

DISTRICT THREE DISTRICT THREE DISTRICT THREE

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

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OHIO NURSES ASSOCIATION #3

DISTRICT THREE DISTRICT THREE DISTRICT THREE

July 2010

UPCOMING MEETINGS

- ONa Candidate Interviews July 23
- Bus Trip to The Rivers August 13
- R&R Steering Committee September 14
- CE & Membership Meeting September 15
- CE Committee Meeting September 20
- Retired RN Interest Group September 28

DISTRICT THREE, ONA CE & MEMBERSHIP MEETING

Wednesday, September 15, 2010 - Mastropietro Winery Inc.

14558 Ellsworth Road • Berlin Center, Ohio 44401

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 _____

Menu Includes: Buffet of heavy Hors d'oeuvres, coffee and tea will be served, and wine will be available for purchase the entire evening. **Please let us know if you have any special food needs**

Cost: ___ Member – \$22.00 ___ Non-member - \$29.00
 ___ Guest – No CE - \$22.00 ___ Students - \$18.00

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 dinner. Unpaid meal reservations are the responsibility of the member and will be billed for the cost.

RESERVATION DEADLINE – September 8, 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 Jeannie Mulichak, BSN, RN,
President



What a beautiful celebration we had for the annual “Nurses Make a Difference” May Banquet held May 7th at the spectacular D.D. & Velma Davis Center at the Fellows Riverside Gardens in Mill Creek Park. The evening started with a champagne reception, hors d’oeuvres and a piano medley by Rick Barber to honor our retirees. Congratulations to this years retirees: Jessica Hassey, Frances Yallech, Donna Gleydura, Patricia Foley, Pauline Tomo and Bonita Cox.

Celebrating our accomplishments throughout the year, the joy of nurses retiring, and sharing the successes of our District Three nurses, invigorates and rejuvenates me. It gives me the energy
(Continued on page 2)

DISTRICT THREE, ONA CE & MEMBERSHIP MEETING

WEDNESDAY, SEPTEMBER 15, 2010

Mastropietro Winery Inc.
14558 Ellsworth Rd.
Berlin Center, Ohio 44401

SPEAKER: Bertrum de Souza

TOPIC: “Politics of Healthcare at the Local, State, & National Level”

Registration – 6:00 PM
Buffet of Heavy Hors d’oeuvres at 6:30 PM
Speaker – 7:00 PM

Cost:

Member – \$22.00 Non-member - \$29.00
Guest – No CE - \$22.00 Students - \$18.00

Local Celebrity Journalist Joins District Three at the Winery

Do not miss this opportunity to visit Mahoning County’s first local winery on September 15, 2010. Relax with your colleagues in the beautiful setting that plays host to Mastropietro’s Winery, a “... casa di vino “house of wine” [is] designed to provide the perfect retreat”. This picturesque setting with a soothing lake background and Tuscan flare is located at 14558 Ellsworth Rd., Berlin Center, Ohio 44401. Registration begins at 6:00p.m. A La Cart will be the culinary supplier for the evening with a buffet of heavy hors d’ oeuvres beginning at 6:30 and wine will be available for purchase all throughout the event.

As if great wine, food and company were not enough, our speaking guest for the evening will be local celebrity journalist, Bertram de Souza. Mr. de Souza is an Editorial Writer, Columnist and Weblogger employed by the Youngstown Vindicator. His focus will be on the Politics of Healthcare at

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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)

I need to begin another year of volunteering for the District. Any of you who have not attended an annual banquet should plan now to attend next year. I never cease to be amazed at the talented nurse members we have in this tri-county area. Currently, two members are serving on the ONA Board of Directors, Dorcas Fitzgerald and Eric Williams. And congratulations to Joann Repaskey, who by unanimous vote, was awarded the Honorary Recognition Award.

The featured speaker this year, Mary Jean Schumann, Chief Programs Officer of the ANA informed us of the activities going on at ANA and in Washington DC and nursing's important connection to the federal legislature. She explained the role ANA played in the passing of the National Healthcare Bill and what affects it will have on nursing and our patients moving forward. There is still a tremendous amount of details needed to be disseminated among nurses and the public. (Perhaps, District Three should consider having a CE event in the future to assist in this learning process.)

