventh annual celebration reception for **Members** that have retired from our nursing profession from May 9, 2009 through May 7, 2010. This gathering will be held as a prelude to the May 7, 2010 Annual Celebration Banquet. The event will take place at the D.D. & Velma Davis Education Center in Mill Creek Park Rose Garden, Youngstown, Ohio at 5:30p.m.

At this **'Reception'**, District Three will recognize and honor retired members in a special way. Please take note of the date and **R.S.V.P.** if you are one of our members who have retired in the stated time period. Upon request, a current member will provide transportation for those attending both the reception and the Annual Banquet. An accurate count is necessary so that we can plan an event suitable for our honorees.

WANT NUTS AT GREAT PRICES? CALL NOW!



There are discounted nuts at the District Three Office. Please take advantage of these delicious and nutritional snacks at an “after holiday” reduced price while the supply lasts.

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LEGISLATIVE CORNER

.....by Judy Waid, RN, Member, District Three Legislative Committee

Recently published reports from CDC include data on infant mortality citing that the US ranks 30th in the world among other developed countries. We “lag dismally behind” largely due to a “disproportionately high number of prematurely delivered babies”.

We do a good job of rescuing these babies but not preventing the prematurity and this is “due to lack of universal health care for women of childbearing age and pregnant women of any age.” Early births have risen 36 percent since 1984 in the US. Other reasons for infant mortality rates include child abuse and infectious diseases in the first 12 months of life.

Regardless, these are worrisome figures and whether you are for or against health care reform, public option, Democrat or Republican, every pregnancy deserves access to the best care available.

SCHOLARSHIP FUNDS

The District Three Board of Directors wishes to notify the membership and other interested parties that applications for scholarship money will be available in the office March 1, 2010 with a completion deadline of June 30, 2010. The office staff will mail the application to members and students accepted into a generic BSN, RN completion or a MSN program upon request.

Financial assistance in the form of \$500.00 scholarships is available to any member enrolled in a BSN completion program and a member enrolled in a MSN program, as well as a student accepted into a generic BSN program. District Three looks forward to awarding worthy candidates money that can assist them in achieving their goals.

The forms must be completed including two references and received in the District office no later than June 30, 2010. The Scholarship Committee reviews the applications and references after staff blinds names and any other identifying information so that objective decisions by the committee can be made.

Receipt of other educational financial assistance will not disqualify a member or a student from being awarded a District Three Scholarship.

IRS DEDUCTION –

ONA Auditors have calculated that for 2009, you can deduct 86% of your ONA dues. The remainder that is not deductible is because of ONA's lobbying activities on behalf of nursing. (100% of local unit dues can be deducted).

DISTRICT THREE CELEBRATED THANKSGIVING WITH DR. VENGLARCIK

District Three, ONA Membership/Continuing Education meeting and Thanksgiving Dinner event took place on November 18, 2009 at **Johnny's Banquet Center** in Boardman, Ohio. Those in attendance enjoyed great Thanksgiving fare, a beautiful atmosphere and an evening with colleagues. They took advantage of an opportunity to get the inside story on the latest and factual information on potential threats to our health and well being.

District Three's guest and presenter was John S. Venglarcik, III, MD, FAAP, FIDSA, Hospital Epidemiologist, at Northside Medical Center/Forum Health, who is also Interim Medical Director and Medical Epidemiologist of the Mahoning County District Board of Health and he is the Medical Director of the HIV Clinic Comprehensive Care Center of the Youngstown Health Department. He told the real story of infectious disease with humor and style in such a way that learning was both enjoyable and inevitable. *Please enjoy the photo journal from that event.*