I believe, we are the hardest working group of nurses in the state and it starts with the leadership and support of our executive director, Linda Warino and our Administrative Secretary, Rae Floor. Many thanks to them. The District office is always buzzing with activity. There is a wealth of information available to any member in need. Just give the office a call Monday thru Thursday 8:30 a.m. to 5:00p.m.

I would like to extend a great thank you to our outgoing President, Mada Janosik, for her excellent guidance and service during her four year presidency. She is a wonderful role model and mentor. Thank you, also, to our outgoing Board of Director members who volunteered so much of their time and talents to nursing and the community, Carol Smith, Doris D'Errico, Michelina Noren, and Joyce Shaffer. I would like to introduce the 2010 - 2012 Officers, and Board of Director members, Louise Aurilio, First Vice President, Gaylene Englert, Second Vice President, Jennie Wood, Treasurer, Lori Kemp-Campana, Secretary, Colleen Wilson, Candace Root, Gina Ianazone, Karen Himes, Mary Ellen Seiter, Joanne Hedrick, and Patricia Gayle Bonaquist. As the new District Three president, I am humbled and honored to serve you. Thank you for this opportunity. I am excited for the future and the challenges ahead. I am confident as a Board that we will undertake our responsibilities seriously. I look forward to working with all of you.

(Continued from page 1)

Local Celebrity Journalist Joins District Three at the Winery

the local, state and national level. He will begin his presentation at approximately 7:30p.m

The place, the speaker, the experience are combination that none of you will want to miss. Register now and secure your seat as there is limited space available for this exciting and innovative event.

PRACTICE PEARLS



FIVE TIPS for GIVING BIRTH to A HEALTHIER BABY

.....by Joanne Hedrick, RN, Member, Professional Practice Committee

1. **Get early and regular pre-natal care.** It reduces your risk of having a low birth weight baby.
2. **Eat nutritious foods.** Make sure that you and your baby get all the protein and nutrients you need through a balanced and varied diet.
3. **Don't smoke!** Women who smoke increase their chances of having a miscarriage or a low birth weight baby.
4. **Don't take drugs.** Taking drugs, except those approved by a doctor who knows you're pregnant, can result in severe disabilities, or even death of your baby.
5. **Don't drink.** Alcoholic beverages including wine and beer can cause birth defects.

Source: March of Dimes

COMMUNITY SERVICE AT THE CANFIELD FAIR

Every year, District Three offers a great service to our community by manning a blood pressure screening booth in the health building at the Canfield Fair. Please do not wait to be called or invited. Just call the office (330-799-4199) and volunteer to participate in this year's Fair event to be held from September 1st through September 6, 2010. The Committee for this project, thanks you in advance for offering your time and expertise to this very worthy community service. You will receive a complimentary ticket to the Fair in exchange for two hours of your time. This effort will afford you far more reward than the effort it takes to give.

RN Volunteers Needed to Administer Flu Vaccine at UAW

Three hundred doses of the 2010-2011 Influenza Vaccine has been ordered by District Three. The United Auto Workers (UAW) Union is working with our District to set up our annual flu clinic for October, 2010 at the UAW facility on Reuther Road in North Jackson, Ohio. Please call the office now to volunteer for this important and rewarding community project. Details as to date and time will be announced as soon as plans are finalized. We appreciate the willingness of our members to participate in this valuable community project.

LEGISLATIVE CORNER *(Continued)*

- exercises, skills laboratories, and classrooms with actor patients, and assessments done directly in the clinical setting.
13. Faculty should require students to follow through on the care of their patients. Students should also be expected to learn research skills and access the nursing literature.
 14. Nurse educators need to focus on not only critical and dilemma ethics, but also everyday ethical comportment related to relational or care ethics.
 15. Support students in becoming agents of change.
 16. Support robust, ongoing faculty development for all who educate student nurses
 17. Include teacher education courses in master's and doctoral programs.
 18. Provide opportunities for educators to learn how to teach students to reflect on their practice.
 19. Support faculty in learning how to coach.
 20. Provide faculty with resources to stay clinically current.
 21. Improve the work environment for staff nurses and support them in learning to teach.
 22. Address the faculty shortage.
 23. Graduates should be required to complete a one-year residency program focused on one clinical area of specialization. A lower entry-level salary for the residency year can offset the costs of these programs.
 24. The Boards of Registered Nurses should require graduates who pass the NCLEX-RN examination (one of two licensure examinations) after 2012 to earn a master's degree within ten years.
 25. The National Council for State Boards of Nursing (NCSBN) needs to develop a new set of student performance assessments, with three national examinations of performance. The first exam should start at the beginning of the last year of nursing school; the next should be given at the same time the student sits for the NCLEX-RN examination (one of two licensure examinations); and the last exam should take place at the end of a one year post-licensure residency.
 26. The accrediting arms of National League for Nursing and American Association of Critical Care Nurses should collaborate with other professional organizations, nursing administrators, faculty and preceptors to agree on student outcomes, articulation of Associate's Degree in Nursing (ADN), Bachelor of Science in Nursing (BSN), and Master of Science in Nursing (MSN) programs and student transitions. (Taken from Benner, P. Sutphen, M., Leonard, V. and Day, L. (2009). *Educating Nurses: A Call for Radical Transformation* (Jossey-Bass).

As you will note, this means change for all of us and how we view nursing practice and nursing education. Many of us serve as mentors and preceptors for student nurses and new graduates. How will we relate to these changes and include them in our practice? The road ahead will not be an easy one, but we will come together and succeed in our endeavors, survive these changes, become better and continue to provide the holistic nursing care for patients and society for which we are known. We will and can meet the new challenges and sweeping changes that healthcare reform and the future brings us. Watch for future legislative actions that will address these educational and practice concerns and become activists for our profession and society.

References: <http://chronicle.com/article/Carnegie-Foundation-Calls-for/63443/>

AND THE WINNER IS...

Four different raffles were held at the May Banquet. One was a free raffle included in the registration for the event with a prize of free registration to the September CE/Membership Meeting to be held at Mastropietro's Winery. Also a free raffle was held for a chance to win one of two National Nurses Week Gift Bags donated by then Secretary and presently our newly elected 2nd Vice President, Gaylene Englert, and twelve free chances to win beautifully decorated fresh potted flowers. And the winner of the CE is... Barb Huffman! The winners of the gift bags were Patricia Flamino and Jean-nie Mulichak and the twelve winners of the flowers were as follows: Jim Bishop, Debra Yesovich, Ann Dickmann, Mary Ellen Patton, Doris D'Errico, Jean Herdman, Lisa Loncor, Lori Grenich, Lee Ann Christman, Jessica Hassay, Sharon Hrina and Colleen Wilson.

Finally, the other ticketed raffle was for a 'one of a kind' Wendell August Forge Medallion/Pin made exclusively for District Three, ONA. And the winner is...our newly elected Secretary, Lori Kemp-Campana. ***Congratulations to all of our winners!***

PRACTICE CONCERNS

If you have a practice concern, please contact a member of the Practice Committee directly or by calling the office: 330-799-4199 or by email: d3ona5669@yahoo.com Anonymity/confidentiality will be preserved if requested.

HELEN E. POPA MSN LOAN FUND ACCESS

ATTENTION - Any members who are attending or planning to attend an NLN approved Masters in Nursing Program should be aware that interest-free loan applications are available now through the Helen E. Popa Masters in Nursing Loan Fund. The interest-free loans will be granted in April, 2011. Please call the office if you are interested and the application and details will be sent to you.

OPPORTUNITY KNOCKING

From time to time, District Three, ONA is solicited for registered nurse job opportunities. If you are interested in knowing what is presently available, please call the District office (330-799-4199) to inquire. The staff will apprise you of the details of current availabilities.



District Three Medallions And Pins Are Available At The District Office For Gift Giving At Holidays And Other Important Dates In A Nurse's Life.

BOARD OF DIRECTORS 2010-2012

PresidentJeannie Mulichak
 First Vice President Louise Aurilio
 Second Vice President Gaylene Englert
 Treasurer..... Jennie Wood
 Secretary Lori Kemp-Campana
 Directors.....Gina Ianazone,
 Joanne Hedrick, Mary Ellen Seiter, Patricia Gayle
 Bonaquist, Colleen Wilson, Candace Root
 and Karen Himes

Linda Warino, Executive Director

The Newsletter is published five times per year. Comments and suggestions are always welcome; guest writers are always welcome. Articles are viewed for approval before publication. The editor reserves the right to reject, edit and condense letters. Publication does not constitute an endorsement of the views, opinions and statements of fact expressed. Subscriptions are available to non-member registered nurses at \$15.00/year.

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 Website: d3ona.org

District Three, ONA Helped Out at Second Harvest Food Bank NNW 2010

District Three, ONA Board of Directors and Membership celebrated National Nurses Week (NNW) 2010 by once again volunteering their time at the Second Harvest Food Bank. Besides donating service at the food bank on May 11, 2010 District Three RN's also made a cash donation of \$1250.00 and boxes of non-perishable food items. The intent was in keeping with the spirit of nursing and our members. They felt that there is no better way to celebrate NNW than by serving those in need. All of the RNs who were there said, hands down, that they achieved far more than they gave in doing this worthy service. Thanks to all who gave service at 2nd Harvest Food Bank, donated money or nonperishable food to this wonderful endeavor.



District Three, ONA Honors Retirees at Champagne Reception

On May 7, 2010, a perfect prelude to the annual National Nurses Week Celebration held at the D.D. & Velma Davis Center in Fellows Riverside Gardens, was a Champagne Reception hosted by District Three, ONA to honor Jessica Hassey and Fran Yallech, both recently retired from nursing after a lifetime of caring. The retiring nurses were honored with Congressional Acclamations, U.S. Flags that had flown over the Capitol building from their U.S. Congressman Tim Ryan, flowers and special gifts from District Three. On hand

was State Representative Ron Gerberry, Mary Jean Schumann, MSN, RN, MBA, CPNP, Chief Programs Officer of ANA and our speaker for the evening, the President of the American Nurses Association, Rebecca M. Patton, MSN, RN, CNOR and Joy Donathan, a Representative from Congressman Charlie Wilson's Office. Other RNs who retired in the last year, but who were not present were: Donna Gleydura, Patricia Foley, Pauline Tomo and Bonita Cox. Congressional Acclamations were procured for them as well.

LEGISLATIVE CORNER *(Continued)*

5. Nurses also work in widely diverse settings, including specialized, acute hospital bedside care; in-home and long-term nursing care; as well as working in schools and the community.
6. Nurses are charged with caring for patients with increasingly complicated diagnostic and treatment regimes.
7. Nurses must learn and work under less than optimal circumstances.
8. Currently, health care institutions are not well designed for good nursing and medical practice—or for education.
9. Nurses and nursing students must function within the complicated U.S. health care system.
10. Since 1998, there has been a growing shortage of nurses, causing 93 percent of hospital-based registered nurses to report a lack of sufficient time and staff to maintain patient safety, detect complications early, and collaborate with other health care team members.
11. There is a severe shortage of nursing faculty, and
12. One third are over the age of 55 causing a six fold increase in the number of applicants denied admission to nursing schools since 2002.

Recommendations from the study and book are as follows:

A major finding from the study is that today's nurses are undereducated for the demands of practice.

1. To meet current and projected shortages, nursing education programs need to increase their capacity by approximately 90 percent
2. Need to standardize nursing education programs and come to agreement about a set of clinically relevant prerequisites. A national advisory group should determine what prospective students need to know in the humanities, natural sciences and social sciences—and their relevance to clinical practice. The group should also agree on the prerequisites for entering nursing school with baccalaureates and advanced degrees.
3. The minimal educational level for entry into nursing practice should be the baccalaureate degree.
4. Need to redesign and reconfigure the roles of diploma and community colleges; and local and regional consortiums should create a seamless transition from the ADN program to the BSN, moving away from ADN programs.
5. Need to recruit a more diverse faculty and student body.
6. Provide more financial aid, whether from public or private sources, for all students, at all levels.
7. Introduce pre-nursing students to nursing early in their education.
8. The variety of clinical settings should be increased to not only make the profession more visible to a broader population of prospective students, but to also allow for greater flexibility in accommodating students' homes and work schedules.
9. Introduce students to the profession, requiring students to take prerequisites for clinical courses during the first two years of college.
10. Preserve post-clinical conferences and small patient-care assignments.
11. Develop teaching methods that keep students focused on the patient's experience.
12. Educators should use both formative and summative assessments, including simulation

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LEGISLATIVE CORNER

..... by Louise Aurilio, PhD., RN, First Vice President and Member of
Legislation Committee

The profession of nursing has always responded to our country's health care needs. This has not always been easy as it has often necessitated both personal and professional change. Society has changed and new technology and state of the art medicine has changed the health care landscape. The future holds many new insights and possibilities for providing health and nursing care to our patients. Never before in history have we all been faced with such new challenges. What does this mean for each of us as we practice? What can we expect? How do we continue to meet patient needs? How do we meet our own personal professional needs? What will be required of us? What knowledge and skill levels will be needed? What will be our responsibilities for this new health care system and our nursing profession? How will we meet the nursing shortage needs? As we all have experienced at one time or another, change often brings stress and pain, but once we have weathered the challenge of change, we find resolution and stability. We need to be aware of what will be expected of us and keep abreast of the changing requirements and the impact they will have on each of us. This will not be as easy with the current complexity, issues and challenges that society is facing today. But just as the nursing profession has done in the past, we will face this challenge, survive and continue to meet the needs of our patients and society.

Recently the Carnegie Foundation for the Advancement of Teaching commissioned a study to examine the shortage of nursing and professional education in the United States. The study was based on visits to a variety of different kinds of nursing programs and on surveys of nursing faculty members and students. It was administered with the help of the American Association of Colleges of Nursing, the National Student Nurses' Association, and the National League for Nursing. This study was the first national nursing education study in 30 years. It looked at the strengths and weaknesses in nursing education and the external challenges the profession faces. It identified the most effective practices for teaching nursing and persuasively argued that nursing education must be transformed. A new book on the study, *Educating Nurses: A Call for Radical Transformation (2009)* written by Patricia Benner, Molly Sutphen, Victoria Leonard, and Lisa Day, highlights the necessary changes and transformation that will impact future nursing education and practice. The book states that "The profession of nursing in the United States is at a significant moment. It must contend with enormous pressures, from the chaotic health care system and the economic forces that drive it to profound changes in science, technology and patient activism. These demands, combined with ongoing shortages in the ranks of nurses and shifts in the nature and settings of nursing practice, have an impact on the profession's ability to uphold and transmit its core values: to provide astute clinical judgment, to keep patients safe, and to ameliorate human suffering" (Benner, Sutphen, Leonard & Day, 2009).

Highlights of the study and book are as follows:

1. Nursing is the largest of health care professional groups
2. Nurses spend the most direct time with patients
3. Nurses' role in health outcomes is critical
4. Nurses conduct most bedside monitoring, assist and teach aging patients to manage multiple chronic illnesses, and provide much of everyday primary care.

(Continued on page 11)

DISTRICT THREE, ONA HOLDS 5th LEADERSHIP DEVELOPMENT INSTITUTE

District Three, Ohio Nurses Association held the Fifth Leadership Development Institute and granted full scholarships to eleven members. It took place on Wednesday, April 7, 2010 at Beard Cabin in Boardman Park and 6 continuing education credits were given to participants for this event. Several of our longtime members and two members of ONA Staff served as presenters and brought their skills and expertise to this presentation on leadership, communication and governance. Participants enjoyed a continental breakfast, lunch and a full day of cutting edge information. The speakers were: Mada Janosik, President, Dr. Louise Aurilio, Board Member, Linda Warino, Executive Director, Shannon Richmond, ONA Director of Communication, Lisa Walker, ONA Director of Member Services, and Patricia Gayle Bonaquist, Board Member. (See photos of the participants at work and Lisa Walker from ONA).



DISTRICT THREE, ONA CELEBRATED NNW *with* NATIONAL NURSE LEADERS *and* AREA LEGISLATORS

This year, District Three, Ohio Nurses Association played host to Mary Jean Schumann, ANA Chief Programs Officer, as the keynote speaker at the annual “Nurses Make a Difference” banquet. A special guest for the evening was Rebecca M. Patton, MSN, RN, CNOR, President of the American Nurses Association. The event took place during National Nurses Week on May 7, 2010 at the D.D. & Velma Davis Center in the Fellows Riverside Gardens in Mill Creek Park.

Contemporary Issues in Nursing was the topic of Ms. Schumann’s presentation. As one of the top executive staff of ANA, Mary Jean brought a national perspective of the RN influence in the health care arena. She spoke with first hand knowledge of the intricate aspects of our role in Healthcare Reform and quality care issues. She energized participants with accounts of the impact of nurse leaders on healthcare, described the



urgency of nurse involvement in policy formation and the opportunities for advancement of the profession through reform.

Other special guests included State Senators Capri Cafaro and Joseph Schiavoni and State Representative Ron Gerberry and Tom Letson. Proclamations were sent to honor our retirees from Congressmen Tim Ryan and Charlie Wilson. Joy Donathan, Representative from Congressman



Wilson’s office was present to help showcase the retirees and their years of service in caring.

Other highlights of the evening included the Teller’s Report and installation of Officers and new Board Members. They are as follows: President, Jeannie Mulichak, 1st Vice President, Louise Aurilio, 2nd Vice President, Gaylene Englert, Treasurer, Jeannie Wood, Secretary, Lori Kemp-Campana, Directors, Colleen Wilson, Candace Root, Karen Himes and Patricia Gayle Bonaquist. Remaining Board members are Gina Ianazone, Joanne Hedrick and Mary Ellen Seiter.

The evening concluded with the bestowing of the District Three, ONA Honorary Recognition Award, the most prestigious designation that can be achieved to Joann Repaskey, BSN, RN,C. Please enjoy the photo journal of scenes from that event.



Passing of the gavel from outgoing President Mada Janosik to newly elected President Jeannie Mulichak



District Three, ONA Leadership Sponsors Nursing Student Receptions at YSU, & Kent Trumbull Campuses

District Three, Ohio Nurses Association (ONA) Membership Committee and Board of Directors sponsored receptions for the Youngstown State University (YSU) and Kent Trumbull Campus Senior Nursing Students in April, 2010. Complimentary ONA packets, food and refreshments were provided and Nursing Leadership was on hand to welcome the students into the nursing profession, congratulate them on their academic achievement and to give the students an opportunity to network with future colleagues. A welcome and introductory presentation on the value of ONA Membership was given by The District Three, Special task Force Chair and YSU Professor, Dr. Dorcas Fitzgerald, President Mada Janosik, District Three First Vice President and Second Vice President, Jeannie Mulichak and Doris D'Errico. Other District Three Members were on hand as well. Please enjoy the photos from those events.



FUN BUS TRIP TO "THE RIVERS" CASINO IN PITTSBURGH

FRIDAY, AUGUST 13, 2010

Leaving Austintown Plaza at 4:00 PM • Arriving at The Rivers at 5:30 pm
Leaving the Casino at 10:30 PM • Arriving Austintown Plaza around Midnight

Cost \$25.00 with perks (perks to be announced)

First come – first served

SEATING IS LIMITED

(once the seating max has been reached, all checks will be returned)

Opportunity for complimentary dinner and "Diabetic Update" for Healthcare Professionals with Bethany Fedutes Henderson, PharmD, Representative of Sanofi Aventis. Dinner will be at a Pittsburgh Restaurant near the Casino • (There will be no CE hours provided)

Call the office to register or for further details

BUS TRIP REGISTRATION FORM • FRIDAY, AUGUST 13, 2010

Name _____

Address _____

Phone Number _____

Cost: \$25.00 (perks to be announced)

_____ Bus Trip Only _____ Bus Trip with complimentary dinner and "Diabetic Update"
(no CE will be provided)

Reservations will be taken on a first come first served basis.

Make Check payable to: District Three, ONA • 5669 Mahoning Ave., Suite C, Youngstown, Ohio 44515